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## The Charles Institute Seminar Series

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### Psycho-trichology - a new paradigm in hair loss management

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**BIO:** Yuliya Ovcharenko is Professor & Head of the Clinical Trichology Institute, KKNU. She is also the current President of the Ukrainian Hair Research Society, Treasurer of International Trichoscopy Society, and former Board Member of the European Hair Research Society. Her main professional directions incl. Trichoscopy, Psycho-trichology, alopecia areata, androgenetic alopecia, and hair loss in children. She is author and co-author of over 100 scientific publications, 5 patents (Ukraine), National clinical guidelines, and 7 books on hair.

**Abstract:** The occurrence/recurrence of many chronic diseases in dermatological practice are clinically influenced by psychogenic influence. Atopic dermatitis, psoriasis, seborrheic dermatitis, hyperhidrosis, chronic telogen effluvium, and alopecia areata are examples of this. However, modern research shows that most hair diseases, previously classified as 'psychosomatic', have a genetic and immunological basis. The influence of psychogenic factors on immunological events that worsen these disorders can be interpreted as indicating a close relationship between psycho-factors and major pathogenetic pathways.

There is a range of pathogenic reactions aggravating disease in patients with psychosomatic hair pathology. It can be explained by socially significant localization, as well as by its recurrent nature, resistance to therapy. Trichologic symptoms can also have a psycho-traumatic effect - triggering a torpid disease course and new waves of exacerbations. This reaction cascade a self-perpetuating vicious cycle. Thus, psychiatric disorders should be closely integrated into the overall clinical presentation of hair diseases.