

HAIR DISORDERS

## THE ROLE OF PLATELET-RICH PLASMA IN REFRACTORY ALOPECIA AREATA: WHEN THE BODY TREATS ITSELF !

*N Fetoui Ghariani<sup>(1)</sup> - S Mokni<sup>(1)</sup> - M Ben Kahla<sup>(1)</sup> - L Boussofara<sup>(1)</sup> - A Amina<sup>(1)</sup> - W Saidi<sup>(1)</sup> - A Bouatay<sup>(2)</sup> - H Romdhane<sup>(2)</sup> - R Gammoudi<sup>(1)</sup> - N Ghariani<sup>(1)</sup> - C Belajouza<sup>(1)</sup> - M Denguezli<sup>(1)</sup> - R Nouira<sup>(1)</sup>*

*Farhat Hached University Hospital, Dermatology Department, Susah, Tunisia<sup>(1)</sup> - Farhat Hached University Hospital, Hematology Laboratory, Susah, Tunisia<sup>(2)</sup>*

**Introduction:** Management of severe alopecia areata is a real challenge needing usually aggressive treatments. Platelet-rich plasma (PRP) has emerged recently as a new therapy for several types of non-scarring alopecia as alopecia areata. Most reports used PRP for moderate alopecia areata and preliminary evidence had suggested a beneficial effect.

**Objective:** We report the success of intralesional injections of PRP combined with triamcinolone acetonide (TA) in four successive patients with long-standing and severe alopecia areata.

**Materials and Methods:** One half of the scalp was treated with PRP intradermal injections and the other half was treated with intralesional TA with inversion of the side for the following session 4 weeks later. The end point was a total hair regrowth.

**Results:** Our study concerned 4 female patients, aged 36, 25, 33 and 13 years, with chronic alopecia areata of universalis type, lasting respectively for 8, 4, 6 and 7 years and refractory to different prolonged topical and systemic therapies (including intradermal injections of TA alone, topical steroids, minoxidil 5%, mesotherapy, cryotherapy / prednisone, prednisolone, intravenous methylprednisolone pulse therapy, intramuscular TA, methotrexate). In all our patients, total and homogenous regrowth of dense and terminal hair was obtained after 4 to 6 treatment sessions with combined PRP and TA. No limiting side-effects were noted. Two patients experienced a mild ophiasis relapse one year later, which was rapidly handled.

**Conclusions:** Our results suggest synergistic effect of combined PRP and intralesional TA in a half-head design proceeding for treating long-standing alopecia areata. Combined PRP-TA seems to be a safe, feasible, effective and low-cost therapeutic option. Our findings call for further controlled and randomized studies in a larger cohort of patients.