



Member Newsletter

2023 No. 004

Dear Member/Student,

Welcome to the latest World Trichology Society newsletter.



Current Trichological and Health News

1. Psoriasis May Not Be Tied To Dietary Inflammatory Potential, Researchers Say

Dermatology Advisor reports “incident psoriasis is not associated with dietary inflammatory index (DII), according to” a study that “used data from the National Health and Nutrition Examination Survey (NHANES) to assess the relationship between dietary inflammatory potential as measured with the DII and the risk for psoriasis.” The researchers concluded, “Although a proinflammatory diet could lead to several health risks, the occurrence of psoriasis might not be associated with dietary inflammatory potential.” The findings were published in the Journal of Dermatology.

2. Asian American, Black, And Hispanic Patients May Have Higher Prevalence Of Alopecia Areata

HCPlive reports, “Asian American, Black, and Hispanic patients may have a higher prevalence of alopecia areata (AA) and its subtypes, according to a...cross-sectional study.” Overall, the researchers “concluded that the highest standardized prevalence was seen among Asian AA patients (414 per 100,000).” These findings were published in JAMA Dermatology.

3. Research Indicates Possible Connection Between Hair Loss In Women, Other Diseases

According to HealthDay, Valerie Callender, MD, FAAD, a professor of dermatology at Howard University College of Medicine in Washington, DC, “offers information about the types of hair loss seen in women with darker skin tones, common types of medical conditions associated with hair loss and treatment options.” Dr. Callender said, “Research shows that women who experience hair loss can also have other medical conditions like diabetes, acne and breast cancer.” In a March 17 AAD news release, she stated, “By recognizing the signs of hair loss and seeing your dermatologist as soon as possible, you may be able to limit the progression, hold on to the hair you have, and discover any other underlying medical conditions you may have.”

4. Knowing Contemporary Alopecia Prevalence And Incidence May Benefit Future Burden Of Disease Analyses, Researchers Say

Healio reports, “Alopecia prevalence and incidence rates increased between 2016 and 2019, a trend that may be reflective of a growing disease burden or simply due to more patients seeking care, according to a study.” Still, in the “retrospective, population-based cohort study,” researchers “found that knowing the contemporary prevalence and incidence of alopecia areata (AA), alopecia totalis (AT) and alopecia universalis (AU) could benefit future burden of disease analyses.” For the study, published in *JAMA Dermatology*, researchers “analyzed the annual prevalence and incidence of alopecia areata AA and AT/AU among adults and children in the United States.”

5. Patients Receiving Biologic Treatment For Psoriasis Who Achieve Complete Skin Clearance May Be Able To Discontinue Treatment While Maintaining Long-Term Disease Control, Study Suggests

Dermatology Advisor reports “patients receiving biologic treatment for psoriasis who achieve complete skin clearance may be able to discontinue the biologic treatment while maintaining long-term disease control, according to” a “cohort study” that used “data from the DERMBIO database of all Danish patients with psoriasis who were treated with biologics and the causes of treatment discontinuation.” The findings were published in a research letter in the *Journal of the American Academy of Dermatology*.

6. Alopecia Areata Significantly Tied To Various Inflammatory Arthropathies, Research Suggests

Dermatology Advisor reports, “Alopecia areata has a significant association with rheumatoid arthritis, inflammatory spondyloarthropathies, spondylosis, and other unspecified arthropathy/arthritis, according to [a] study.” The findings were presented at the Annual Meeting of the American Academy of Dermatology.

7. Low-Dose Prednisone Plus Methotrexate Shows Promise In Chronic Alopecia Areata Totalis, Alopecia Universalis, Study Indicates

HCPlive reported “a combination of low-dose prednisone and methotrexate led to complete hair regrowth for up to 31% of patients with chronic alopecia areata totalis or alopecia universalis, according to” a “randomized, double-blind clinical study.” These findings, published in *JAMA Dermatology*, “are significant because they were found to be comparable to the results seen with JAK inhibitors but with a lower cost.”

8. Comparing efficacy of JAK inhibitors used in alopecia areata

A systematic review published in *Acta Dermato-Venereologica* included 37 studies investigating the efficacy of JAK inhibitors for the treatment of patients with alopecia areata. In the meta-analysis of five randomized studies, baricitinib 4 mg once daily and deuruxolitinib 12 mg twice daily had superior results compared with brepocitinib and ritlecitinib in terms of SALT50, although the difference was not statistically significant. The randomized clinical trials investigating oral ruxolitinib and oral tofacitinib were not included due to different inclusion criteria of alopecia areata severity. The authors note that more randomized trials, with identical inclusion criteria and dose and duration of treatment, are necessary to confirm these findings.

9. Food Sensitivity, Food Allergies Common In Patients With Atopic Dermatitis, Study Suggests

Dermatology Advisor reports, “Food sensitivity, food allergy, and challenge-proven food allergy are common in patients with atopic dermatitis and vice versa, according to study findings published in the *Journal of the European Academy of Dermatology and Venereology*.” Researchers said, “Physicians should be cognizant of the bidirectional relationship, but it remains unclear what preventative actions are most effective, and to what degree food avoidance in allergic individuals with AD can improve the condition.”

10. Prolonged Baricitinib Use Boosts Efficacy In Treatment Of Severe Alopecia Areata

Healio reports, “Prolonged use of baricitinib increased the drug’s efficacy in the treatment of adults with severe alopecia areata, according to two phase 3 trials.” The study extension did not show “any new adverse events compared with the 36-week study,” and “the most common adverse events included upper respiratory tract infection, headache, nasopharyngitis, acne, urinary tract infection, CPK elevation and COVID-19 infection.” The findings were published in the American Journal Of Clinical Dermatology.

