



MEDICAL THERAPIES AND PHARMACOLOGY

DRAMATIC RESPONSE OF INTRAMUSCULAR TRIAMCINOLONE ACETONIDE IN CASES OF ALOPECIA AREATA (OPHIASIS PATTERN): A CASE SERIES

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BACKGROUND. Alopecia areata is a common, non-scarring, autoimmune disorder affecting any hair-bearing area. It is often psychologically devastating. This disorder occurs in both the sexes, in all age groups, and is characterized by the sudden appearance of circumscribed areas of hair loss on the scalp or other parts of the body. Various therapeutic approaches are presently available for managing alopecia areata including corticosteroids, contact sensitizers and immunosuppressants.

OBJECTIVES:- To assess the efficacy and safety profile of intramuscular triamcinolone acetate in treatment of alopecia areata.

METHODS:- This is a case series, 5 patients who were diagnosed of alopecia areata, 4 of them with ophiasis pattern were selected for the study. After evaluating their feasibility to receive high dose corticosteroid therapy i.e. baseline investigations like Complete haemogram, random blood sugar, serum electrolytes. After evaluating them they were started with 40mg triamcinolone acetate intra muscularly once in a month. These patients were followed upto next 6months with the maintenance dose given once in 2months.

RESULTS:- There was dramatic response seen in all 4 patients by the end of 2months when they were due for 3rd dose of triamcinolone. Earliest response with foci of tiny hair segments were seen in 2 patients by the end of 1st month itself. By the end of 4months patients had hardly any foci of alopecia, except the last patient who showed minimal response to this modality of treatment.

CONCLUSION:- This modality of treatment is simple, cheap and safe and can be considered in cases of resistant alopecia areata, alopecia areata involving large surface area where intralesional steroids are not opted and as they will be painful.

