

Tractional alopecia

Alopecia tracional

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A 28-year-old woman, with no history of interest, consulted for hair loss for at least 10 years with no apparent associated trigger. On examination, a bilateral frontotemporal pillar loss was observed (Figs. 1A and 1B), coinciding with the area of tightness of her ponytail

hairstyle. She related that ever since she could remember, she always combed her hair taut with a rubber band. On trichoscopy, fine hair was noted with no other trichoscopic findings, except for seborrheic dermatitis of the scalp. With the diagnosis of tractional



Figure 1. A: loss of the right and B: left frontotemporal pillar, in a linear fashion and limited to the region of greatest tension due to the ponytail. Seborrheic dermatitis of the scalp can also be observed.

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alopecia, measures emphasizing the change of hairstyle and off-label use oral minoxidil 1mg/day were initiated, with evident improvement after 3 months of treatment.

Tractional alopecia is a type of alopecia caused by continuous exposure to pulling forces on the scalp, typically pigtails, rubber bands or helmets, which initially cause reversible hair loss, but without treatment, lead to scarring alopecia^{1,2}. Its early recognition by every doctor and the recommendation to avoid elements that pull the hair are important.

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Conflicts of interest

None.

Ethical disclosures

Protection of human and animal subjects. The authors declare that the procedures followed were in accordance with the regulations of the relevant

clinical research ethics committee and with those of the Code of Ethics of the World Medical Association (Declaration of Helsinki).

Confidentiality of data. The authors declare that they have followed the protocols of their work center on the publication of patient data.

Right to privacy and informed consent. The authors have obtained the written informed consent of the patients or subjects mentioned in the article. The corresponding author is in possession of this document.

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