Reduced level of vitamin D in chronic/relapsing alopecia areata*

R. d’Ovidio*, M. Vessio*, F.D. d’Ovidio#
*National Coordinator of AIDA-group of Tricology, Bari, Italy
#Ospedale Generale Regionale – Divisione di Dermatologia “F.Miulli”, Acquaviva delle Fonti- Bari
# Department of Economics and Mathematics, University of Bari

Some years ago we demonstrated a statistical significant seasonality in the appearance of Alopecia Areata (AA) in the majority of adult patients suffering from remitting-relapsing forms, independently from an idiopathic etiology. Its prevalence was higher in the autumn/summer months and appeared few weeks before the classic seasonal period of telogen effluvium. This can be explained by the greater exposure of the follicular autoantigens in the Catagen phase preceding the seasonal molt and/or with the presence of a protective factor related to summer and it disappears with the cold period (3).

Subsequently we noticed also that the seasonal relapses were influenced by the trend year by year of average temperatures for the period and therefore, presumably, on whether or not the subjects could expose outside (4)(fig.1).

A recent Turkish paper has shown a vitamin D deficiency in severe forms of AA (5). This research, however, was performed in only 42 cases, and during summer, when it is possible - at least in our experience - that patients exposed outdoor less than the healthy population for reasons of psychological distress.

In conclusion patients have more rates of 25OHD deficiency and higher mean values of PTH of the cases examined:156 (not obese and not in steroid therapy since one year at least)

...Continues ...