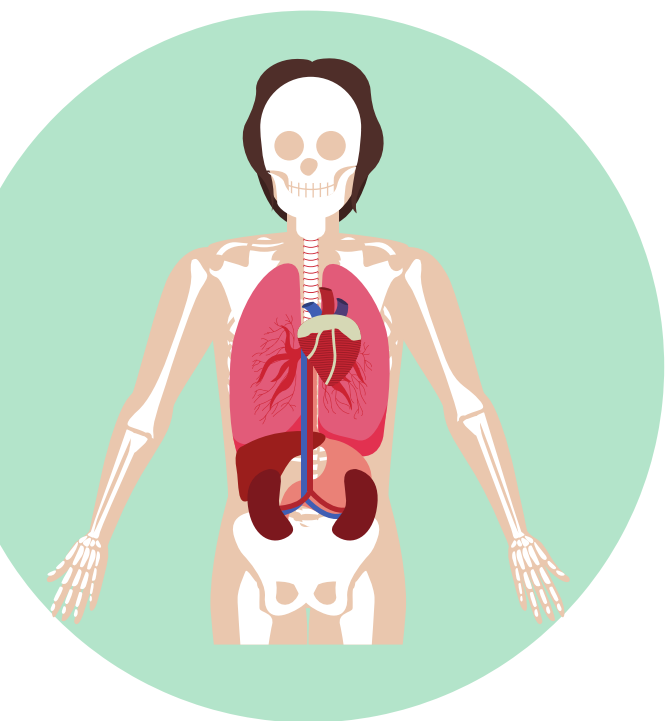


Why do people with Alopecia get so hot and cold?

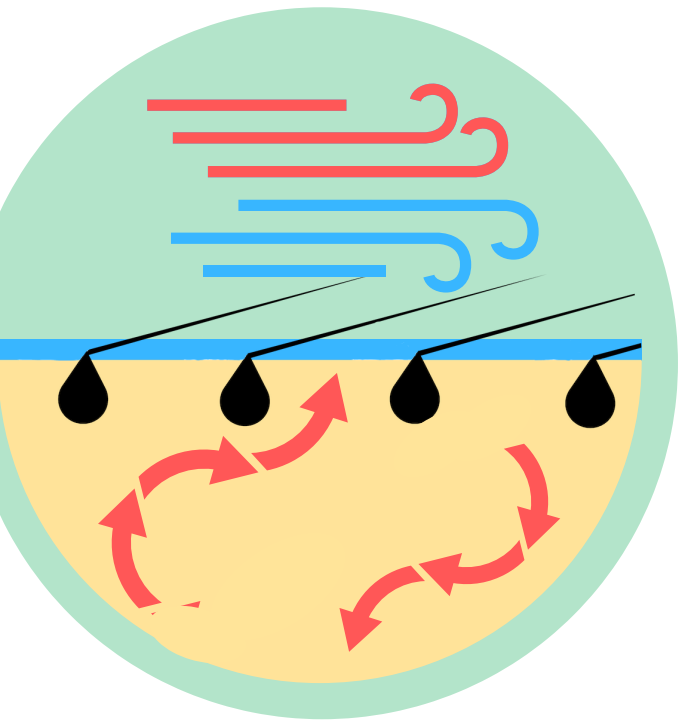
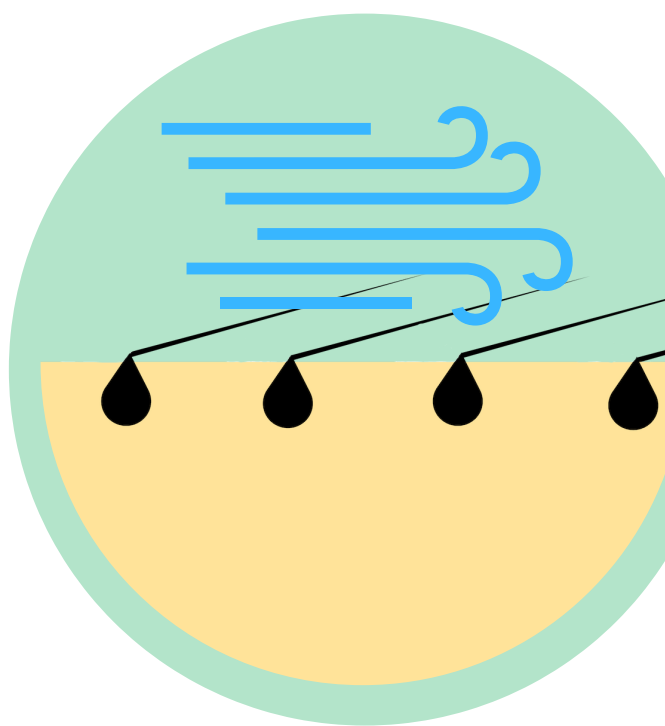


BODY HEAT, SKIN AND HAIR

Body heat is generated inside our bodies, mostly in organs like the brain, heart and liver. Our skin is the organ used to regulate our temperature. It does this through sweat and body hair.

HOW DO WE REGULATE TEMPERATURE?

When the air is a comfortable temperature, our body hairs lie flat and relaxed against our skin. Air can flow next to our skin and keep us cool.



WHEN IT IS HOT

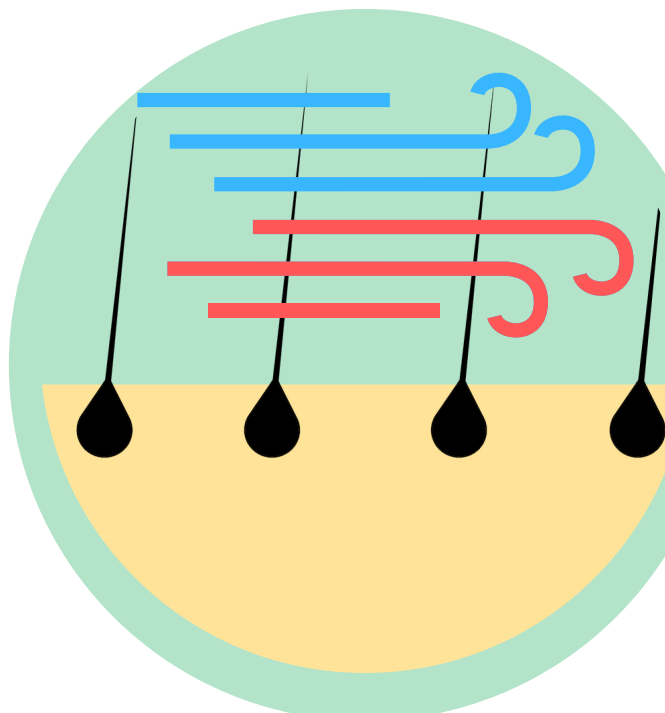
When we are too warm, we secrete sweat from tiny glands under the skin. The moisture cools off our skin even more when air flow passes over.

The blood vessels in our skin also expand, increasing the blood flow to our skin surface. The blood near the surface can cool before being circulated back through the body. This helps to cool the body.

WHEN IT IS COLD

When the air is cold, tiny muscles at the base of body hairs tense and the body hair stands on end. We can see this as goosebumps.

The standing hair creates a barrier which traps a layer of air next to the skin. This layer of air becomes warmer, and prevents colder air touching our skin and cooling us down further.



For people with Alopecia Areata, these heat regulation systems may not function normally. People with Alopecia Areata may sweat much more than normal when they are hot, and may get cold very quickly. It's important to care for your needs, like using warm beanies and gloves in winter, and drinking extra water in summer.