



HAIR DISORDERS

DIFFUSE NON-FRONTOTEMPORAL MINIATURIZATION IN MALE AND FEMALE ANDROGENETIC ALOPECIA: ITS EXISTENCE INDEPENDENTLY AND ALONG WITH PATTERNED ALOPECIA

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Introduction: The term DUPA (diffuse unpatterned alopecia) is a term that is often used by dermatologists who use dermatoscopes in the diagnosis of hair loss. Numerous references to the term exist in blogs and websites but none do in indexed journals. Miniaturisation of occipital and parietal areas have therapeutic implications, necessitating the use of minoxidil all over the scalp and predicting poor outcomes after hair transplantation, especially if medical therapy is not used after surgery.

Objective: This study was undertaken to verify the existence of the entity “diffuse unpatterned alopecia (DUPA)” and the co-occurrence of miniaturization in non-frontotemporal areas in men and women with classical patterned hair loss.

Materials and Methods: 176 consecutive patients, both women and men, who presented with complains of hair loss between October 1st and December 31st 2018 were included in the study. This number was arrived at after excluding those with telogen effluvium without miniaturization and diffuse alopecia areata using clinical history and dermatoscopy. After informed consent, global photographs (occipital, frontal, bitemporal and vertex views for men and occipital and frontal views for women) and dermatoscopic photographs (occipital, vertex and frontal views) were clicked and the latter analysed for hair diameter diversity, presence of vellus hairs and kenogen dots.

Results: 121 females (68.75%) and 55 males (31.25%) were a part of the study. 106/121 (87.6%) of women and 29/55 (52.7%) of men had significant occipital miniaturization though the extent of miniaturization was more in the frontal and temporal area respectively. 9 out of 121 (7.4%) women had uniform miniaturization in frontal and occipital area.

Conclusions: True diffuse unpatterned alopecia (DUPA) existed in 7.4% of women with androgenetic alopecia. Androgenetic changes of occipital area was seen in almost two





thirds of women and a third of men with apparent patterned hair loss.

