

## Different Condition of Alopecia Areata

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### EDITORIAL NOTE

It is a pleasure and privilege to write this editorial note, the purpose of this editorial is to discuss some important aspects regarding Alopecia Areata. Alopecia areata is a condition in which it causes hair to fall out in small patches, which can be unnoticeable. These patches may connect, and however then become noticeable. The main reason of causing this type of condition is when the immune system attacks the hair follicles, resulting in hair loss. It is also known as an autoimmune disorder. Few people face this issue mainly after cancer treatment due high dosage of medicines. The amount of hair loss is different in different people. Some people lose it only in a few spots. Others lose a lot. Sometimes, hair grows back but falls out again later. In others, hair grows back for good. 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. It also depends upon hereditary example, one in five people with the disease has a family member who has also developed alopecia areata. Other research has found that many people with a family history of alopecia areata also have a personal or family history of other autoimmune disorders, such as atopy, a disorder characterized by a tendency to be hyperallergic, thyroiditis, and vitiligo. It can begin at any age; however, most people develop it during childhood or their teenage years. About half them see their hair re-grow within 12 months without treatment. When the hair regrows, it may never fall out again. It's also possible to have unpredictable cycles of hair loss and regrowth for years. The main symptom of alopecia

areata is hair loss. Hair usually falls out in small patches on the scalp. These patches are often several centimeters or less. Hair loss might also occur on other parts of the face, like the eyebrows, eyelashes, and beard, as well as other parts of the body. Some people lose hair in a few places. Others lose it in a lot of spots. You may first notice clumps of hair on your pillow or in the shower. If the spots are on the back of your head, someone may bring it to your attention. Not only the above conditions but also other health conditions can also cause hair to fall out in a similar pattern. Hair loss alone isn't the only focused light to diagnose alopecia areata. There are different types of condition of Alopecia areata such as given below: Alopecia areata totalis, Alopecia areata universalis, Diffuse alopecia areata, Ophiasis alopecia areata.

Currently there is no cure for alopecia areata, But there are some forms of treatment that can be suggested by doctors to help hair re-grow more quickly. Listed below are few treatments namely: Medical treatments, Topical agents, Injections, Oral treatments and Light therapy. Few people also choose alternative therapies we can also say natural treatments to treat the conditions such as: acupuncture, micro needling, low-level laser therapy (LLLT), vitamins, like zinc and biotin, aloe vera drinks and topical gels, onion juice rubbed onto the scalp, using essential oils like tea tree, rosemary, lavender, and peppermint, using oils, like coconut, castor, olive, and jojoba, an "anti-inflammatory" diet, which is a restrictive diet that mainly includes meats and vegetables, scalp massage, Eating or drinking herbal supplements such as ginseng, green tea, Chinese hibiscus, and saw palmetto.

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