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<sup>3</sup> sharma

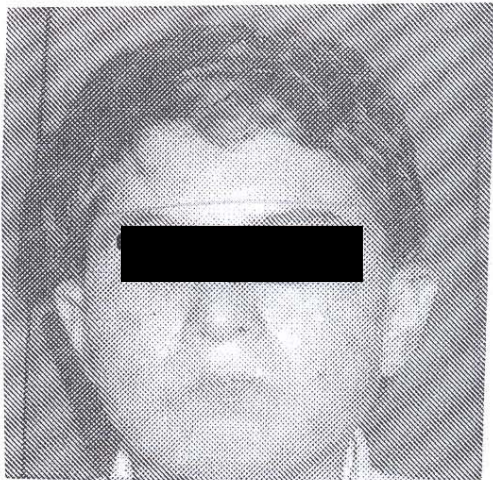
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<sup>1</sup> AT: Alopecia Totalis

<sup>2</sup> AU: Alopecia Universalis



تصویر شماره ۱ (قبل از درمان)



تصویر شماره ۲ (بیمار فوق بعد از درمان)

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(% / )	<b>AA</b>
(% / )	
AU = AT = AA =	
/	
(% / )	

( mg/ml)

) AU

( )

( )

( )

AA

PUVA

<sup>7</sup> Alopeci Areata

<sup>4</sup> PUVA: Psoralen Ultra Violeht A

<sup>5</sup> Thymopentin

<sup>6</sup> Shuster, Burton

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## PULSED ADMINISTRATION OF CORTICOSTEROIDS IN THE TREATMENT OF ALOPECIA AREATA

**Background:** Widespread alopecia areata (AA) is difficult to treat and modalities such as topical and systemic steroids, topical sensitizers (e.g. squaric acid dibutyl ester and diphencyprone), psoralen-ultraviolet A (PUVA) therapy, minoxidil, and immunomodulators have been tried.

**Methods:** Patients with widespread AA (> 40% scalp involvement), including alopecia totalis (AT) and universalis (AU) were treated with 300 mg oral prednisolone pulsed at month intervals, for a minimum of 4 doses or until cosmetically acceptable hair growth was obtained. Response to therapy was monitored by clinical assessment and patients were examined monthly for sideeffects of steroids.

**Result:** Seventeen patients (12 men, 5 women) with a mean age of 23.8 years (11-50 years) were recruited. They had alopecia for a mean period of 5.5 years (1-16y). 10 patients (4AA,1AT,5AU) received 300mg pulse therapy atleast for 4 months. 2 (20%) patients (2AU) out of 10 evaluated treated, showed cosmetically acceptable hair growth, response was evident on average after 3months and cosmetically acceptable at 5 months. Side effects were surprisintly rare and mild.

**Conclusions:** An oral monthly pulse of prednisolone 300 mg is safe and can be administered on an out patient basis. Although good efficacy of oral pulse therapy in the treatment of extensive AA previously has been reported, but the result of our study was not as effective as their, and there is requirement for more studies specially in selective patients.

**Keywords:** Alopecia areata , treatment , corticosteroid , pulse therapy

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