

Monthly Newsletter



Message from Dr. David Kingsley, President

I look forward to seeing many of you at the World Congress of Trichology in Orlando, Florida on 17-19 September 2022.

EVENTS

THE INAUGURAL WORLD CONGRESS OF TRICHOLOGY

**SEPTEMBER 17-19,
2022**

Location: Orlando
Florida, USA

**DoubleTree by
Hilton™ at the
Entrance to
Universal Orlando**

**For more information,
please go to:
worldtrichologysummit.org**

ADDITIONAL COURSES

We have a great selection of Online Courses

- How to Read Blood Test Results as a Trichologist
- The Trichological Consultation
- Courses regarding Trichology Treatments & Trichoscopy

<https://worldtrichologysociety.org/education/postgraduate-courses-internships/>

CORPORATE PARTNERS

The WTS offers links to resources to help your trichology business.

- Trichology-Specific products
- Lab Testing for your Trichology Clients/Patients
- Links to equipment essential for your Trichology Center

<https://worldtrichologysociety.org/affiliates/corporate-partnership-education-partnership-affiliate-program/>

Current Trichological and Health News



1. PSORIASIS RISK GREATER IN PATIENTS WITH NEWLY DIAGNOSED METABOLIC SYNDROME, THOSE WITH CONTINUOUS METS, STUDY SUGGESTS

[Dermatology Advisor](#) reports, “The risk for psoriasis is greater in patients with newly diagnosed metabolic syndrome (MetS) and in those with continuous MetS, compared with control individuals, according to study [findings](#) published in Scientific Reports.” For “triglyceride and high-density lipoprotein cholesterol, the risk for psoriasis increased only in the post-MetS and continuous-MetS groups, and the risks for psoriasis were similar in all groups for fasting blood glucose.” What’s more, “for the blood pressure component, the risk for psoriasis decreased in the pre-MetS and continuous-MetS groups.”

2. NETWORK META-ANALYSIS CONTRIBUTES TO COMPARATIVE EFFECTIVENESS LITERATURE FOR THERAPIES FOR ANDROGENETIC ALOPECIA, RESEARCHERS SAY

[HCPlive](#) reports, “A recent” 23-study network “meta-analysis into three different drugs for the management of androgenetic alopecia (AGA) including minoxidil and the two different 5- α reductase inhibitors...dutasteride and finasteride suggested that there could be a better sense of relative efficacy of different doses,” investigators concluded, positing that “the meta-analysis contributed to the comparative effectiveness literature for AGA therapies regarding the compared interventions.” The [findings](#) were published online in JAMA Dermatology.

3. PLATELET-RICH PLASMA PROMISING FOR FPHL

[Dermatology Advisor](#) reported, “Platelet-rich plasma (PRP) using a digital centrifuge with large sodium citrate tubes on a centrifuge speed of 900 rpm has demonstrated efficacy and safety in female pattern hair loss...therapy,” investigators concluded in a 40-woman comparative study, the [findings](#) of which were published online in the Journal of Cosmetic Dermatology.

4. HIRSUTISM OFTEN MANIFESTATION OF UNDERLYING SYSTEMIC ISSUE

In a feature article, [Dermatology World](#) focused on “hirsutism, a condition in which excess hairs grow in a male-patterned distribution.” The condition “affects 5-10% of women and can be devastating to patients.” What’s more, “hirsutism is often a manifestation of an underlying systemic issue, predominantly polycystic ovary syndrome (PCOS) or idiopathic hyperandrogenism, which account for more than 85% of cases, said Rachel V. Reynolds, MD, FAAD, assistant professor and vice chair of dermatology at Harvard Medical School.” Other causes can include “idiopathic hirsutism, adrenal hyperplasia, androgen-secreting tumors, medications, as well as other endocrinopathies, such as Cushing syndrome and thyroid dysfunction.”

5. IS THERE AN ASSOCIATION BETWEEN AA AND RETINAL DISEASES?

Authors of a *JAAD* study assessed the association of retinal disease with alopecia areata. They compared the incidence of retinal diseases in nearly 10,000 alopecia areata patients with 99,090 matched controls. Alopecia areata patients had an adjusted hazard ratio of 2.96 for retinal disease, with a significantly increased risk of retinal detachment, retinal vascular occlusion, and retinopathy. The median age at diagnosis of retinal disease in these patients was significantly younger than for the control group (43 years vs. 54 years). Patients with alopecia areata had a significantly increased risk of retinal diseases which, according to the authors, may be due to melanocyte damage in the retina and systemic inflammation.

