

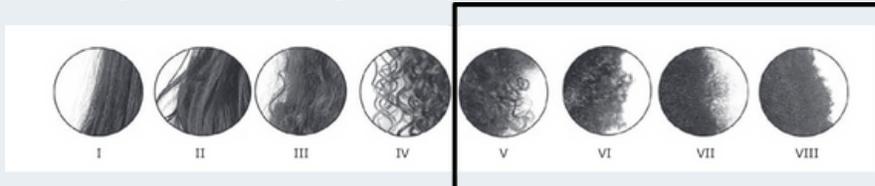
# Black History Month Webinar Series

## Caring for Crowns- A primer on Alopecia and common trichological conditions in Afro Textured Hair

Dr. Eniola Salami

### Textured hair

- Loussoarn et al (2007) classifies based on objective rather than race based measures.
- Amongst predominantly Black population, types V-VIII are generally what we refer to when we talk about coiled or “afro textured” hair.



### What does this mean in Primary Care?

- Your patients with textured hair likely care deeply about the health of their hair.
- Many would have faced some form of discrimination related to their hair
- Many may use protective styling - wigs, extensions or plaits to retain moisture and avoid damage to their strands) meaning you may never have actually seen their real hair!
- Many self manage hair issues, or co-manage them with trusted stylists before ever coming to you.
- If they complain of hair loss - they MEAN IT.

### Ask about Hair History..

#### Practices

- “How do you generally care for your hair?”
- Ask about “wash day” - frequency, products used
- Use of chemical relaxers, keratin treatments and straight perms

#### Past History

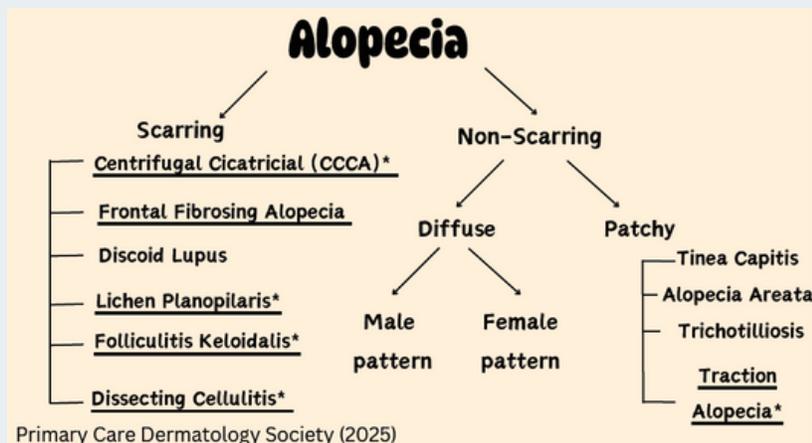
- Prior hair loss
- Family history of hair loss
- Shedding and breakage level
- Scalp irritation, redness, scabbing or itching

#### Protective Styling

- Ask about the use of weaves, sew-ins, dreadlocks, braids, wigs, high ponytails
- Be sure to focus on the application of these extensions - use of glue/bonding materials
- Use of high tension protective styles - e.g. feed-in braids, cornrows, microbraids, frequent dreadlock re-twists

### Clinical Examination

- Hair should be loose and in its natural state.
- Patients should refrain from washing their hair immediately before the appointment
- **Examination of Overall Pattern of Hair loss** - assessment of the temples, crown, nape and “edges” can reveal distinctive patterns of loss
- **Breakage Assessment** - using a white sheet of paper or contrasting glove, observe for splits and breakage in the hair shafts, one may also observe complex single strand knots
- **Dermoscopy\***



# Black History Month Webinar Series

## Caring for Crowns- A primer on Alopecia and common trichological conditions in Afro Textured Hair

Dr. Eniola Salami

### Central Centrifugal Cicatricial Alopecia (CCCA)

#### Symptoms

- Early: hair breakage at the crown, hair thinning at the crown, itching, burning sensation, scalp tenderness
- Late: shiny, atrophic scalp, bald patches
- Risk factors: Chemical relaxer usage, genetics\*

#### Diagnosis

- Prompt Dermatology referral - time is hair!
- Scalp biopsy\*

#### Treatment:

- Steroids
  - Topical clobetasol foam 0.05% daily
  - Topical clobetasol ointment 0.05% daily
  - Injected triamcinolone every 6-8 weeks
- Antibiotics
  - Minocycline 100 mg PO BID
  - Doxycycline 100mg once daily
- Calcineurin Inhibitors
  - Topical Pimecrolimus
  - Topical Tacrolimus
- Cyclosporine\*
- Hydroxychloroquine
- Hair Transplantation\*

#### Clinical Signs

- erythema
- scalp tenderness follicular/hair miniaturization perifollicular “halo” polytrichia
- broken hairs, shorter hairs at the crown



### Lichen Planopilaris

#### Signs & Symptoms

- Patchy, multifocal hair loss
- Pruritus
- Scalp tenderness
- Perifollicular scaling and plugging

#### Diagnosis

- Scalp biopsy is the gold standard for diagnosis

#### Treatment

- Dermatology referral for scalp biopsy and therapy initiation - time is scalp!
- First Line: High potency or Super high potency topical steroids +/- intralesional steroid injection
- Second Line: Systemic corticosteroid, hydroxychloroquine



Image Umar, S., Kan, P., Carter, M.J. et al. (2022).

