UNDER MY SKIN

The Hidden Burden of
ALOPECIA AREATA

Findings from a national survey of patients and caregivers on the psychosocial, financial, and everyday impact of living with AA

Unite. Educate. Empower.

Canadian Skin Patient Alliance
Alliance canadienne des patients en dermatologie

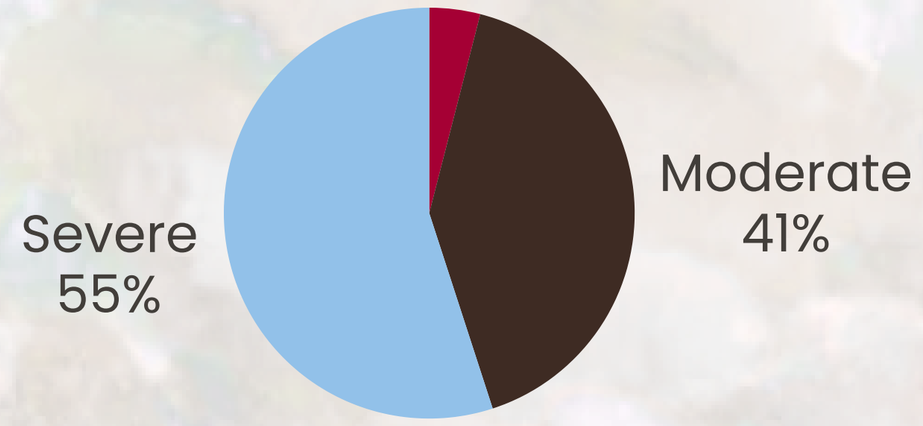
Unir. Éduquer. Dynamiser.

n=22

86% female : 14% male

All ages

Self-reported severity of Alopecia Areata



What is Alopecia Areata?

Alopecia areata (AA) is a **chronic** autoimmune disease in which the immune system mistakenly attacks hair follicles, causing non-scarring, unpredictable hair loss. It ranges from small bald patches to complete scalp loss (alopecia totalis) or full body hair loss (alopecia universalis), affecting scalp, eyebrows, eyelashes, and body hair. Hair can regrow and relapse at any time, in anyone. There is **currently no cure.**

1 in 50
Canadians affected

+10.7%
Rise in healthy life years lost since 1990

96%
of respondants had moderate-to-severe disease with deep impact on identity, mental health and daily life

Psychosocial Impact Scores (0-10 SCALE)

0=no impact
10=greatest negative impact

8.7
SELF-ESTEEM
48% rated full 10/10

8.1
EMOTIONAL WELL-BEING

4.9
CAREER
Some job loss reported

4.4
EDUCATION

The emotional impact is profound

VOICES FROM THE STUDY

> It has taken away my self-confidence and identity. I have been mistaken as a cancer patient on more than one occasion.

> Every year we must explain his condition and request special permission for school. It causes him a lot of anxiety.
>
> *Caregiver of child under 12*