

ALOPECIA AREATA

YOU HAVE BEEN DIAGNOSED WITH ALOPECIA

WHAT IS IT?

Alopecia areata is a type of hair loss that occurs when your immune system mistakenly attacks hair follicles, which is where hair growth begins.



HOW DID I GET IT?

Alopecia areata is an autoimmune disorder, in which the immune system attacks hair follicles. The condition occurs when white blood cells attack the cells in hair follicles, causing them to shrink and dramatically slow down hair production. It is unknown precisely what causes the body's immune system to target hair follicles in this way.

TREATMENT

Intralesional Steroids

- Given by injection in the office every 4 to 6 weeks
- Delivers a higher concentration of steroid to the affected site

Squaric Acid

- Wear gloves when applying. Use MOISTENED (not soaked) gauze and don't let product drip down the scalp onto your neck or behind ears.
- Start by applying weekly. If you don't work weekends, Fridays usually work best.
- Apply in 2 directions to the areas with no hair. Start at the front of your head and move toward the back of your head. Then apply from side to side to ensure adequate coverage.
- Wash off next morning.
- Depending on your reaction to initial 0.02% strength, we might increase the strength slowly; the next strength is 0.04%.
- The goal is to get a mild itchy reaction and maybe some erythema (superficial reddening of the skin, as a result of dilatation of the blood capillaries). Swollen lymph nodes may occur but is OK. You don't want blisters, and we don't want you to be miserable.
- You need to get the rash to know your body is responding. Once we find the right medicine strength for you, we will increase the frequency of application. Moving from weekly to twice per week, and then to nightly as tolerated.

Note: it will take a MINIMUM of 3 months and ideally 6 months before you can expect hair growth.