6. TREATING NETHERTON SYNDROME WITH DUPILUMAB

A case report published in *The Journal of Dermatology* describes a woman with Netherton syndrome experiencing worsening skin symptoms and brittle hair. She received 600 mg of dupilumab followed by 300 mg every two weeks. There was more than a 50% improvement in overall disease severity after two weeks and almost complete clearance of skin conditions and resolution of bromhidrosis after four weeks. At 12 weeks, the woman's hair was longer, smoother, and thicker with sustained effects at 16 weeks. A literature review performed by the authors revealed seven cases of Netherton syndrome successfully treated with dupilumab, although they indicate that more research is necessary to support long-term efficacy and safety.

7. RATE OF AUTOIMMUNE THYROID DISEASE APPEARS TO BE INCREASED IN PATIENTS WITH PSORIASIS, RESEARCHERS SAY

[Dermatology Advisor](#) reports, "The rate of autoimmune thyroid disease...is significantly increased in patients with psoriasis," investigators concluded in an 11-study meta-analysis that included "253,313 patients with psoriasis and 1,376,533 control individuals." The [findings](#) were published online in *BMJ Open*.

8. SEBORRHEIC DERMATITIS MAY BE TIED TO BLOOD MARKERS SHOWING SYSTEMIC INFLAMMATION, RESEARCHERS SAY

[Dermatology Advisor](#) reports, "Seborrheic dermatitis (SD) is associated with markers in the blood showing systemic inflammation," investigators concluded in a 47-patient study aiming "to assess the role of systemic inflammation in the etiopathogenesis of SD as well as the correlation between inflammatory markers and SD severity." The [findings](#) were published online in a research letter in the *Journal of Cosmetic Dermatology*.

9. SELF-HELP BASED ON COMPASSION, MINDFULNESS MAY IMPROVE QOL IN PATIENTS WITH PSORIASIS, STUDY INDICATES

[Dermatology Advisor](#) reports, "Self-help based on compassion and mindfulness can reduce shame and improve quality of life [QoL] in patients with psoriasis," investigators concluded in a 130-patient, randomized, four-week "online feasibility trial" that "evaluated the acceptability, adherence, and efficacy of compassion-focused self-help interventions accessed through e-mail." The [findings](#) were published online in the *British Journal of Dermatology*.

10. AIR POLLUTION MAY BE TRIGGER FACTOR FOR PSORIASIS FLARES, STUDY INDICATES

[HCPlive](#) reports research indicates that “air pollution could be a trigger factor for psoriasis flares,” investigators concluded in a study that “recruited a total of 957 patients with plaque psoriasis” and included “a total of 4398 follow-up visits.” The study revealed that “concentrations of all pollutants were significantly higher in the 60 days before psoriasis flare.” The [findings](#) were published online in JAMA Dermatology.

11. Daily Oral Avocado Consumption May Lead To Enhanced Elasticity, Firmness Of Facial Skin In Healthy Women With Overweight, Researchers Say

[Dermatology Advisor](#) reports, “Daily oral avocado consumption may be associated with enhanced elasticity and firmness of the facial skin in healthy” women with overweight, investigators concluded in a 39-patient, “randomized, parallel group study” that “investigated the effects of consuming one avocado daily vs no avocado on skin health in women with increased abdominal circumference and elevated body mass index.” The [findings](#) were published online in the Journal of Cosmetic Dermatology.

12. MORE THAN HALF OF WOMEN OVER AGE 50 WILL EXPERIENCE THINNING HAIR, RESEARCH SUGGESTS

[NBC News](#) reports, “More than half of women over age 50 will experience thinning hair,” researchers concluded in a study that scrutinized “the scalps of nearly 200 postmenopausal women.” The study revealed that “52.2 percent had some hair thinning, a condition called female pattern hair loss.” The [findings](#) of the 178-woman study were published online in the journal Menopause.

13. FRONTAL FIBROSING ALOPECIA: THE EFFECTS OF SUNSCREENS AND MOISTURIZERS

In a systematic review published in *JAAD*, the study authors identified nine controlled studies assessing the association between frontal fibrosing alopecia (FFA), sunscreen use, and moisturizer use. The included studies, which were rated as moderate quality, found a significant association between sunscreen use and FFA (odds ratio, 2.21). Eight studies found a significant association between FFA and the use of moisturizers (odds ratio, 2.09). While the exact mechanisms are unclear, the authors discuss proposed mechanisms regarding the role of sunscreen in the development of FFA, including an immune lichenoid reaction, generation of reactive oxygen species, and hormone disruption among others. They note that oxybenzone and other preservatives found in moisturizers are known to induce allergic reactions.

