Vitamin D and Alopecia areata in Children: What is the Link?

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The role of vitamin D in alopecia areata continues to be investigated by various researchers. A growing number of studies have indicated that patients with alopecia areata frequently have low vitamin D levels. Other studies, however, have not reached this conclusion.

A new study compared vitamin D levels in 20 children with alopecia areata to 34 children who did not have alopecia. Interestingly, vitamin D levels did not differ between these two groups. However, children with alopecia areata who had the lowest vitamin D levels were more likely to have a greater number of patches of alopecia, more extensive hair loss and were more likely to have had the condition for a longer duration.

Comment:

There has been an ever increasing number of studies looking at the role of vitamin D in patients with alopecia areata. The conclusions we have from various studies to date are mixed. It is important to separate studies of children with alopecia areata from adults with alopecia areata as the role of vitamin D could be different in these two groups.

This study above reminds us that although low vitamin D might not cause alopecia areata, low levels could potentially be associated with more severe forms. This information suggests that recommending vitamin D supplementation for individuals with alopecia areata is likely a reasonable piece of advice. More studies, however are needed to determine whether this truly impacts hair growth or the effectiveness of various treatments.