

HAIR LOSS  
March 23-27  
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1. Scarring Alopecia is always permanent  
True or false
  
2. All are the examples of non-scarring Alopecia except
  - a) Androgenic Alopecia
  - b) Telogen Effluvium
  - c) Traumatic Alopecia
  - d) Anagen Effluvium
  - e) Discoid Lupus Erythematosis
  
3. Normal average hair loss per day ranges from 125-150  
True or False
  
4. Telogen Effluvium is the most common cause of diffuse hair loss.  
True or False.
  
5. The difference in between Telogen Effluvium ( TE) and Anagen Effluvium (AE) is that in TE mature terminal hair are lost and in AE growing young hairs are lost.  
True or False.
  
6. Lab test which could be ordered to identify a cause of diffuse hair loss of uncertain etiology include
  - a) TSH
  - b) ANA
  - c) RPR
  - d) Zinc Level
  - e) Iron Studies
  - f) a & c
  - g) a, b, c and e
  - h) all of the above.
  
7. Match the differential of Traumatic Alopecia with their exam findings.

A) Trichotillomania	a) scaling and erythema
B) Alopecia Areata	b) hair broken off at various lengths
C) Tinea Capitis	c) smooth hair loss in round patches.

8) Medications, which could be used to treat Androgenic Alopecia in women include Finasteride and Minoxidil.

True or False.

9. Exclamation point hairs at the margin of hair loss patches is one of the characteristic points of Alopecia Areata.

True or False.

10. Preferred therapy for adults for Alopecia Areata is Intralesional corticosteroid.

True or False.

### ***Answer Sheet.***

Some Facts first!!

Hair loss, or alopecia, is classified broadly as either scarring or non-scarring:

\* Scarring alopecia refers to hair loss associated with fibrosis and scar tissue that replaces and often permanently destroys the hair follicle. Examples include bullous diseases, chemical alopecia, discoid lupus erythematosus, folliculitis (severe), lichen planopilaris, dissecting cellulitis, and tumors.

\* Non-scarring alopecia refers to hair loss without permanent destruction of the hair follicle. Examples include Anagen effluvium, androgenetic alopecia, chemical alopecia, folliculitis (mild), inherited disorders of the hair shaft, Telogen effluvium, alopecia areata, and traumatic alopecia.

**HAIR GROWTH CYCLE** — We have all of our terminal hair follicles at birth. Growth of each of these follicles on the scalp is cyclic [2]:

\* The growth phase, termed anagen, lasts two to three years.

\* The involutional phase, termed catagen, lasts two to three weeks.

\* The resting phase, termed telogen, lasts three to four months. Hair is released from the hair shaft and shed at the end of telogen, and the next cycle is initiated. Telogen hairs are characterized by a mature root sheath, or "club," at the proximal end.

In the normal scalp, approximately 80 to 90 percent of follicles are growing (anagen), about 5 to 10 percent are resting (telogen), and 1 to 3 percent are

undergoing involution (catagen) [3,4]. Each day up to 75 hairs in telogen are shed from the scalp and about the same number of follicles enter anagen [2].

1. Scarring Alopecia is always permanent  
**false**

2. All are the examples of non-scarring Alopecia except

a) Androgenic Alopecia

b) Telogen Effluvium

c) Traumatic Alopecia

d) Anagen Effluvium

**e) Discoid Lupus Erythematosis**

3. Normal average hair loss per day ranges from 125-150

**False**

Avg ranges from 75-100 hairs per day.

4. Telogen Effluvium is the most common cause of diffuse hair loss.

**True**

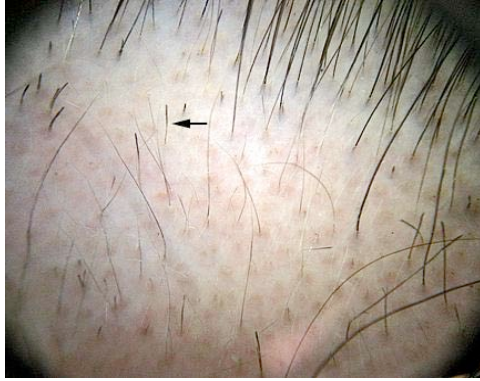
**The disease results in reversible diffuse loss of mature, terminal hairs, usually following a significant stressful event. Common triggers include pregnancy, severe weight loss (including with dieting), major illnesses and surgery, and traumatic psychological events.**



5. The difference in between Telogen Effluvium ( TE) and Anagen Effluvium (AE) is that in TE mature terminal hair are lost and in AE growing young hairs are lost.

**True.**





10. Preferred therapy for adults for Alopecia Areata is Intralesional corticosteroid.  
**True** or False.