



HOW COMMON IS ALOPECIA AREATA?

The Numbers

- Alopecia Areata affects about 1 – 2 % of people worldwide at some point in their lives, that's roughly 1 in 50 individuals.
- It's one of the most common autoimmune skin conditions, seen in both men and women equally.
- The condition can begin at any age, but most cases start before 40, often during childhood or adolescence.

Sources:

- Epidemiology and burden of alopecia areata: a systematic review. CCID. (2015). [Link](#)
- Familial patterns of alopecia areata: A systematic review and meta-analysis. PubMed. (2025). [Link](#)



WHO IT AFFECTS

- Found in all ethnic groups and genders across the globe.
- No significant gender bias. Males and females are affected equally.
- Can occur anywhere, from isolated cases to clusters within families.
- Some geographic regions report slightly higher rates, likely due to genetic and environmental factors.

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WHEN IT USUALLY BEGINS

- The average age of onset is between 25 and 36 years, but nearly 60 % of cases start before age 20.
- Childhood onset often predicts a more persistent form.
- In some, hair regrows within months; in others, it follows a relapsing pattern over years.

Sources:

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



KEY TAKEAWAYS

- Alopecia Areata is common but unpredictable.
- About 1 in 50 people experience it sometime in life.
- All ages and backgrounds can be affected.
- Although widespread, its course and severity differ for everyone.

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Quick Facts Box

Fact	Information	Source
Lifetime risk	1 – 2 % globally (1 in 50 people)	CCID (2015)
Age of onset	Most before 40; many in childhood or teens	CCID (2015)
Gender ratio	Affects men and women equally	CCID (2015)
Familial component	17.6 % report a family member with AA	PubMed (2025)
First-degree relative risk	3.22 % prevalence	PubMed (2025)

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

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



Australia Alopecia Areata Foundation Inc.