

A Clinico–Epidemiological Study of Alopecia Areata in a Tertiary Care Hospital of Telangana

K. Lakshminarayana

Dr. K Lakshminarayana, Associate Professor, Department of Dermatology, Venereology and Leprosy, Prathima Institute of Medical Sciences, Naganoor, Karimnagar. Mobile: +919908210310

Abstract

Background: Hair is found only in mammals its primary role was to serve as insulation and protection from unwanted agents. Hair performs no vital functions, whatsoever in man but the psychological functions of hair seem almost immeasurable. Hair is the crown of the human body; society has placed a great deal of social, religious and cultural importance of hair and hairstyles. **Methods:** The study is a cross-sectional study. Study group comprised of 50 patients who attended the DVL outpatient Department in Prathima Institute of Medical Sciences, Naganoor, Karimnagar for complaints of round to oval patches of hair loss over scalp or any other hair-bearing areas both males and females were examined for the presence of alopecia areata and included in the study after taking their consent. Complete blood picture, ESR, complete urine examination, Random blood sugars, Blood urea, serum creatinine were performed other investigations Thyroid function tests. **Results:** The youngest patient was a 4-year-old male and the oldest was 68-year-old female with a mean of 28.04 years in the present study. The maximum number of patients belonged to <20 years age group (36%). Among 50 cases, the highest duration was >6 months of 16 patients (32%) followed by 4-6 months of 18 patients (36%) and 1-3 months with 13 patients (26%) and <1 month with 3(6%) patients. 30 patients(60%) had lesions of size ≤ 2 cms, followed by 18 patients (36%) with size ranging from 3-5 cms, 2 patients(4%) have lesions of size ≥ 5 . nail changes were noted in 9 patients (18%) and absent in 41 patients (82%). recurrence of lesions of AA was present in 5 patients (10%). **Conclusion:** within the limitation of the present study it can be concluded that alopecia areata is very common in males with peak incidence below 20 years of age. The scalp region is most commonly involved. Most of the cases were of acute onset often found to be associated with thyroid disorders.