## Black History Month Webinar Series

### Caring for Crowns- A primer on Alopecia and common trichological conditions in Afro Textured Hair

Dr. Eniola Salami

#### Folliculitis Keloidalis

##### Signs & Symptoms

- Persistent papules and pustules to the nape of the neck
- Itching and burning at the nape of the neck and in the area of barbed hair
- Risk factors: curly/coarser textured hair, increased seborrhea, existing hidradenitis suppurativa (acne inversa)
- Secondary hyper/hypopigmentation
- Scarring and thickening of the skin
- Raised keloid scars

##### Diagnosis Clinical

##### Treatment

- Advise patient to avoid picking, scratching, reduce barber frequency
- Treat secondary infection - Topical antiseptic washes, oral antibiotics when needed
- High potency Steroid + Retinoid - topical clobetasol 0.05% with tretinoin cream 0.05%-0.1%/adapalene 0.1% cream daily (6-12 weeks of treatment)
- Injected triamcinolone
- Oral tetracycline - minocycline, doxycycline 100 mg daily (6-8 weeks)
- Surgical removal of keloids, UV therapy (Dermatology referral)



Primary Care Dermatology Society. (2025); Ng, Whittaker & Okaley (2024)

#### Dissecting Cellulitis

##### Symptoms & Signs

- Diffuse, tender papules and pustules to the scalp
- Draining sinuses/coalesced papules
- Diffuse hair loss
- Can look similar to acne conglobata\*

**Diagnosis-** Clinical + Scalp Biopsy

##### Treatment

- Prompt dermatology referral
- Mild - topical antiseptic (Chlorhexidine, Clindamycin), oral tetracycline (minocycline 100 mg PO BID), injected corticosteroid
- Moderate/Severe (refer to dermatology) - Accutane, Oral tetracyclines + rifampin, surgery (skin grafting, laser)



#### Traction Alopecia

##### Symptoms

- Frontal, temporal and nape hair loss is most common
- Pruritus
- Tender, painful scalp

##### Clinical Signs

- Erythema to the scalp
- Pustules or folliculitis
- Broken/shed hairs in areas of increased tension
- Early: Increased telogen and catagen stage hairs
- Late: Vellous hair, fibrous tracts

## Black History Month Webinar Series

### Caring for Crowns- A primer on Alopecia and common trichological conditions in Afro Textured Hair

Dr. Eniola Salami

#### Traction Alopecia cont.

**Diagnosis:** Scalp biopsy (can look like frontal fibrosing alopecia!)

#### Treatment:

- **Change in hair styling-** emphasis on low tension styles like two strand twists and loose plaits
- Topical Antifungal and topical antibiotics to treat folliculitis
- Minoxidil-topical 5% foam, applying one 1/2 capful daily



#### Conservative Management

- Good basic hair care is the foundation on which all treatments rest.
- See a licensed stylist specialising in Textured hair - determine your hair characteristics (type, porosity)
- Wash hair every week or every other week using a sulfate free shampoo
- Use a conditioner each wash day that is rich - ensure you leave the conditioner on long enough to penetrate the hair shaft
- Avoid chemical relaxers when possible
- Use heat judiciously - space out silk presses and use only ceramic heat tools
- Ensure that extensions, wigs, weaves and braids are not too tight
- Come to the office early if any itching, burning to then scalp - time is hair!

American Academy of Dermatology Association (2025)

#### Key Messages

- The care of textured hair is deeply personal and extremely connected to cultural and racial identity for Black patients
- Doctors are often the last people to hear about hair loss for this population
- **Time is hair** - do not delay scalp biopsy or dermatology referral for patients
- Treatment suggestions should take into consideration common hair care practices of patients
- Effective conservative management is critical to lasting results



#### References

- [Black hair: Tips for everyday care. American Academy of Dermatology.](#)
- [Primary Care Dermatology Society. \(2025\). Alopecia - an overview.](#)
- [Adotama, P., Shapiro, J., Lo Sicco, K., London, A. O., Ederaine, S. A., Rotemberg, V., & Mayo, T. \(2022\). Standardizing the clinical and dermatoscopic exam for patients with afro-textured hair and scarring alopecia: A scoping review and clinical guide. J EADV Clinical Practice, 1\(1\), 31-37.](#)
- [Errichetti E, Figini M, Croatto M, Stinco G. Therapeutic management of classic lichen planopilaris: a systematic review. Clin Cosmet Investig Dermatol. 2018 Feb 27;11:91-102](#)
- [Crown Act Resources. The Official CROWN Act. \(2023\).](#)



Consider using [MyL3Plan](#), a free online tool developed by the Office of Lifelong Learning (L3) that can be used to meet and support the 3 activities/action plans required by the PPIP-CPSA and earn up to 36 Mainpro+ certified credits.

[Learn more here!](#)