



HAIR DISORDERS

UNUSUAL PATTERNED PRESENTATION OF TRICHOTILLOMANIA

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Background : Trichotillomania is an impulse control disorder characterized by unintentional but conscious pulling out of one's own hair on any part of the body .It is common in children and adolescents The scalp is the most frequently involved site, followed by the eyebrows, pubic, and other body hairs. When involving scalp, it shows an artefactually patterned, either illdefined or sharply demarcated area of alopecia. Unusual presentation of trichotillomania may pose difficulty in diagnosis of patchy hair loss. Here we present a case of trichotillomania in patterned distribution.

Observation : A 25yr old married woman presented to our opd with linear circumscribed patch of hair loss over midscalp since 1 year. Patient had been suffering from multiple vague symptoms like headache, chest pain , breathlessness and had multiple visits to different doctors during last one year. Patient denied history of pulling her hair. No significant history of any other illness was present. On Cutaneous examination, a circumscribed linear alopecic patch was present on midscalp simulating Christmas tree pattern of FPHL. Hair pull test was positive . On further examination, patchy hair loss was seen on eyebrows. Trichoscopy showed uneven broken off hair with few twisted hair. Trichogram didn't show increase in telogen hair count. In view of clinical features, differential diagnosis of alopecia areata, trichotillomania and Christmas tree pattern of FPHL were kept. Scalp biopsy revealed distorted hair canal with pigment casts clinching the diagnosis of trichotillomania. Patient was started on N- Acetyl Cysteine 600mg BD and topical minoxidil 5% OD.

Key Message : Trichotillomania can present in unusual patterns making diagnosis a difficult task. Trichoscopy and scalp biopsy helps to differentiate it from other hair disorders.

