

AN UPDATE ON THE LAST 12 MONTHS

# What's New in Alopecia Areata

**Research ?**

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# Getting information out to Physicians

Clinical Review

## Alopecia areata

*Part 1: pathogenesis, diagnosis, and prognosis*

Frank Spano MD CCFP Jeff C. Donovan MD PhD FRCPC

Clinical Review

## Alopecia areata

*Part 2: treatment*

Frank Spano MD CCFP Jeff C. Donovan MD PhD FRCPC

# Five nEW studies to discuss

- Can cholesterol medications help alopecia areata?
- What is platelet rich plasma (PRP) and can it help?
- Does having alopecia areata reduce the risk of getting skin cancer?
- Are steroid injections better than topical steroids?
- Tofacitinib and Ruxolitinib: Do these new drugs help alopecia areata?

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# Can cholesterol medications help alopecia areata?



# STATINS

- Lower cholesterol
- Reduce inflammation

# STUDY Highlights

## ***Treatment of alopecia areata with simvastatin/ezetimibe.***

*Journal of the American Academy of Dermatology 2015*

- 19 patients
- Treated with simvastatin and ezetimibe 24 weeks
- 75 % improved hair
- Stopping the drug lead to hair loss

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# What is Platelet rich plasma ?





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**CASE REPORT**

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**Successful treatment of corticosteroid-resistant  
ophiasis-type alopecia areata (AA) with  
platelet-rich plasma (PRP)**

Jeff Donovan, MD, PhD, FRCPC  
*Toronto, Ontario, Canada*

**Key words:** alopecia areata; corticosteroid; hair; hair loss; ophiasis; platelet-rich plasma; treatment.

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# STUDY Highlights

***Reduced incidence of skin cancer in patients with alopecia areata. Cancer Epidemiology 2016***

1414 patients  
with AA



4242 patients  
without AA

- 37 % reduced risk of skin cancer in individuals with alopecia areata

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# STUDY Highlights

***Intralesional triamcinolone acetonide vs topical betamethasone valerate in the management of localized alopecia areata.*** *J Coll Physicians Surg Pak 2015*

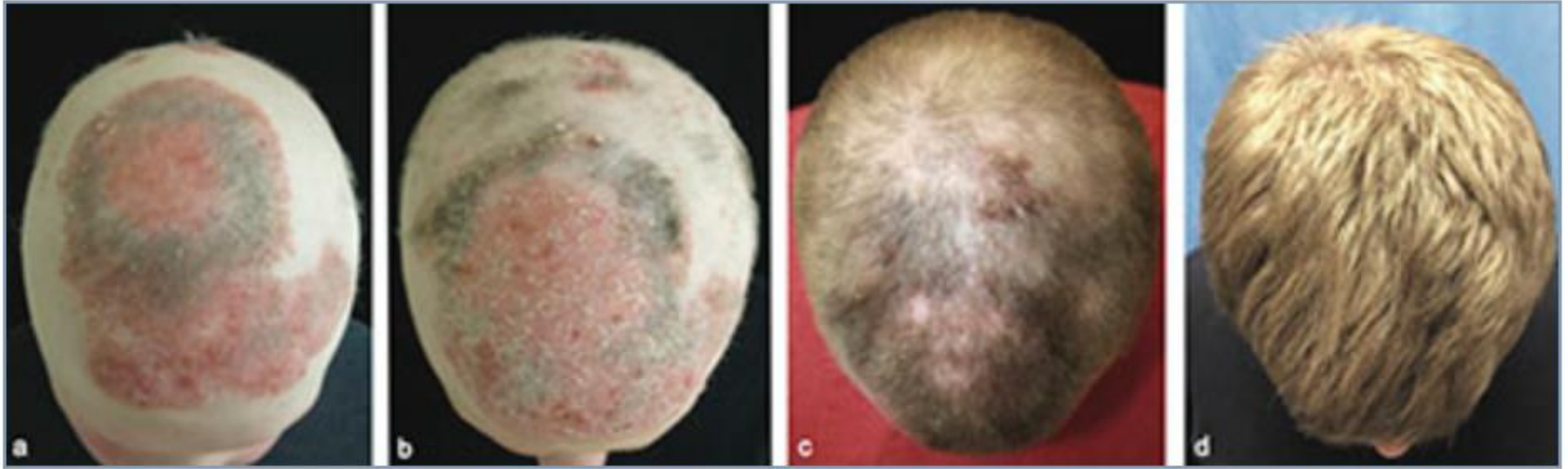
- 226 patients
  - 113 receiving steroid injections
  - 113 received topical steroids
- Better hair growth in those receiving steroid injections

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# The JAK KINASES



J Invest Dermatol. 2014 Dec;134(12):2988-90. Craiglow BG1, King BA1.

# STUDY Highlights

***Harris JE. Rapid skin repigmentation on oral ruxolitinib in a Patient with coexistent vitiligo and alopecia areata (AA).***

*Journal of the American Academy of Dermatology Feb 2016*

- 35 year old male
- Vitiligo and alopecia areata
- Hair regrowth starting at 4 weeks and significant by three months

# STUDY Highlights

**Craiglow BG et al. Topical ruxolitinib for the treatment of alopecia areata universalis. JAMA Dermatology April 2016**

**A** Pretreatment



**B** After 12 weeks of treatment



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