



## Hair Disorders Clinic Protocol :

Hair is an essential part of dermatology .Because of the high load of patients with hair problems in the general dermatology clinics who they need more time and discussions, in addition to the cases of alopecia areata who failed the DPCP therapy, a hair disorders clinic is needed to diagnose and treat hair disorders .

### Objectives :

1. A specialized clinic for diagnosing hair disorders including androgenetic alopecia in males and females, hirsutism (non-endocrine in origin). , primary hair disorders, scarring alopecia 2ry to inflammatory disorders, alopecia areata failing to respond to standard therapy, and acute and chronic Telogen Effluvium.
2. Special tests may be requested for each patient, some could be routine tests like serum ferritin, TSH and hormonal studies. In some cases, A scalp biopsy may be requested to diagnose some disorders like scarring alopecia. In addition , trichogram may be essential in some cases .
3. Medical treatment should be available in the center to treat some conditions.
4. Patients with alopecia areata who failed the DPCP therapy, can be seen in this clinic for further management. This includes Anthralin (short contact), Systemic PUV A , Minoxidil 5% , Cyclosporin and topical superpotent steroids .
5. Some patients with specific hair disorders will be asked for participation in a research .

### Methodology :

1. Each patient should be referred by his dermatologist with a referral explaining clearly the patient's history and examination and the reason for such referral.
2. A nurse should be appointed for such a clinic, who carries a book with the listed patients. No patient will be seen outside this list. Each patient will be



seen through the emergency regular sheet. In some cases opening a file is mandatory .

3. This clinic can be run by a senior and a junior dermatologist. I will run the clinic initially till I get an interested doctor with me in the future .

4. This clinic can be opened initially once a week, in Mondays from 10:30-12:30. In the future an extra day may be needed .

5. Location of this clinic is the dermatologic Surgery unit to provide a private and non-disturbing atmosphere.

6. Medications that could be requested for this clinic include: Spironolactone , Cyproterone Acetate, Diane 35 , essential vitamins and elements, Iron tablets , Minoxidil 5% , 5-alpha-reductase Inhibitor (Proscar/ Propecia), Potent and moderately potent topical steroids, Kenacort injections, Roaccutane, and some systemic antibiotics .