

Alopecia Areata

Alopecia Areata is an autoimmune condition that causes sudden hair loss in smooth, round patches on the scalp, face, and other parts of the body. It affects approximately 1 in 50 people, regardless of age or ethnicity. While the condition is unpredictable, hair follicles remain intact, meaning regrowth is often possible.



> What Causes Alopecia Areata?


The immune system mistakenly attacks hair follicles, leading to hair loss. Though the exact cause is unknown, genetics and environmental factors may play a role.


> Recognizing the Symptoms

Smooth, round bald patches appear suddenly, sometimes with nail pitting or ridges. Hair may regrow and fall out again in cycles.

> Treatment and Management

There's no cure, but treatments like corticosteroids, topical therapies, and immunotherapy may help. Wigs and counseling can support emotional well-being.

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