



مدينة الملك فهد الطبية
King Fahad Medical City



Alopecia Areata

What is Alopecia Areata?

The term alopecia means hair loss.

Alopecia Areata is a common autoimmune disease that results in unpredictable hair loss. This happens when the body's immune system mistakenly attacks and destroys healthy hair follicles (the part of the skin that makes hair).

It is not contagious and not painful.

What are the symptoms of Alopecia Areata?

- Appearance of one or more small, smooth, round, bald patches. Which affect any hair-bearing area, usually the scalp, or eyebrows, eyelashes, and beard.



- A few short hairs occur in or at the edges of the bare spots.
- Complete loss of hair on the scalp (Alopecia Totalis) or, in the whole body (Alopecia Universalis).
- Small depressions or ridging of the nails may exist.



Hair may grow back even when all of it was lost, but it may fall out again.

What causes Alopecia Areata?

Doctors don't know what causes alopecia areata.

But some risk factors include:

Genetics

Virus

Stress

Environmental
factors

How is Alopecia Areata treated?

There is no cure or way to **prevent** alopecia areata.

Or even stop new patches of hair loss

But there are medicines that have been approved to help hair grow.

Some people with alopecia areata who have only a few patches of hair loss usually experience a full recovery **without** the need for treatment, while others may have poor outcomes even if with treatment.



The common treatment regimen that helps hair grow back may include:

- Steroid injection under the skin surface
- Medicines applied to the skin (eg. Minoxidil solution or foam, Dithranol (anthralin) ointment)

What else should be considered for Alopecia Areata?

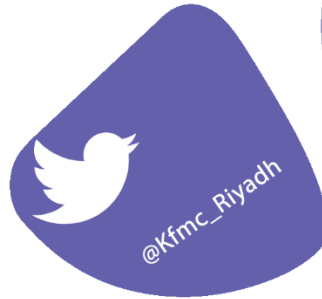


- Talk with a counselor, if necessary, to help regain self-confidence and build-up image.
- Apply sunscreens for any bare areas.
- Wear wigs, hairpieces, hats, or scarves to protect the scalp from the sun.
- Apply cosmetic (hair-colored powder or cream) to the scalp for small patches of hair loss to make the hair loss less obvious.
- Wear eyeglasses (or sunglasses) to protect eyes from sun and dust, when eyebrows or eyelashes are missing.
- Use an eyebrow pencil or artificial eyebrows and eyelashes to camouflage the missing hairs in the eye area.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient Nursing Department



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