



Member Newsletter

2022 No. 010

Dear Member/Student,

Welcome to the latest World Trichology Society newsletter.

We had a truly wonderful & successful Congress in Orlando!

There were 193 attendees, 10 sponsors and 18 different speakers!

Thanks to all who participated!



Current Trichological and Health News

1. Do dietary exclusions improve atopic dermatitis?

In the *Journal of Allergy and Clinical Immunology*, an international team of researchers reviewed the benefits and harms of dietary elimination as a treatment for atopic dermatitis (AD). They analyzed 10 randomized controlled trials with dietary eliminations ranging from two to 32 weeks. The studies evaluated the effect of dietary elimination on eczema severity using SCORAD, for which an 8.7-point improvement was considered a minimally important difference. Among 547 patients, a greater portion of those who participated in dietary elimination achieved this minimally important difference than those who did not eliminate foods (50% vs. 41%). Three studies found that dietary elimination slightly improved skin pruritus compared with no elimination, although the researchers noted that the results had low certainty. Considering the slight effect that dietary elimination had on eczema severity, through ingestion or contact, food may be a minor contributor to the causes and perpetuation of AD, with allergic or nonallergic mechanisms, according to the researchers. The researchers concluded that patients need to be fully informed as they weigh the modest benefits in eczema severity, pruritus, and sleeplessness that may come with dietary elimination against its potential risks.

2. Quality Of Medical Info Concerning Alopecia Disseminated Through TikTok Appears To Be Less Than Ideal For Patient Education, Investigators Say

Dermatology Advisor (8/26, Goldberg) reported, “Analysis of the most viewed alopecia-related videos on TikTok revealed that the quality of medical information concerning alopecia disseminated through this medium is less than ideal for patient education and contains substantial self-promotion,” investigators concluded in [findings](#) published online in a research letter in the *Journal of the European Academy of Dermatology and Venereology*.

3. Are concentrations higher than 5% minoxidil of benefit for androgenic alopecia patients?

A literature review published in *Clinical and Experimental Dermatology* assessed the available evidence regarding the use of topical minoxidil at concentrations higher than 5% for the treatment of androgenic alopecia. Several studies suggest that a 15% minoxidil formulation is superior to a 5% formulation; however, one study reports the superiority of 5% compared with that of a 10% formulation. Another report suggests that at concentrations greater than 7.5%, minoxidil is insoluble and is therefore not likely to provide additional benefit. The added benefit of using formulations higher than 5% remains unclear.

4. Alopecia Areata Severity, Hair Regrowth Continued To Improve At 48 Weeks Of Treatment With Ritlecitinib

Healio reported, “Severity of alopecia areata as well as scalp hair regrowth continued to improve with treatment at 48 weeks in further analysis of data from the ALLEGRO trial, according to a poster” presentation at the European Academy of Dermatology and Venereology Congress. The trial “studied five ritlecitinib doses compared with placebo.”

5. Researchers Found New Pathogenic Variants For Uncombable Hair Syndrome That Can Be Used To Improve In Managing The Condition

Dermatology Advisor reported, “A cohort study published in JAMA Dermatology found new pathogenic variants for uncombable hair syndrome (UHS), a rare hair shaft anomaly with only 100 known cases, which can be used in molecular diagnostics and aid clinicians in UHS management.” Researchers “conducted a molecular genetic analysis using Sanger sequencing, and performed haplotype analyses for the 4 most commonly observed pathogenic variants in PADI3 using single-nucleotide polymorphism (SNP) chip data.”

6. Does low-dose oral minoxidil affect blood pressure?

In a study published in *JAAD*, researchers monitored blood pressure in 10 healthy male patients with androgenetic alopecia before and after taking their first dose of 5 mg oral minoxidil. The mean age of the men was 27.8 years. Patients were assessed with ambulatory blood pressure monitoring every 20 minutes for 24 hours on two different days: At baseline, and the day the first 5 mg dose was administered. Mean blood pressure and heart rate were calculated for intervals of two and four hours before and after intake of low-dose oral minoxidil. A nonsignificant reduction of systolic blood pressure occurred at two hours (–6.8 mm Hg from baseline) and four hours (–4.3 mm Hg from baseline) following ingestion. The authors conclude that for those with normal systolic blood pressure, low-dose oral minoxidil produces a minimal and mostly asymptomatic drop in blood pressure, particularly two hours after ingestion.

