

## Treatment of alopecia areata and diffuse alopecia with BRT

A. Musaev  
(Athens, Greece)

Skin diseases are the manifestation of diseases of the internal organs. Paragraph 203 of the Organon states that treating the affected skin does not cure the disease as such.

All of the above is especially true in relation to alopecia areata, which is characterized by the appearance on the scalp, more often in the occipital region, of areas of hair loss of a rounded shape. Distinguish between focal, subtotal, total, universal, marginal, exposing and shearing forms of baldness.

In the majority of patients with alopecia areata, disorders of the absorption function of the small intestine, a decrease in the zinc content and an increase in copper in the hair are revealed. The causes of dysfunction of the digestive tract in different age groups are different. In children, helminthiasis are more often the cause of diseases, in women - a state of stress, in men - errors in nutrition and alcohol abuse. But, apparently, the main cause of hair loss is various defects in the keratin structure of the hair. Individual protein complexes of the hair follicle are targeted by T-lymphocytes, which leads to focal hair loss from 3 mm to complete hair loss on the entire scalp. Local treatment gives no more than 5% of the effect.

Alopecia areata is one of the most common forms of baldness that occurs in both men and women, which consists in replacing long hair with thin, short and non-pigmented hair. In the early stages, the lower parts of the epithelial sheath of the hair follicles change, where basophilic cell degeneration occurs, which leads to a decrease in follicles and reduction of the hair shaft. The muscle that lifts the hair decreases, the follicles are gradually reduced, then the vessels and nerve endings undergo pronounced dystrophic changes, the skin atrophies.

There are different views and opinions on the causes of common baldness, including dysfunction of internal organs and changes in the patient's hormonal background. There is no doubt that many patients can find various forms of gastritis, gastroduodenitis, or cholecystopancreatitis. It becomes clear that the treatment of patients with common alopecia should be started with the rehabilitation of the gastrointestinal tract or other concomitant diseases.

With diffuse alopecia, hair falls out over the entire surface of the scalp. Normally, a person drops out 50-60 hairs daily, which is associated with the end of their development cycle, but instead of the lost hair, new hairs of the same thickness, length and color grow. If a person is exposed to severe stress, toxic effects, X-ray irradiation, or other pathological factors (fever, bleeding, starvation, the influence of malignant diseases), then excessive hair loss occurs. As a result of stressful influences, hair loss may begin after 3-4 weeks, more often in women. Hair at the beginning falls out diffusely, and then alopecia areata may appear. At

pregnancy alopecia can occur due to hormonal changes in the woman's body. Postpartum alopecia sometimes appears in the first months after childbirth, more often in the temporal regions. Hair is completely restored in 5-12 months.

With alopecia caused by fasting for weight loss or the so-called detoxification, the hair falls out diffusely over the entire head, and the remaining hair becomes brittle, dry and thinned. Alopecia with large blood loss is obviously associated with developing in patients with a deficiency of proteins and iron, which accompany anemia. Sometimes alopecia is observed in women who have been taking medications for a long time. Hair loss is also associated with the use of large doses of cytotoxic drugs, or toxic doses of tellurium and thallium compounds. X-rays and radiation and especially the incorporation of small doses of radioactive elements can lead to hair loss.

With the equipment of the Center "IMEDIS" we have great opportunities for the treatment of this serious disease, which causes not only an aesthetic but also a psychological positive effect of therapy. For many years, our center has extensive experience and positive results in the treatment of alopecia. In the treatment, private and general BR drugs are used according to the methodology of our wonderful teacher - Yu.V. Gotovsky.

I would like to once again express my deep gratitude to the entire team of the IMEDIS Center, as well as M.Yu. Gotovsky for help and support.

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