A CASE REPORT: CELIAC DISEASE AS AN UNDERLYING REASON OF ALOPECIA AREATA

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A 48-year-old woman with alopecia areata, gastrointestinal symptoms, and refractory iron deficiency anemia was diagnosed with celiac disease after endoscopy and biopsy revealed stage 3C Marsh score changes, with rapid symptom improvement and hair regrowth following a strict gluten-free diet.

KEY POINTS

- The patient presented with three years of flatulence, abdominal bloating, occasional loose stool, and fatigue, plus five years of progressive alopecia areata affecting over 40% of scalp hair follicles that had not responded to treatment.
- Upper endoscopy revealed duodenal folds with fissures and nodular appearance, villous atrophy, and scalloping of Kerckring folds; duodenal biopsy showed stage 3C Marsh score and elevated IgA tissue transglutaminase antibody, confirming celiac disease.
- Treatment with strict lifelong gluten-free diet and intravenous iron led to rapid symptom improvement and new hair growth observed within the first month.
- The case illustrates that alopecia areata may be associated with celiac disease and highlights the difficulty of diagnosis when dermatologic manifestations are prominent, emphasizing the need for a multidisciplinary approach.

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