7. Gradient-Boosted Decision Trees, Logistic Regression Effective In Identifying Optimal Biologic Therapy For Patients With Psoriasis, Study Finds

Healio reports “gradient-boosted decision trees and logistic regression were effective in identifying the optimal biologic therapy for” patients with psoriasis, according to a “population-based cohort study of all patients treated for moderate to severe psoriasis with biologics using data from Danish nationwide registries.” The findings were published in JAMA Dermatology.

8. Many Clinicians Unfamiliar With Using SALT Scores To Evaluate Alopecia Areata, Presenter Says

Healio reported, “The Severity of Alopecia Tool (SALT) is commonly used in alopecia areata trials; however, many clinicians may be unfamiliar with using SALT scores and with how these scores are seen on actual patients, according to” a poster presentation given by Brett King, MD, PhD, at the European Academy of Dermatology and Venereology 2022 Congress. By using “photographs of patients during the BRAVE-AA1 clinical trial, a placebo-controlled study of” baricitinib in patients with alopecia areata, “King’s poster showed how different SALT scores look on an individual,” thereby helping clinicians “understand how the SALT score is represented in real life, which can further help to get patients the highest level of care.”

9. Study Examines Possible Link Between Poor Type 2 Diabetes Mellitus Management, Central Centrifugal Cicatricial Alopecia Severity In Black Patients

Dermatology Advisor reports “there may be a link between poor” type 2 diabetes mellitus (DM) “management and central centrifugal cicatricial alopecia (CCCA) severity in Black patients,” investigators concluded in a study that matched “20 patients with CCCA and type 2 DM or prediabetes” with “a control group of 15 patients with CCCA matched for age, race, and sex who had clinical scalp photos and no diagnosis of type 2 DM or prediabetes.” The findings were published online ahead of print as a short communication in the Journal of the American Academy of Dermatology.

10. Many “Natural” Personal Skin Care Products Often Contain Ingredients That Can Cause Allergic Contact Dermatitis, Researchers Say

HCPlive reports research indicates that “many personal care products (PCPs) including lotions, fragrances, and soaps often contain ingredients that can cause allergic contact dermatitis,” and “between 1996-2016, PCP-related dermatitis prevalence more than doubled.” Researchers came to these conclusions after analyzing “product ingredients from lists of” natural “PCP products sold from January-March 2022 on websites for three popular retail stores.” Currently, the FDA does not have an “established definition of the term ‘natural,’” thus allowing natural PCP “sellers to freely promote products with this title that may contain allergens and irritants.” The findings were published online in a research letter in JAMA Dermatology.

11. Cancer On The Rise Among Adults Under Age 50, Study Suggests

USA Today reports a study suggests that “cancer is on the rise among adults under the age of 50.” The study found that “early onset cases of cancers of the breast, colon, esophagus, kidney, liver, and pancreas are among those that have risen worldwide since about 1990,” with “the likely culprit” being “increasingly sedentary lifestyles and a Western diet chock-full of processed foods.” The findings were published in *Nature Reviews Clinical Oncology*.

12. BMI, PEST May Especially Predict PsA Development During Two-Year Period In Patients With Psoriasis, Researchers Say

Rheumatology Advisor reports, “Two factors – body mass index (BMI) and the Psoriasis Epidemiology Screening Tool (PEST) – especially predicted development of psoriatic arthritis (PsA) during a two-year period in patients with psoriasis,” researchers concluded in the findings of a 1,489-patient study published online ahead of print in the *Journal of the American Academy of Dermatology*.

