



HAIR DISORDERS

TREATMENT OF FRONTAL FIBROSING ALOPECIA WITH ORAL ISOTRETINOIN

Marta Elosua-gonzález⁽¹⁾ - Diana Ruiz-genao⁽¹⁾ - Reyes Gamo-villegas⁽¹⁾ - Uxúa Floristán-muruzabal⁽¹⁾ - Ana Pampín-franco⁽¹⁾ - Enrique Gómez-de La Fuente⁽¹⁾ - Jose-luis López-estebaranz⁽¹⁾

Hospital Universitario Fundación Alcorcón, Dermatology, Madrid, Spain⁽¹⁾

Introduction: Frontal fibrosing alopecia (FFA), first described in 1994 by Kossard, is a chronic cicatricial alopecia with a recession of the frontotemporal hairline. FFA can also have involvement of the eyebrows, eyelashes, corporal vellus, or even facial signs such as facial papules, pigmentation or erythema. Its etiology is still unknown. Although there are no evidence-based treatments for FFA, different therapies are used such as corticosteroids, oral 5-alpha-reductase inhibitors, hydroxychloroquine or even systemic retinoids (recently reported with an efficacy of up to 76%).

Objective: To evaluate the efficacy of isotretinoin in FFA.

Materials and Methods: We conducted a prospective study between November 2017 and March 2019, to define the clinical findings and treatment outcomes of 13 patients with FFA. They were treated with oral isotretinoin at a daily dose of 5-10mg. The progression of disease, presence of papules, erythema and pigmentation prior to the treatment and after 6, 12 and 24 months were analyzed.

Results: All patients were females (92% postmenopausal) between 44 and 89 years old. Age at onset was between 37 and 85 years. The majority (92%) had eyebrow involvement, while 54% had facial papules, 23% erythema and 23% pigmentation. Associated hypothyroidism was observed in 1 patient, family history in 2 patients, use of facial sunscreen in 4 patients, and past hysterectomy or oophorectomy in 3 patients. Reduction in symptoms and hairline stabilization were achieved in 38% of patients treated with isotretinoin. Of the 9 patients which discontinued the treatment, 5 stopped because of adverse events and 3 because of inefficacy.

Conclusion: There is currently no effective treatment of FFA. In our study, despite its limitations, efficacy of treatment with oral isotretinoin seems to be lower than other reports in the literature. We think that further controlled prospective studies are needed to establish treatment guidelines for this increasing alopecia.

