



WHAT IS ALOPECIA AREATA?

- An autoimmune condition that causes the body's immune system to mistakenly attack healthy hair follicles.
- Results in sudden hair loss, usually in small round patches, though it can affect larger areas.
- It's not contagious, and it doesn't affect overall physical health.
- Hair follicles remain alive, meaning regrowth is often possible.

Think of it as the body's immune system being a little "too protective," mistaking hair follicles for intruders.

Sources:

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



WHO IS AFFECTED?

- Males and females of all ages and ethnic backgrounds can develop Alopecia Areata.
- It affects men and women equally, with no major gender difference.
- Around 2 % of people worldwide will experience Alopecia Areata at some point.
- The condition often begins in childhood or early adulthood, with most cases starting before age 40.
- Family history plays a role. About 17.6 % of people with Alopecia Areata have a relative with the condition.
- Among first-degree relatives, prevalence is about 3.22 %.

Even children as young as 2 or 3 can be diagnosed.

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](#)



HOW IT CAN HAPPEN

- Alopecia Areata can appear suddenly, sometimes overnight.
- Hair may regrow and fall out again in cycles of relapse and remission.
- There's no single known trigger; it's influenced by genetic, immune, and environmental factors.

It may occur alongside other autoimmune conditions such as thyroid disease or vitiligo.

Sources:

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



EMOTIONAL & SOCIAL IMPACT

- Alopecia Areata is not physically harmful but can deeply affect emotional well-being.
- People may experience low self-esteem, anxiety, or social withdrawal.
- Families often worry about appearance and peer acceptance.
- Support, counselling, and education help reduce stigma and improve confidence.

It's not just about hair, it's about confidence, connection, and care.

Sources:

- Epidemiology and burden of alopecia areata: a systematic review. CCID. (2015). [Link](#)
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HOPE AND HEALING

- Hair follicles remain alive. Regrowth is often possible.
- Some people experience spontaneous recovery or respond to treatment.
- Support from family, friends, and community builds confidence and resilience.
- There is no limit to what you can achieve in relationships, school, work, or sports.

Sources:

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



Quick Facts Box

Fact	Information	Source
Commonness	Affects 2 % of the global population	CCID (2015)
Typical Onset	Childhood or early adulthood; most before 40 years	CCID (2015)
Gender	Occurs equally in males and females	CCID (2015)
Family History	17.6 % report a family member with Alopecia Areata	PubMed (2025)
First-Degree Relatives	3.22 % prevalence	PubMed (2025)
Contagious?	✗ No	CCID (2015)
Curable?	Not yet, but manageable	JCMS (2023)
Regrowth Chance	Often possible	JCMS (2023)

Sources:

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- Alopecia Areata: An Updated Review for 2023. JCMS. (2023). [Link](#)
- Familial patterns of alopecia areata: A systematic review and meta-analysis. PubMed. (2025). [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.