13. Roflumilast Well Tolerated, Effective In Patients With Seborrheic Dermatitis With All Skin Types, Analysis Shows

Healio reported “roflumilast foam was well tolerated and efficacious in” patients with seborrheic dermatitis “with all skin types, according to” a “subgroup analysis of racial and ethnic variations in a phase 2a parallel-group, double-blind, vehicle-controlled trial.” In addition, “erythema, scaling and itch also had statistically significant improvements in all treatment groups compared with placebo,” the findings presented at the European Academy of Dermatology and Venerology Congress 2022 showed.

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. **Low-dose oral minoxidil in female patients with lichen planopilaris: real-life experience**

G. Gallo, L. Burzi, F. Torrelli, P. Quaglino, S. Ribero

<https://onlinelibrary.wiley.com/doi/abs/10.1111/jdv.18489?>

2. **Alopecia areata after COVID-19 infection and vaccination: A cross-sectional analysis**

Betty Nguyen, Antonella Tosti

<https://onlinelibrary.wiley.com/doi/full/10.1111/jdv.18491?>

3. **Efficacy of N-acetylcysteine in trichotillomania (hair-pulling disorder), skin-picking disorder and onychophagia (compulsive nail-biting)**

Nadia Kashetsky, Aaron Wong, Joseph M. Lam, Se Mang Wong, Ilya M. Mukovozov

<https://onlinelibrary.wiley.com/doi/abs/10.1111/jdv.18508?>

4. **The changing spectrum of hair and scalp disorders over the last decade in a tertiary medical center**

A. Lyakhovitsky, I. Tzanani, S. Gilboa, O. Segal, E. Galili, S. Baum, A. Barzilai

<https://onlinelibrary.wiley.com/doi/abs/10.1111/jdv.18570?>

1. **Topical Cetirizine for Treating Androgenetic Alopecia: A Systematic Review**
Xiaomei Chen, Hongmei Xiang, Ming Yang
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15309>
2. **Dermoscopic Evaluation of the Efficacy of Combination of topical spironolactone 5% and minoxidil 5% Solutions in the Treatment of Androgenetic Alopecia: A cross sectional- comparative study**
Amr M. Ammar, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15328>
3. **The efficacy and safety of fractional lasers for alopecia in mono and adjunctive therapy: A systematic review and meta-analysis**
Ye-Lin Gao, Yuan Zhang, Jing-Cao Zheng, Yan-Ling Li MD
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15293>
4. **Exploration of potential lipid biomarkers for age-induced hair graying by lipidomic analyses of hair shaft roots with follicular tissue attached**
Yuchen Ma MS, Congfen He PhD
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15150>
5. **A comprehensive review of oral minoxidil in alopecia**
Jay D. Modha, Yashdeep Singh Pathania
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15324>
6. **Can hair cast be a helpful dermoscopic diagnostic clue in telogen effluvium?**
Robabeh Abedini, et al.
<https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15362>

7. **Alopecia due to hair extensions successfully treated with hair transplantation**

Esmeralda Lopez, Alexandre Catarino, Enrique Poblet, Francisco Jimenez
[https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15380?](https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15380)

8. **Nitric oxide synthase activity: A novel potential biomarker for predicting Alopecia areata**

Seyhan Taskin, et al.
[https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15378?](https://onlinelibrary.wiley.com/doi/abs/10.1111/jocd.15378)

9. **Characteristics of hair loss after COVID-19: A systematic scoping review**

Torrey Czech MD, et al.
[https://onlinelibrary.wiley.com/doi/full/10.1111/jocd.15218?](https://onlinelibrary.wiley.com/doi/full/10.1111/jocd.15218)



1. **A nationwide skin protection program introduced in hairdressing vocational schools was followed by a decreased risk of occupational hand eczema**

Martin Havmose, Wolfgang Uter, Olaf Gefeller, Ulrik F. Friis, Jacob P. Thyssen, Claus Zachariae, Jeanne D. Johansen
[https://onlinelibrary.wiley.com/doi/abs/10.1111/cod.14207?](https://onlinelibrary.wiley.com/doi/abs/10.1111/cod.14207)

