



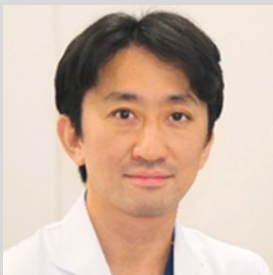
## Treatment of Alopecia Areata with HAIRestart®

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### Introduction:

Alopecia areata is an intractable skin disease in which the hair bulb of the growing hair follicle is damaged by an autoimmune mechanism, resulting in hair loss. In some patients, the disease has a chronic course that lasts for many years. There are atopic predisposition and hereditary factors, but the cause is often unknown. Generally, topical steroids and local injection therapy are used, but they are often intractable. Although it may improve naturally, it can lead to psychological stress from a cosmetic point of view and affects one's quality of life. We report on a case in which improvement was observed with Fotona HAIRestart® (an Er:YAG SMOOTH mode laser treatment) for alopecia areata. Fotona HAIRestart® is one of the Fotona SMOOTH treatments. It is thought to promote hair growth by improving blood flow in the hair root and adjusting the hair growth cycle. In my experience, if the hair root can be confirmed in a relatively short period of time from the onset, the hair growth effect is observed after 2 to 3 sessions, and in cases where the hair root cannot be visually confirmed more than half a year after the onset, the effect is observed after 6 to 7 sessions. Although alopecia areata can be expected to heal spontaneously, patients often suffer from long-term hair loss symptoms and mental stress. Fotona HAIRestart® is worth considering as a treatment option for alopecia areata.

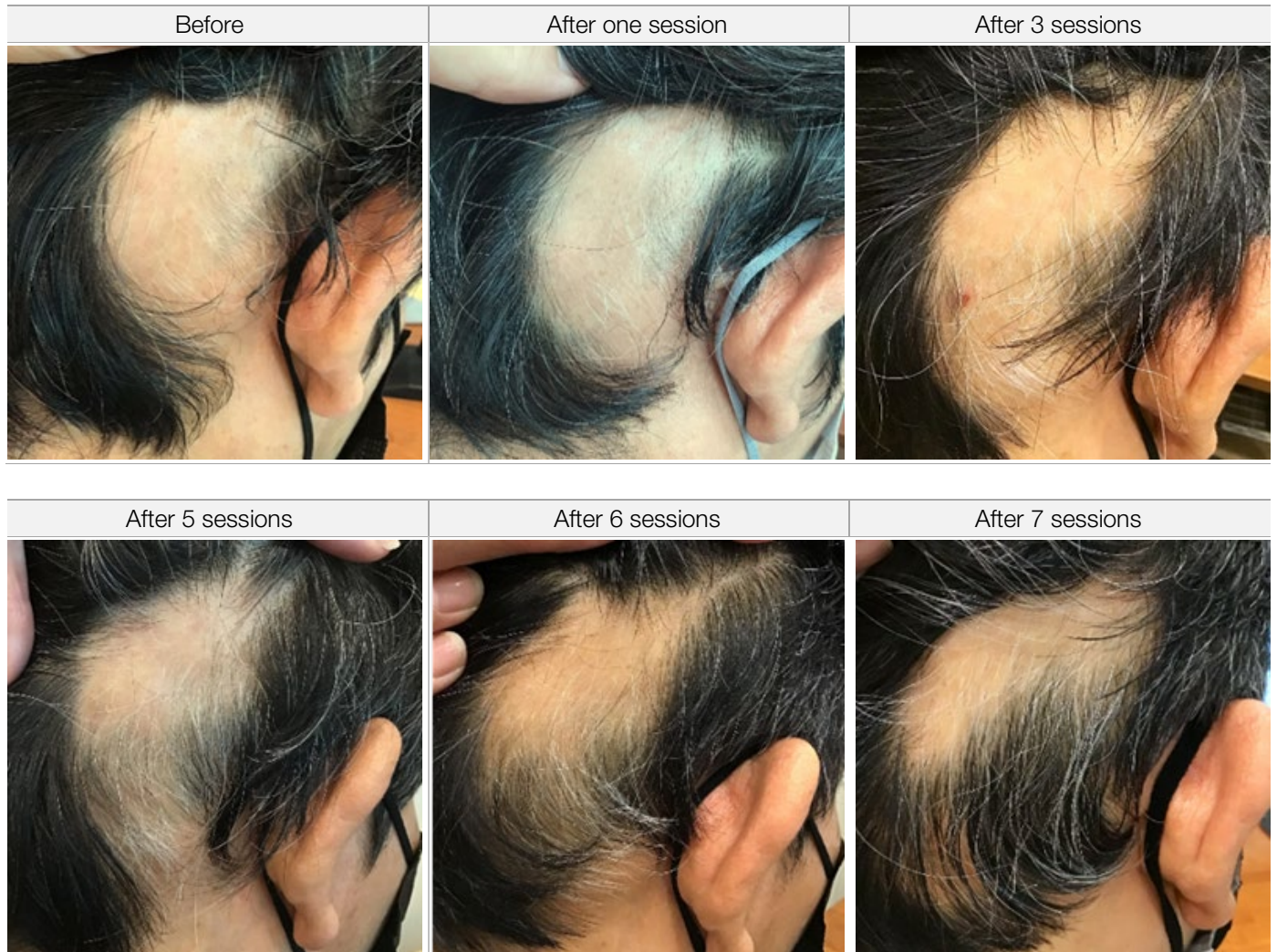
Laser	SP Dynamis
	<b>Step 1</b>
Wavelength	2940 nm
Handpiece	PS03X
Fluence	7 – 7.75 J/cm <sup>2</sup>
Mode	SMOOTH
Frequency	3.3 Hz
Passes	5 passes (back and forth)
Spot size	7 mm
Sessions	7 sessions at 2-4 week intervals



*Dr. Shingo Minagawa completed his medical degree from Department of Urology, Akita University School Medicine, Japan in 2001. From 2004 to 2014 he worked in different hospitals in the field of Urology. In 2020 he opened his own Minagawa Clinic, Koshinkai Medical Corporation and bears the title of Chairman of the Board of Directors. In same year he started using Fotona SP Dynamis in Urogynecology, Urology and Dermatology lasers treatments. In 2021 he also started treatments with StarFormer.*

## CLINICAL CASE:

A 56-year-old woman noticed of hair loss on the left frontal area and visited my clinic. She was treated with oral cephalantin and difluprednate ointment, and liquid nitrogen stimulation therapy was continued every 2 to 3 weeks, but there was no improvement for 6 months. Therefore, laser therapy was initiated. A total of three treatments were performed at monthly intervals, with a result of complete hair regrowth observed.



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