

# Vitamin D deficiency linked to alopecia areata severity

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"Vitamin D deficiency is not the only etiologic factor in AA pathogenesis, but in the presence of other etiological factors, this deficiency can aggravate AA severity, and thus, vitamin D supplementation may be beneficial in treatment of pediatric AA," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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(HealthDay)—For pediatric patients with alopecia areata (AA), vitamin D is negatively correlated with disease severity, number of patches, and disease duration, according to a study published online recently in the *Journal of Cosmetic Dermatology*.

Mehmet Unal, M.D., and Gulsum Gonulalan, M.D., from the Konya Numune Hospital in Turkey, examined vitamin D status in 20 [pediatric patients](#) with AA and 34 pediatric healthy controls. The authors assessed the correlation between vitamin D status and [disease severity](#), number of patches, and disease duration.

The researchers found that the mean serum 25-hydroxyvitamin D concentration was  $15.47 \pm 7.66$  and  $11.09 \pm 10.53$  ng/mL in patients and controls, respectively; no statistically significant difference was seen between the groups ( $P = 0.084$ ). Significant, negative correlations were seen for vitamin D concentration with the Severity of Alopecia Tool score ( $P$

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