2. **Alopecia areata after severe allergic contact dermatitis to a permanent hair dye**

María-Elena Gatica-Ortega, Elena Vera-Iglesias, Blas Gómez-Dorado, Cristina Pérez-Hortet, María Antonia Pastor-Nieto
[https://onlinelibrary.wiley.com/doi/abs/10.1111/cod.14201?](https://onlinelibrary.wiley.com/doi/abs/10.1111/cod.14201)

1. **Targeting inflammation and pro-resolving mediators with *Anetholea anisita* extract to improve scalp condition**

R. Duroux, V. Baillif, F. Havas, M. Farge, A. Maurin, T. Suere, E. VanGoethem, J. Attia

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ics.12813?>

2. **New approach for hair keratin characterization: Use of the confocal Raman spectroscopy to assess the effect of thermal stress on human hair fibre**

Mohammed Essendoubi, Nada Andre, Bérengère Granger, Celine Clave, Michel Manfait, Isabelle Thuillier, Olivier Piot, Jose Ginestar

<https://onlinelibrary.wiley.com/doi/full/10.1111/ics.12808?>

3. **UV and visible light exposure to hair leads to widespread changes in the hair lipidome**

Alastair B. Ross, Evelyne Maes, Erin J. Lee, Ines Homewood, Jennifer M. Marsh, Stephanie L. Davis, Robert J. Willicut

<https://onlinelibrary.wiley.com/doi/full/10.1111/ics.12810?>



1. **Association between psoriasis and alopecia areata: A systematic review and meta-analysis**

Joon Min Jung, Hee Joo Yang, Woo Jin Lee, Chong Hyun Won, Mi Woo Lee, Sung Eun Chang

<https://onlinelibrary.wiley.com/doi/abs/10.1111/1346-8138.16420?>

1. **Latest combination therapies in psoriasis: Narrative review of the literature**

Federico Diotallevi, Matteo Paolinelli, Giulia Radi, Annamaria Offidani
<https://onlinelibrary.wiley.com/doi/full/10.1111/dth.15759?>

2. **Ablative 2940nm Er: YAG fractional laser for male androgenetic alopecia**

Yiping Su, Xianjie Wu
<https://onlinelibrary.wiley.com/doi/abs/10.1111/dth.15801?>

3. **Transitory Hair Growth using Platelet-Rich Plasma Therapy in Stabilized CCCA**

Jorge Larrondo MD, MSc, John Petela MS, Amy J. McMichael MD
<https://onlinelibrary.wiley.com/doi/abs/10.1111/dth.15798?>

4. **Microneedling as an adjunctive treatment for trichotillomania**

Rachel E. Christensen BS, Marie Schambach MD, Mohammad Jafferany MD
<https://onlinelibrary.wiley.com/doi/full/10.1111/dth.15824?>

BJD

British Journal of Dermatology

IMPROVING PATIENT OUTCOMES IN SKIN DISEASE WORLDWIDE



1. **Insights into male androgenetic alopecia using comparative transcriptome profiling: hypoxia-inducible factor-1 and Wnt/ β -catenin signalling pathways**

Qingmei Liu, et al.
<https://onlinelibrary.wiley.com/doi/full/10.1111/bjd.21783?>



**1. Clinico-laboratory findings of *Malassezia* folliculitis in Indonesia:
A multicentre study**

Nurdjannah J. Niode, Pieter L. Suling, Aryani Adji, Eliza
Miranda, Kusmarinah Bramono, Linda Astari, Evy Ervianti, Oktavia R. L.
Sondakh, Rusmawardiana, Satya W. Yenny, Dhelya Widasmara, Flora M.
Lubis, Sandra Widaty
<https://onlinelibrary.wiley.com/doi/abs/10.1111/myc.13511?>

QUESTION FOR CTE® CREDIT (FOR MEMBERS ONLY): PLEASE
EMAIL ANSWER TO:
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In Jung et al.'s research article regarding "Association between psoriasis and alopecia areata", what was the conclusion of the association between the two conditions?

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