14. NETWORK META-ANALYSIS RANKS AVAILABLE HAIR-LOSS MEDICATIONS FOR MEN FROM MOST EFFECTIVE TO LEAST

According to [HealthDay](#), a network meta-analysis “of 23 previous studies ranks the available hair-loss medications” for men, “from most effective to least,” seeking to ascertain how “dutasteride, finasteride and minoxidil...stack up against each other in effectiveness.” The meta-analysis ranked dutasteride “capsules, at a dose of 0.5 milligrams a day,” as most effective, followed by “finasteride...taken at a 5-mg dose each day, followed by the same dose of oral minoxidil.” The [findings](#) were published online in JAMA Dermatology. HealthDay adds, “The American Academy of Dermatology has [more](#) on male-pattern hair loss.”

15. VEGETABLE OILS MAY PROVIDE AN EFFECTIVE AND SUSTAINABLE ALTERNATIVE TO PETROLATUM IN SKINCARE FORMULATIONS

[Dermatology Advisor](#) reports, “Vegetable oils can provide an effective and sustainable alternative to petrolatum in skincare formulations and provide comparable skin occlusion performance during a six-hour time period,” investigators concluded in a study that “included 80 healthy women participants (aged 18 to 60 years) with normal to dry skin who had active dermatitis and presence of cutaneous marks in the experimental area.” The [findings](#) were published online in Journal of Cosmetic Dermatology.

16. PERSPECTIVE ARTICLE HIGHLIGHTS CONCERNS OVER PARABEN SUBSTITUTES IN PERSONAL CARE PRODUCTS

Janna Mandell writes in a perspective piece for the [Washington Post](#) about “the age of ‘clean’ beauty” in which customers are “choosing personal care products – makeup, sunscreen, skin care, deodorant, hair care, dental care, fragrance – based on what they don’t want in them,” namely parabens. However, the piece points to growing research questioning whether parabens are indeed harmful, and if the “substitutes being used in countless ‘paraben-free’ products...have major side effects.”

17. IS DUTASTERIDE AN EFFECTIVE TREATMENT FOR FFA?

A retrospective observational study published in *JAAD* found oral dutasteride was the most effective therapy, depending on the dose, for the treatment of frontal fibrosing alopecia in real clinical practice compared to other systemic therapies or no systemic treatment. A total of 224 patients, all except two of which were women, with a follow-up between 12 to 108 months were included in the study. In the dutasteride group, the stabilization rate for the frontal, right, and left temporal regions after 12 months was 62%, 64%, and 62%; with other systemic therapies it was 60%, 35%, and 35%; and without systemic treatment it was 30%, 41%, and 38%. There was a statistically significant association of stabilization with an increasing dose of dutasteride — 88%, 91%, and 84% with a weekly treatment of five or seven doses of 0.5 mg.

Journal Articles

For journal publications, click on the URL under the title of the topic you wish to see, and it will open to a free abstract of the article. For obtaining the full article, just follow the relevant prompts on the site (a payment may be required for the full article).

CONTACT DERMATITIS
CUTANEOUS ALLERGY
ENVIRONMENTAL AND OCCUPATIONAL DERMATITIS

1. Allergic contact dermatitis from shellac in an ecological hair spray occurring in a patient with frontal fibrosing alopecia

Francisco J. Navarro-Triviño
<https://onlinelibrary.wiley.com/doi/abs/10.1111/cod.14061?>

2. Allergic contact dermatitis caused by cosmetic glues among hairdressers and beauticians who perform eyelash extension as well as hair extension applications: a systematic review

Cara Symanzik, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/cod.14056?>

3. Contact sensitization to *Magnolia officinalis* bark extract and other allergens in a patient with frontal fibrosing alopecia and lichen planus pigmentosus

María E. Gatica-Ortega, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/cod.14053?>

4. Prevalence and incidence of hand eczema in hairdressers

Martin S. Havmose
<https://onlinelibrary.wiley.com/doi/full/10.1111/cod.14048?>



1. Treatment with oral vitamin D alone, topical minoxidil, or combination of both in patients with female pattern hair loss: A comparative clinical and dermoscopic study

Ghada F. R. Hassan MD, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.14743?>

2. Tufted hairs: A bouquet of flowers in different hair diseases

Michela Starace MD, PhD, Roberta Vezzoni MD, Aurora Alessandrini MD, Francesca Bruni MD, Miriam Carpanese MD, Daniel Fernandes Melo MD, Bianca Maria Piraccini MD, PhD
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.14712?>

