



DOES HAVING ALOPECIA AREATA AFFECT GENERAL HEALTH?

The Simple Answer

- No. Alopecia Areata does not affect general physical health.
- It is a non-life-threatening autoimmune condition that only targets the hair follicles.
- Most people with Alopecia Areata are otherwise completely healthy.
- It does not impact the immune system's ability to fight infections or cause internal organ damage.

It affects hair, not health. People with Alopecia Areata can live normal, healthy lives.

Sources:

- [Epidemiology and burden of alopecia areata: a systematic review. CCID. \(2015\). Link](#)
- [Alopecia Areata: An Updated Review for 2023. JCMS. \(2023\). Link](#)



WHAT IT DOES AFFECT

- Alopecia Areata can have emotional and social effects, including anxiety, low self-esteem, or stress.
- These feelings are completely valid. Hair loss can change how a person sees themselves and interacts socially.
- Counselling, community support, and self-care play an important role in overall well-being.
- Managing stress and maintaining a positive routine can help reduce flare-ups.

Sources:

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ASSOCIATED CONDITIONS

- Alopecia Areata is sometimes seen alongside other autoimmune diseases, such as:
 - Thyroid disease
 - Vitiligo
 - Type 1 diabetes
 - Lupus
- However, most people with Alopecia Areata do not have any other autoimmune condition.
- Doctors may order blood tests if symptoms suggest another autoimmune issue, but this is not routine.

Sources:

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KEY TAKEAWAYS

- Alopecia Areata affects appearance, not overall health.
- Most people with AA are physically healthy and can live long, active lives.
- Some may have related autoimmune conditions, but this is not the norm.
- Emotional support and awareness are just as important as medical care.

Hair may change. Your health, strength, and potential don't.

Sources:

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Quick Facts Box

Fact	Information	Source
Affects physical health?	✗ No	CCID (2015)
Life-threatening?	No. Only affects hair follicles	JCMS (2023)
Autoimmune link?	May occur with other autoimmune diseases, but uncommon	CCID (2015)
Mental health impact?	Can cause stress or low self-esteem	JCMS (2023)
Overall prognosis	Excellent. Normal health and lifespan	CCID (2015)

Sources:

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- Alopecia Areata: An Updated Review for 2023. JCMS. (2023). [Link](#)

Learn more about Alopecia Areata, treatment options, and real-life stories at aaaf.org.au

Join our community, find support, and help raise awareness.

