



## OTHER PHYSICAL SIGNS

- In some cases, nails may also show changes, such as:
  - Small pits or dents
  - Ridges or roughness
  - White spots or lines
- Nail changes are more likely in people with severe or long-term Alopecia Areata, and can help doctors assess disease activity.

### Sources:

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



## KEY TAKEAWAYS

- Alopecia Areata can affect any hair-bearing part of the body.
- Scalp, beard, eyebrows, and eyelashes are the most commonly affected areas.
- In rare cases, it can involve total body hair loss.
- The good news: follicles remain intact, and regrowth is often possible.

### Sources:

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

### Quick Facts Box

Fact	Information	Source
<b>Most common area</b>	Scalp	CCID (2015)
<b>Other affected sites</b>	Beard, eyebrows, eyelashes, body hair	JCMS (2023)
<b>Severe forms</b>	Alopecia Totalis (scalp), Alopecia Universalis (body)	CCID (2015)
<b>Nail involvement</b>	Pitting or ridges in some patients	JCMS (2023)
<b>Regrowth potential</b>	Follicles remain alive. Regrowth possible	CCID (2015)

Sources:

- Epidemiology and burden of alopecia areata: a systematic review. CCID. (2015). [Link](#)
- 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](https://aaaf.org.au)

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

