

Trichotillomania

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Trichotillomania is a disorder of impulse control where the sufferer- usually a young child or adolescent-pulls out their own body hair irresistibly [1].

Characteristically, irregular, non-scarring, patches containing broken hairs of varying length are seen most commonly on the scalp, predominantly on the crown, occiput, and parietal regions on the side contralateral from the dominant hand (Figure 1). It forms a differential of non-scarring alopecia(s) of the scalp, eyebrows, eyelashes, body, or pubes. Detached hair is commonly manipulated orally; trichophagia occurring in approximately 10% of its sufferers and the concomitant complication of trichobezoars usually ends up causing anorexia, obstruction, and even death if untreated [1].

Pharmacotherapy combined with behavioral therapy offers the most clinical benefit [2].

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Received: 02 November 2021

Accepted: 18 February 2022

How to Cite this Article: Sardana Gitika, P. Bhavana, Agarkhedkar Sharad, Gupta Aayush, Trichotillomania. J Int Med Sci Acad. 2022 Jan-March;35(1): 73

Access this article online : www.jimsaonline.com



Figure 1: Characteristically, irregular, non-scarring, patches containing broken hairs of varying length are seen most commonly on the scalp, predominantly on the crown, occiput, and parietal regions on the side contralateral from the dominant hand.

Conflict of Interest:	All authors declare no COI
Ethics:	There is no ethical violation as it is based on voluntary anonymous interviews
Funding:	No external funding
Guarantor:	Dr. Gitika Sardana will act as guarantor of this article on behalf of all co-authors.

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