

Questions Answered by Dr. Leslie Castelo-Soccio

1. Are the topical and system JAK inhibitor on label (and thus) covered for patients with psoriasis or arthritis?

Yes, for psoriatic arthritis & rheumatoid arthritis, age 18+

2. Can Canadian patients join/participate in Dr. Castelo's clinical trials?

clinicaltrials.gov

3. Are joint gut health & JAK inhibitors treatments/clinical trials envisioned for the future?

Yes

4. Do many/any paediatric patients report hair loss post vaccination (HEP A & B) or infection (Strep throat, gastro etc), post 1st menstruation?

No reports of post vaccination, but many anecdotes of flare ups with infections & hormonal changes.

5. Some patients lose hair on their eyelids and nostrils, which have an important purpose. Did the JAK study find that there was significant hair growth? If not, and for patients who suffer this particular affliction, what one of the courses of action to deal with these presentation - are there prosthetic applications or interventions in case the medicine does not create re-growth?

No one looked at nostril hair, but my patients have re grown both. Interventions if no regrowth- saline flushes for nose. Artificial eye lashes.

6. Did the study find any adverse interactions with medications prescribed for long term or chronic conditions such as epilepsy or heart disease?

*Non-melanoma skin cancer
Gastric lymphoma*

7. Medical professionals are wary to discuss IGF-1 because high levels lead to cancer and acromegaly, yet a growing body of research illustrates its importance in AA and other auto immune diseases. Is a treatment likely in the near future?

It is being looked at for male pattern hair loss.

8. Is there a link between AA and Thyroid/goiter issues?

Yes, between 15-30% of people with AA developed autoimmune thyroid disease in their life.

9. As the parent of a child that has been diagnosed with alopecia areata within the last year, what is the best advice that you can give me in terms of their medical care, lifestyle and diet?

Whole food diet with all food groups including protein.

10. What, if any kinds of supplements and vitamins should I be giving my 6 year old?

Multi- vitamins will contain Vit D, biotin, iron & zinc. Be careful not overdose on Vit D.

11. Should I be giving my child probiotics? if so, which ones?

Maybe. There is no data to show which ones.

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12. My child is currently using the topical steroid, clobetasol propionate- are there any long term effects that I should be aware of? Do the benefits outweigh the risks, especially because this does not actually prevent further hair loss?

Clobetasol is effective and can be used for long periods as long as breaks are incorporated in the regimen. Some new evidence suggests that it may prevent some new flares but typically is just used for the flared area.

13. My dermatologist recently suggested taking Allegra for 6 months. Is this something that has any success?

There are small amounts of data from Japan on its use. Seems most helpful if you have seasonal allergies.

Note: These questions were answered quickly by Dr. Castelo after the panel.