

EFIKASITETI I DY PROTOKOLLEVE TË TRAJTIMIT NË ALOPECINË AREATA

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Summary

THE EFFICACY OF TWO PROTOCOLS OF TREATMENT IN ALOPECIA AREATA

Introduction: Alopecia Areata is an inflammatory hair loss with patches of different dimensions that comes as a result of an autoimmune process.

Aim: To evaluate and to compare the efficacy of two protocols of treatment in Alopecia Areata (AA). To evaluate the influence of thyroid's disorders, of anaemia, of strepto-stafilococcus infections and of stress in AA.

Material and Methods: Studies were performed in 30 patients with AA who were examined in our ambulatory service from February 2007 till November 2007. For each patient we complete a questionnaire. Each patient performed some examinations and consultations; the level of ferritin, the culture of throat, consultation with the otorhinolaryngologist, consultation with stomatologist, the dosage of thyroid's hormones. Every patient was asked about the presence of stress and diet, the family history.

The treatment: 15 patients were treated (first protocol) with acetonid triamcinolon subcutan, biotine 5mg, zinc sulphate 200mg, etiologic medication, local corticosteroids and systemic corticosteroids (only in difused forms).

15 patients were treated (second protocol) with biotine, zinc sulphate, etiologic medication, local corticosteroids and systemic corticosteroids (only in difused forms).

Result: In Alopecine Areata, the infection was found in 67% of patients, the thyroid's disorders in 26%, the iron deficiency in 40% and stress in 16% of patients.

As the result of our study where we compared two treatment's protocols, we see that the first protocol was more efficacious than the second one ($p=0.005$).

Conclusions: Alopecia Areata: The anaemia and the stress do not influence in the appearance of AA ($p=0.2, p=0.49$), while the infections ($p=0.016$) and the thyroid's disorders ($p=0.032$) influence in the appearance of this pathology.

As the result of our study where we compared two treatment's protocols, we see that the first protocol was more efficacious than the second one ($p=0.005$). From the 15 patients treated with the first protocol: in 11 patients (74%) the patches were filled completely, in 2 patients (13%) the result was partial and in 2 patients (13%) the relapse was seen after the treatment.

From the other 15 patients treated with the second protocol: only in 4 patients (26%) the patches were filled completely while in 11 other patients (74%) the treatment did not result efficacious.

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