

Alopecia (Hair loss)

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Received 05 Jan 2022; Accepted 12 Jan 2022; Published 25 Jan 2022

Introduction

The medical term for hair loss is alopecia. Hair loss can be caused by a variety of factors, including genetics, disease, or the use of certain medications. Alopecia symptoms range from a little bald spot to the entire loss of all body hair, depending on the aetiology of the disorder.

Alopecia comes in a variety of forms, and some of the more prevalent ones are detailed in greater detail below

Male-Pattern baldness

This is the most common type of alopecia, affecting almost half of all males by the age of 50. This type of baldness, also known as androgenic or androgenetic alopecia, is inherited and thought to be linked to an excess of a hormone that affects hair follicles. The hairline recedes and the hair gets thin in male-pattern baldness. Hair loss commonly begins in a man's late twenties or early thirties.

Female-pattern baldness

Women can also be affected by baldness. Scientists are unsure if female-pattern baldness is genetic or what causes it, but it appears to be more common in postmenopausal women, probably due to hormonal changes.

Alopecia areata

The symptom of this disorder, also known as patchy baldness, is bald spots that resolve and then reappear. It happens all of a sudden, and it can happen again and again. Men, women, and children of all ages can be afflicted, although teenagers and young adults are the most commonly impacted. Alopecia areata can affect any part of the body, but the patches most commonly appear on the scalp. It's caused by an immune system problem, and persons with autoimmune diseases are especially susceptible. Alopecia areata is hereditary in one-fifth of cases, and there is a family history of the disorder.

Scarring alopecia

This type of alopecia is also known as cicatricial alopecia and refers to

permanent hair loss caused by uncommon diseases like scleroderma and discoid lupus. Hair follicles are destroyed totally, and hair does not regrow. Males and females are both affected, and adults are more affected than children. Scarring alopecia accounts for about 7% of all alopecia cases.

Anagen effluvium

This is a type of hair loss that can occur anywhere on the body, including the scalp and face. Chemotherapy chemicals and, in rare cases, other cancer therapies like as radiotherapy or immunotherapy, are the most common causes of anagen effluvium. Although not all of the chemicals employed have this effect, hair loss normally begins after a few weeks of chemotherapy.

Alopecia is usually only temporary, and hair grows back approximately six months after therapy ends.

Telogen effluvium

This is a type of hair loss in which more hair falls out than typical, causing hair to thin all over rather than in patches. Although the hair on your head appears to be thinner, full hair loss is improbable. Other portions of the body are unaffected in most cases. In most cases, the condition is transitory, and the hair begins to regrow after about six months. The following factors can produce telogen effluvium:

- Extreme emotional or physical stress
- Intense physical stress
- Hormonal changes
- Chronic diseases such as cancer
- Dietary changes or crash dieting
- Severe infection
- Certain medications

Treatment

Male-pattern baldness is a natural component of ageing and does not require treatment because it poses no health risks. Hair loss, on the other hand, can be stressful, and there are some therapeutic options for people who are distressed or losing self-confidence.

Finasteride and minoxidil are drugs that can be used to treat male-pattern baldness, while the latter can also be used to treat female-pattern baldness. These medications do not promise that they will stop hair loss, and any favourable results will only continue as long as you take them.

Steroids or immunotherapy can be used to treat alopecia areata. Immunotherapy involves purposely triggering an allergic response that causes hair to grow in bald spots.

Alopecia can also be treated surgically, with hair transplants or implants being two options. A person may also choose to wear a wig, which can be synthetic or composed of actual hair.

The method of hair transplantation is mostly used to treat male-pattern baldness. Hair follicles from the back of the head are harvested and implanted into bald spots.

In scalp reduction surgery, a section of the bald scalp at the crown of