

# UNDERSTANDING ALOPECIA AREATA



## WHAT IS ALOPECIA AREATA?

Alopecia areata is a common autoimmune skin disease that causes hair loss on the scalp, face, and sometimes other body areas, like under the arms or on the legs.<sup>1</sup>



Studies found the odds of developing alopecia areata were higher among Asian, Black, and Hispanic individuals than among whites.<sup>1</sup>



People with alopecia areata most often lose hair in circular, coin-sized patches on the scalp, but in more severe cases, they may lose all their hair.<sup>1</sup>



People with severe alopecia areata can experience stress, anxiety and depression.<sup>2</sup>



People of all ages, genders, and ethnic groups are affected by the alopecia areata.<sup>1</sup>

Alopecia areata affects around 700,000 people in the United States, and 300,000 have severe alopecia areata.<sup>1,4</sup>

## WHAT CAUSES ALOPECIA AREATA?

In alopecia areata, your body's immune system, attacks your hair by mistake. This makes your hair fall out in patches or all at once.<sup>3</sup>

The chances of having alopecia areata are greater if you are a child, you have a family history of alopecia areata, or if you or your family members have an autoimmune disorder, including diabetes, lupus, or thyroid disease.<sup>2</sup>

## TYPES OF ALOPECIA AREATA?



### PATCHY:

Hair loss happens in one or more coin-sized patches on the scalp or other parts of the body<sup>1</sup>



### TOTALIS:

Total or near-total loss of the hair on their scalp<sup>1</sup>



### UNIVERSALIS:

Complete or nearly complete loss of hair on the scalp, face, and rest of the body<sup>1</sup>

## DIAGNOSIS OF ALOPECIA AREATA

The only way to be sure you have alopecia areata is to make an appointment with a dermatologist for a diagnosis.<sup>1</sup>

Healthcare providers can also usually diagnose alopecia areata through a physical exam, where they will ask about medical history, family history of alopecia areata or autoimmune disorders. They may also examine your nails.<sup>2</sup>

### RESOURCES FOR MORE INFORMATION

• [National Alopecia Areata Foundation](#)

### REFERENCES

1. "Alopecia Areata - National Alopecia Areata Foundation." NAAF. 23 June 2023. Web. 09 July 2024.
2. Cleveland Clinic. "Alopecia Areata." Cleveland Clinic. n.d. Web. 09 July 2024.
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4. Benigno M. A Large Cross-Sectional Survey Study of the Prevalence of alopecia areata in the United States, Clinical, Cosmetic and Investigational Dermatology 2020.