11. Topical cetirizine with minoxidil vs. minoxidil in androgenetic alopecia

Authors of a study published in the *Archives of Dermatological Research* evaluated the efficacy and safety of topical cetirizine with topical minoxidil versus placebo plus topical minoxidil in the treatment of female androgenetic alopecia. The trichoscopic parameters, patients’ self-assessment, side effects, and global photographic assessment were evaluated. In both groups, the terminal and vellus hair density significantly increased in the frontal and vertex areas at 24 weeks. There was no significant difference between the two groups in terms of side effects. Patients in the combination treatment group reported better scores. The authors conclude that topical cetirizine increases hair shaft thickness and results in a higher clinical improvement from patients’ perspective with a good safety profile.

12. Oral Baricitinib Appears To Maintain Alopecia Areata Hair Regrowth At Two Years

HCPlive reports, “Oral baricitinib (Olumiant) remained efficacious for the treatment of severe alopecia areata through two years among patients who initially reported response to the drug at one year,” investigators concluded in a study that “sought to evaluate the efficacy of continued baricitinib in adult patients with alopecia areata through 104 weeks after the 52-week BRAVE-AA1 and BRAVE-AA2 trials.” The findings were presented at the American Academy of Dermatology 2023 Annual Meeting.

13. Methotrexate, Low-Dose Prednisone Combination Appears To Outperform Methotrexate Alone In Patients With Chronic And Recalcitrant Alopecia Totalis And Alopecia Universalis, Study Indicates

[Healio](#) reports, “Methotrexate and low-dose prednisone combination outperformed methotrexate alone in patients with chronic and recalcitrant alopecia totalis and alopecia universalis, according to” the [findings](#) of an 89-patient study published online in JAMA Dermatology.

14. Patients With Androgenetic Alopecia May Demonstrate Improvements In Hair Follicle Growth, Density After Treatment With Topical Melatonin, Medical Literature Review Indicates

[Healio](#) reports, “Patients with androgenetic alopecia demonstrated improvements in hair follicle growth and density after treatment with topical melatonin,” researchers concluded in the [findings](#) of an 2,267-patient, 11-study medical literature review published online in the Journal of Drugs in Dermatology.

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*).



1. **The burden of alopecia areata: A scoping review focusing on quality of life, mental health and work productivity**
Anastasiya Muntyanu, et al.
<https://onlinelibrary.wiley.com/doi/full/10.1111/jdv.18926?>
2. **Characteristics of cutaneous lupus erythematosus in Black patients, association with systemic lupus and response to treatment: A retrospective cohort study of 141 patients**
Léa Jaume, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jdv.18966?>
3. **Psoriasis: Rediscovering the meaning of the name**
Riccardo Balestri, Michela Magnano, Giulia Rech
<https://onlinelibrary.wiley.com/doi/full/10.1111/jdv.18950?>
4. **Systematic review of newer agents for the management of alopecia areata in adults: Janus kinase inhibitors, biologics and phosphodiesterase-4 inhibitors**
Aditya K. Gupta, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jdv.18810?>
5. **Telogen effluvium in SARS-CoV-2 infection: Histological aspects**
S. Micheli, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jdv.19015?>

1. **Efficacy and safety of oral isotretinoin in the treatment of moderate to severe seborrheic dermatitis: a retrospective study**

Zhang Yanfei PhD, Ning Xiaoying MD, Zhang Dingwei PhD, Wang Wei PhD, Ren Jianwen MD

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ijd.16582?>



1. **Scalp hair loss is not random across follicular units: a new insight into human hair aging**

Junyu Luo, Qili Qian, Wenxin Zheng, Ieva Gripkauskaite, Sijie Wu, Min Zhang, Jinxi Li, Bingfei Fu, Ranjit Bhogal, Peter Murray, Matthew Rowson, Bin Li, Xiangyang Xue, Xuelan Gu, Yajun Yang, Li Jin, David Andrew Gunn, Sijia Wang

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ics.12851?>

JAMA Dermatology

1. **Prevalence and Odds of Depressive and Anxiety Disorders and Symptoms in Children and Adults With Alopecia Areata: A Systematic Review and Meta-analysis**

Sophie Lauron, MD; Camille Plasse, MD; Marion Vaysset, MD; et al.

<https://jamanetwork.com/journals/jamadermatology/fullarticle/2800633?>

1. Melanocyte stem cells and hair graying

Xiaojiao Zhang MD, Jinyu Zhu PhD, Jiezhi Zhang MD, Hengguang Zhao MD, PhD

[https://onlinelibrary.wiley.com/doi/full/10.1111/jocd.15652?](https://onlinelibrary.wiley.com/doi/full/10.1111/jocd.15652)

QUESTION FOR CTE® CREDIT (FOR MEMBERS ONLY):
PLEASE EMAIL ANSWER
TO:INFO@WORLDTRICHOLOGYSOCIETY.ORG

In Luo et al.'s research article regarding " Scalp hair loss is not random across follicular units: a new insight into human hair aging", what was the reason scalp hair is more susceptible to hair loss than on other body sites?

©2023 World Trichology Society
www.WorldTrichologySociety.org
Email: info@WorldTrichologySociety.org
T: 1-718-974-4242