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A NINE YEAR RETROSPECTIVE ANALYSIS OF PATIENTS WITH ALOPECIA
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Introduction. Alopecia is a term used to describe a group of disorders resulting in hair loss. Hair loss can occur in different forms, beginning with the loss in well-bordered areas and ending with total hair loss which can affect every body site. Alopecia is one of the most common problems in dermatological practice and can be associated with many comorbidities. Hair loss is often accompanied by low self-esteem, depression and decreased life quality indices, the therapy of such disorders is usually difficult and long lasting at the same time. Therefore, alopecia is a great clinical and social issue.

Aim of study: a nine-year retrospective analysis of patients hospitalized for alopecia.

Materials and methods. Medical records of patients hospitalized for alopecia at the Department of Dermatology were collected. Epidemiological and clinical aspects were considered and analyzed using Chi-squared test.

Results and discussion. In the analyzed period 88 patients were hospitalized for alopecia, 64 females (73%), 16 males (18%) and 8 children (9%), of mean age 45 years. Non-scarring alopecia was diagnosed in 58 patients (66%), of which 8 were children. Scarring alopecia was diagnosed in 30 hospitalized patients (34%), adults only. Arterial hypertension was the most common comorbidity which affected 22% of patients, others were hypothyroidism (14%), diabetes (9%), hipercholesterolemia (7%) and osteoarthritis (7%). The other most accompanying dermatoses were psoriasis (13%) and discoid lupus erythematosus (5%). Alopecia affected the scalp in 100% of cases, brows (24%) and lashes (8%). 3 patients suffered from total hair loss, among them a woman diagnosed with autoimmune polyendocrine syndrome type 1. Treatment consisted of topical (25%) and oral (5%) glucocorticoids, minoxidil (13%) and antimalarials (6%).

Conclusions. Alopecia affects patients of all ages, regardless of gender and ethnicity, and is associated with a lower quality of life and worsening self-esteem, which may cause isolation of patients and significantly affect their daily functioning. Physicians should be encouraged not to underestimate the disease and support patients through appropriate education, diagnosis and treatment. Many diseases can be associated with alopecia. Therefore, attention should be paid to the need for a multidisciplinary approach that takes into account the cooperation of a dermatologist with, among others, a psychiatrist and psychotherapist.