

## UPDATED ALOPECIA AREATA TREATMENTS

Trichologists may offer:

\*-Antihistamines: Citirizine

Cetirizine is an antihistamine. Trichologists now recommend antihistamines with alopecia areata because of the abundance of mast cells (that produce histamine) with alopecia areata. It also reduces PGD2.

\*-L-Tyrosine

\*-oral intake of zinc

\*-Topical non-medicated treatments of all kinds: essential oil based lotions, balms, & serums

Doctors will give:

\*-topical , oral and intralesional steroids

\*-thymopentin taken orally

\*-systemic PUVA (psoralen with ultraviolet A)

\*-minoxidil 5%

\*-topical sensitizers eg: squaric acid dibutyl ester (SADBE) or diphenylcyclopropenone (DPCP)

\*-immunosuppressants such as cyclosporine  
and irritants eg: creams containing anthralin

### Microneedling

Microneedling is a minimally invasive dermatological procedure in which fine needles are rolled over the skin to puncture the stratum corneum. This therapy is used to induce collagen formation, neovascularization, and growth factor production of treated areas. It has been used in a wide range of dermatologic conditions, including androgenetic alopecia and alopecia areata, among others. While there are a limited number of studies examining this therapy in the use of hair loss, microneedling has been successfully paired with other hair growth promoting therapies, such as minoxidil, platelet rich plasma, and topical steroids, and shown to stimulate hair follicle growth. It is thought that microneedling facilitates penetration of such first line medications and this is one mechanism by which it promotes hair growth. To date, the area most studied and with the most success has been microneedling treatment of androgenetic alopecia. While the current evidence does not allow one to conclude superiority of microneedling over existing standard therapies for hair loss, microneedling shows some promise in improving hair growth, especially in combination with existing techniques.

ACell is an FDA approved cellular regeneration product used in wound healing that has recently been combined with a patient's own stem cells and has shown to improve hair regrowth for both men and women.

In hair restoration, ACell is combined with PRP (platelet rich plasma) and injected into the scalp. The application of ACell + PRP causes miniaturized hair follicles to become healthier and larger, producing more robust hair growth. ACell activates follicular progenitor cells (adult stem cells) and PRP is loaded with growth factors that promote rapid angiogenesis and localized cell growth. Effective for both male and female pattern hair loss, ACell + PRP has also regrown hair in alopecia areata, eyebrow hypotrichosis and other patient cases with non-hereditary hair loss."

Amnion (rather than A-Cell) comes from human placenta. Can be combined with PRP.