

NDIKIMI I ÇRREGULLIMIT TE TIROIDES, ANEMISE DHE STRESIT NE RENIEN E FLOKEVE

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Summary

INFLUENCE OF THYROID PATHOLOGIES, ANEMIA AND STRESS IN HAIR LOSS

Introduction: Alopecia areata is an inflammatory hair loss with patches that comes as a result of an autoimmune process. Diffuse hair loss in the whole head surface is referred to as deffluvium or effluvium capelli. This hair loss may be found in two types, the immediate type, anagen dystrophic effluvium or the late type, telogenic alopecia.

Aim: To evaluate the influence of thyroid pathologies, anemia, stress, in alopecia areata. and telogen effluvium.

Material and methods: 165 patients diagnosed with alopecia areata, and 219 patients diagnosed with telogen effluvium, who showed up in the ambulatory service of Central University Military Hospital during the period of time from January 2010 to November 2011, were included in this study in the control group were included patients who presented to the dermatologist for other health problems and who did not refer to have experienced hair loss.

Results: In the case of alopecia areata, 21.2% of the patients had thyroid gland disorders, 17% of the patients had anemia, 21.2% of the patients had stress. In the case of telogen effluvium, 17.8% of the patients had thyroid gland disorders, 40.2% anemia, 28.7% psychological and physical stress.

Assessment: Using logistic regression, we compared the influence of thyroid pathologies, anemia, stress, in alopecia areata. and telogen effluvium. In alopecia areata thyroid gland disorders were a statistically significant risk factor $p=0.024$, anemia was statistically non significant $p=0.412$, psychological stress was statistically significant $p=0.047$. In telogen effluvium thyroid gland disorders were a statistically significant risk factor $p=0.032$, anemia was especially significant statistically $p=0.009$, physical and psychological stress was statistically significant $p=0.039$.

Conclusion: Thyroid gland disorders and stress significantly influenced in the exertion of alopecia areata. While anemia, did not influence in the exertion of alopecia areata. Anemia, thyroid gland disorders and stress significantly influenced in the exertion of telogen effluvium.

Alopecia areata dhe telogen effluvium hasen mjaft shpesh ne praktiken e perditshme te mjekeve dermatologe. Vlen te theksojme se 1.7% e popullates zhvillon nje forme renie te flokeve gjate gjithe jetes se tyre. Alopecia areata eshte nje renie inflamatore e flokeve me vatra si pasoje e nje procesi autuimun (1,2). Qelizat e sistemit imunitar (limfocitet) jane aktivizuar per nje qellim akoma te pa shpeguar dhe marin si te huaj folikulin e flokut. Alopecia areata karakterizohet nga nje crregullim i ciklit te flokeve dhe nga prania e infiltrateve qelizore mononukleare peribulbare dhe perifolikulare (3,4,5). Megjithese eshte i panjohur antigjeni i perfshire ne procesin e

alopecise areata, pacientet me kete semundje jane zbuluar te kene nje incidence me te larte te antitropave ndaj antigjeneve te folikulit te flokeve (6,7,8).

Shkaqet jane te panjohura por kontribojne shume faktore: faktoret gjenetike; stresi (roli i tij eshte i debatueshem); crregullimet endokrine kryesisht te tiroides (hypotireoza, hipertireoza, tiroiditi hashimoto); kariesi dentar; vatrart infektive (tonsilit, sinuzit); deficensa e fshehur e zinkut; presioni direkt mbi nje zone me floke; crregullime te tjera shoqeruese si lupusi eritematoz, artriti reumatoid, sifilizi, anemia mund te jene faktore tjere te mundshem te alopecise areata.