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ALOPECIA AREATA IN UNITED ARAB EMIRATE ADULT MEN'S LOCALS THE PATTERN AND PROFILE

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Background: Alopecia areata (AA) is a recurrent nonscarring type of hair loss that can affect any hair-bearing area. Clinically, AA can present with many different patterns. Although medically benign, AA can cause tremendous emotional and psychosocial stress in affected patients and their families.

Objectives: To study the pattern of alopecia areata in UAE adult men's locals.

Patients and methods: Twenty adult men united arab emirate local patients 20 to 40 years old presented with single or multiple hairless oval smooth skin lesions in the scalp and beared area. The duration was weeks or months. Skin and hair scraping and examined with 20% potasium hydroxide (KOH) for superficial dermatophytosis was negative. There were no septic fossi. Most of the patients suffered or complained from anxiety neurosis, emotional stress, tention and social families problems. The treated with psychosocial reassurance and interalesional injection therapy with Trimecinilone Acetonide (TA) vials for one set and they get better.

Results: The clinical data, investigations, psychosocial analysis revealed that the twenty UAE locals had alopecia areata in the scalp or in the beared area. The most cuases were psychosocial.

Conclusions: Alopecia areata in UAE adult men locals is very common hair and skin disorders. The psychological and social troubles play important role in the occurance. The governmental health departments as Dubai health organization (DOH), ministry of helath, (MOH) and Abu Dhabi Health Authority (HAAD) in UAE must introduce psychological, social solutions, counseling and suporting for those patients.