3. Bicalutamide and the new perspectives for female pattern hair loss treatment: what dermatologists should know

Raquel de Melo Carvalho, Leopoldo Duailibe Nogueira Santos, Paulo Müller Ramos, Carla Jorge Machado, Patricia Acioly, Simone Carolina Frattini, Carlos Baptista Barcaui, André Luiz Vairo Donda, Daniel Fernandes Melo
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.14773?>



1. A fallen-snow pattern of hair in trichoteiromania

T. Dai, L. Wang
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jdv.17927?>

CED

CLINICAL AND EXPERIMENTAL DERMATOLOGY
THE EDUCATIONAL JOURNAL OF THE BRITISH ASSOCIATION OF DERMATOLOGISTS



1. Frontal fibrosing alopecia

D. M. Cummins, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ced.15035?>

2. Baricitinib for recalcitrant subacute cutaneous lupus erythematosus with concomitant frontal fibrosing alopecia

Alexander Kreuter, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ced.15044?>

3. Ketoconazole 2% Cream Alters the Skin Fungal Microbiome in Seborrheic Dermatitis: a Cohort Study

Rong Tao, Ruojun Wang, Zhe Wan, Yinggai Song, Yan Wu, Ruoyu Li

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ced.15115?>

Australasian Journal of

Dermatology



1. Successful treatment of folliculitis decalvans with baricitinib: A case series

Anthony Moussa MBBS, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ajd.13786?>

2. Histone deacetylase 1 in patients with alopecia areata and acne vulgaris: An epigenetic alteration

Heba Ahmed Abdelkader et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ajd.13784?>

Skin Research & Technology

Open Access



1. Subsurface detection of hair follicles in alopecia areata using optical coherence tomography

Ai Ping Yow, et al.

<https://onlinelibrary.wiley.com/doi/full/10.1111/srt.13138?>

2. Hair transparency decoding in Asia: From stylists' perception to in vitro measurement

Lu Zheng, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/srt.13083?>

**DERMATOLOGIC
THERAPY**

1. Sleep loss and the skin

Ellen M. S. Xerfan, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/dth.15226?>

2. Frontal edema due to mesotherapy for androgenetic alopecia: A case series

Daniel Fernandes Melo, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/dth.15247?>

3. Topical minoxidil-induced paresthesia

Mouna Korbi, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/dth.15328?>

4. Spironolactone in Dermatology

Diana Alejandra Aguilar Medina M.D., et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/dth.15321?>

Experimental Dermatology

1. **Effect of minoxidil formulations on human scalp skin xenotransplants on SCID mice**

Amos Gilhar, et al.

<https://onlinelibrary.wiley.com/doi/full/10.1111/exd.14523?>

2. **Gene expression profiling suggests severe, extensive central centrifugal cicatricial alopecia may be both clinically and biologically distinct from limited disease subtypes**

Taylor A. Jamerson, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/exd.14524?>



1. **Alopecia areata: progress, but who pays?**

R. Sinclair

<https://onlinelibrary.wiley.com/doi/abs/10.1111/bjd.20712?>



1. **A surge in psychocutaneous diseases during COVID-19: experience at an academic medical center**

Matthew L. Hrin BA, et al

<https://onlinelibrary.wiley.com/doi/full/10.1111/ijd.16067?>

2. **Post-COVID-19 hair loss: prevalence and associated factors among 5,891 patients**

Paulo Müller-Ramos MD, PhD, et al.

<https://onlinelibrary.wiley.com/doi/full/10.1111/ijd.16041?>

Pediatric Dermatology



1. **Oral tofacitinib for the treatment of alopecia areata in pediatric patients**

Jon Kibbie MD, et al.

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/pde.14855>



1. **The presence of mast cells in lichen planopilaris and discoid lupus erythematosus of the scalp; a quantitative study**

Mohammad Shahidi-Dadras MD, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/cup.14207?>

2. **The distinctive histopathology of cicatricial alopecia caused by IgG4-related disease**

Leonard C. Sperling M.D., et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/cup.14205?>



1. **Effects of a Watercress Extract Fraction on R-spondin 1-Mediated Growth of Human Hair**

Masakazu Hashimoto, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ics.12764?>

**QUESTION FOR CTE® CREDIT (FOR FULL MEMBERS ONLY)
- DUE APRIL 15, 2022**

PLEASE EMAIL ANSWER TO: KERRI@WORLDTRICHOLOGYSOCIETY.ORG

Question: In Gupta et al.'s research article regarding: "Natural products for male androgenetic alopecia", name three natural products that were selected for detailed review.

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