



Management of Alopecia Areata with HAIRestart®

Monica Lassen

Introduction:

Alopecia areata (AA) is a complex autoimmune disorder that leads to unpredictable hair loss and regrowth patterns, affecting individuals both physically and emotionally. Spontaneous regrowth is possible. There is no known cure for alopecia areata but various treatment options are available to help stimulate hair regrowth and manage the condition. These may include topical corticosteroids, minoxidil, immunosuppressive medications, and laser therapies. Treatment of AA is possible due to hair follicles being preserved, hence the potential for recovery of hair growth is maintained.

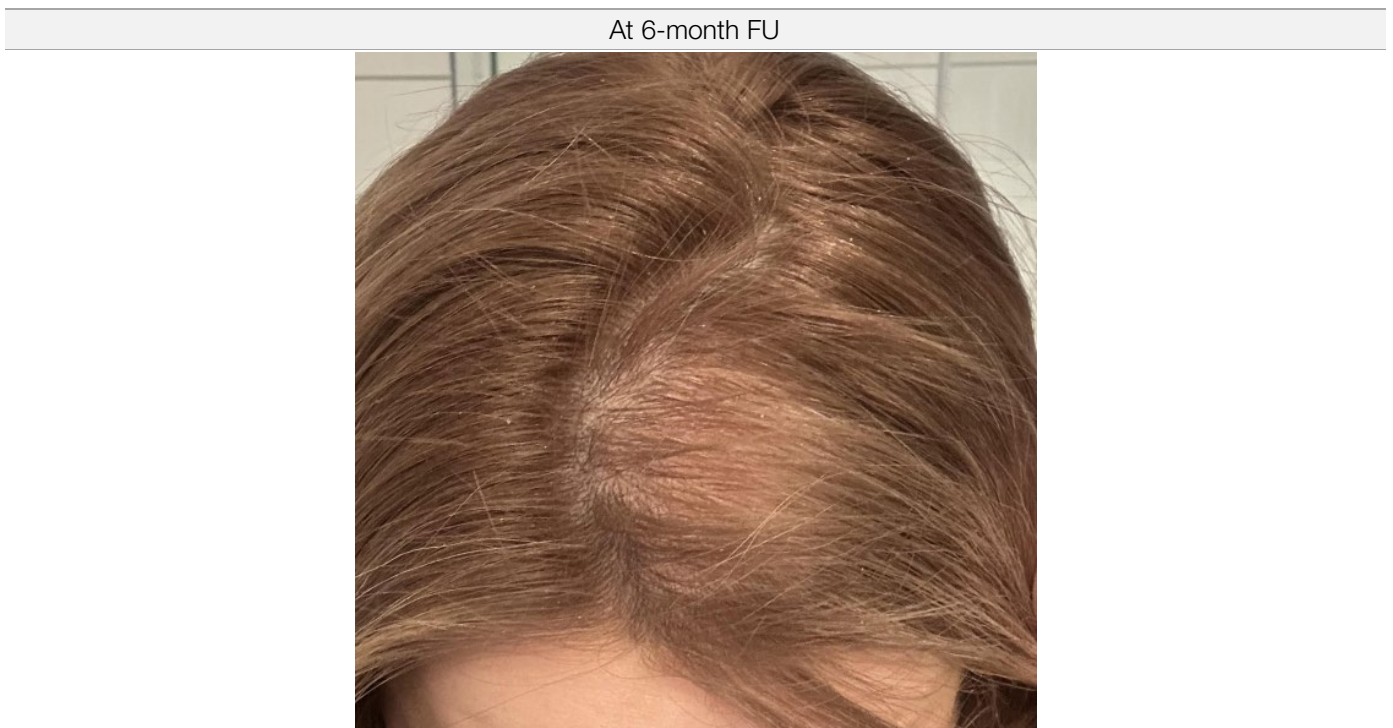
Laser	Fotona SP Dynamis
Wavelength	2940 nm
Handpiece	PS03X
Fluence	7.75 J/cm ²
Mode	SMOOTH
Frequency	3.3 Hz
Passes	6 – 8
Spot size	7 mm
Sessions	9 sessions with 2 – 3 week intervals



*Monica Lassen has been a nurse since 2007.
She started her clinic Ela in Trondheim, Norway in 2013.
She has been working with Fotona since 2014.*

CLINICAL CASE:

A 29-year-old female patient presented with AA. The patient received 9 sessions of laser treatment with 2940 nm non-ablative Er:YAG laser (SP Dynamis, Fotona, Slovenia) in SMOOTH® mode. Laser sessions were administered with 2-3 week intervals using fixed parameters (Table 1). After 3 sessions visible hair growth was detected, which continued with repeated laser sessions. Six months after treatment, considerable regrowth was visible.



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