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CASE REPORT

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Central Centrifugal Cicatricial Alopecia and the Use of Xtressé Nutrient Supplement: A Case Series

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ABSTRACT

Central Centrifugal Cicatricial Alopecia (CCCA) is a form of scarring alopecia characterized by patches of permanent hair loss that manifests on the crown of the scalp, progressively spreading outward in a centrifugal pattern.[1] This condition is predominantly observed in African American women. Treatment options for CCCA remain limited, with current treatments including topical and systemic corticosteroids and oral tetracyclines, with modest responses.[1] We present 2 cases of CCCA treated with Xtressé with notable improvement.

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INTRODUCTION

Central Centrifugal Cicatricial Alopecia (CCCA) is characterized by progressive scarring and hair loss in the vertex or crown of the scalp and spreads centrifugally. CCCA is associated with inflammation and commonly affects women of African descent. Treatment goals include halting and preventing the progression of the disease and encouraging hair growth, but hair will not grow from permanently damaged hair follicles. No clear guidelines exist for the management of CCCA, and effective therapies remain limited. Xtressé is a commercially available nutrient supplement aimed to support hair growth. We present two cases of CCCA treated with Xtressé with notable improvement.

Case Presentations

A 55-year-old African American female with a clinical and histopathologic diagnosis of CCCA presented with progressive hair loss (Figure 1). A biopsy performed at the right mid-crown revealed lymphocytic scarring alopecia, with a differential diagnosis including CCCA, lichen planopilaris, and contact dermatitis alopecia. Clinical correlation favored CCCA. She is currently treated topically with minoxidil, metformin, and clobetasol and advised to use bland, hypoallergenic, fragrance-free products; she received one treatment with intralesional triamcinolone. Two weeks after the biopsy, Xtressé nutrient supplements were added to the treatment regimen. Follow-up evaluations were conducted at 2 months (Figure 2) and 4 months (Figure 3) after initiating this plan.

FIGURE 1. Initial presentation.



FIGURE 2. Two month follow-up.



FIGURE 3. Four month follow-up.



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A 42-year-old African American female with a past medical history of alopecia and anemia presented with a 10-year history of progressive hair loss, primarily affecting the frontal scalp and medial parietal region (Figure 4). At the time of presentation, she was using minoxidil and topical ketoconazole.

While she remained on oral minoxidil 2.5 mg, the new treatment regimen added a popular nutraceutical hair supplement, a nutraceutical shampoo, and metformin 10% compounded with triamcinolone. A follow-up scalp biopsy one month later revealed traction alopecia in the right frontal scalp and early/mild CCCA in the right midparietal scalp.

Two months later, doxycycline 40 mg (daily) and betamethasone (as needed) were added to her regimen. Over the next 6 months, she underwent 6 monthly intralesional triamcinolone injections and 3 sessions of hydrodermabrasion with growth factors (Figure 5). In the interim, she also presented with mild psoriasis vulgaris on the right temporal scalp and started on tapinarof cream. The psoriasis responded well. Despite the treatment plan, the CCCA continued to worsen. Xtressé hair supplements were added, and improvement was noted after 3 months (Figure 6).

FIGURE 4. Initial presentation.

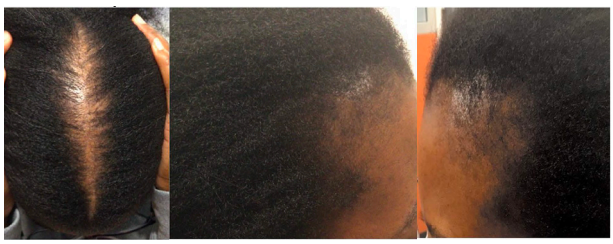
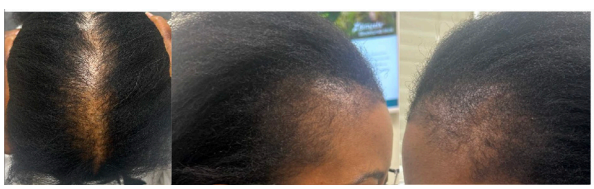


FIGURE 5. After six months of medical treatment.



FIGURE 6. Results three months after Xtressé hair supplements were added to regimen.



DISCUSSION

These cases illustrate the treatment response in 2 patients with CCCA after starting Xtressé supplements. While standard therapies such as topical minoxidil and intralesional corticosteroids are commonly used, the role of dietary supplements is not well-established. Xtressé contains several bioactive ingredients with potential roles in supporting hair follicle health. NAD+, a molecule involved in cellular metabolism and aging, has precursors have demonstrated the ability to promote hair growth in preclinical studies.[2] Pumpkin seed extract provides antioxidants that help reduce oxidative stress and inflammation.[3] Taurine, a beta-amino acid, supports mitochondrial function and provides antioxidant protection that can aid in the protection of follicular cells.[4] Saw palmetto reduces dihydrotestosterone (DHT) levels, a hormone associated with hair follicle miniaturization and thinning.[5] Improved hair growth was noted with the addition of Xtressé hair gummies. However, further studies are needed to determine the role Xtressé plays in the management of CCCA.

CONCLUSION

These cases highlight Xtressé nutrient supplement's potential role as an adjunct to standard CCCA treatment. While positive effects were observed, further studies are needed to validate these findings. Nutritional supplementation may be able to help address CCCA-associated hair loss.

DISCLOSURES

Dr Kindred serves in the following roles: Founding advisor for Xtressé, Advisory 17 board and speaker's bureau member for Eli Lilly, Sun Pharmaceuticals, and Janssen; board member for 18 Aerolase; speaker for UCB, Nutrafol, Novartis, and Regeneron; consultant for AbbVie and Pfizer; 19 member of the Janssen SOC Advisory Board and Steering Committee; editor for the Journal of the 20 National Medical Association (JNMA) and Cutis. Dr Gainers serves as a founding advisor for Xtressé. Bethel Desta has no conflicts of interest to disclose. All figures were created at https://BioRender.com.

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