

HCP guide to alopecia areata assessment and treatment: US expert guidelines



Defining severity: Alopecia Areata Severity Scale (AASc)¹

Standardized severity assessment can help guide treatment selection and align clinical decision-making across practice settings. The AASc offers a practical framework to classify disease severity.

STEP 1 Assess scalp hair loss and corresponding severity level*



MILD
≤20% scalp hair loss



MODERATE
21–49% scalp hair loss



SEVERE
≥50% scalp hair loss

STEP 2 +1 severity level if any of the following are present:



Eyebrow/eyelash involvement



Negative psychosocial impact from AA



Inadequate treatment response after 6 months



Diffuse (multifocal) positive hair pull test

US treatment guidelines for adults with severe alopecia areata: A Delphi consensus²

First-line treatment: JAK inhibitors (FDA-approved for alopecia areata preferred)

Considerations:

If treatment response with one JAK inhibitor is inadequate, other oral JAK inhibitors should be considered

Dupilumab may be a potential alternative for atopic patients

If appropriate, patients should be referred to a mental health service

Possible supplemental treatments include:



Can be used to supplement JAK inhibitor[†]



Should not be used to supplement JAK inhibitor

Treatment	Scalp	Facial hair	Eyebrows	Eyelashes
Minoxidil				
Low-dose oral minoxidil 0.625–5 mg daily	✓	✓	✓	✓
Topical minoxidil Topical minoxidil 5% for men and women	✓	✓	✓	✗
Corticosteroids				
Intralesional corticosteroids Triamcinolone acetonide 2.5–5 mg/mL at 4–8-week intervals	✓	✓	✓	✗
High-potency topical corticosteroids	✓	✗	✗	✗
Oral corticosteroids Limit to <3 months total treatment duration	✓	✓	✓	✓
Topical prostaglandins	✗	✓	✓	✓
Topical JAK inhibitors	✗	✓	✓	✓

[†]Patients provided written informed consent for the use of their photographs for medical purposes.

[‡]Oral JAK inhibitor prescribing information contains 'limitations of use', which recommends against their use in combination with certain other agents.

Please consult JAK inhibitor prescribing information before initiating treatment.

FDA, US Food and Drug Administration; JAK, Janus kinase.

1. King BA, et al. *J Am Acad Dermatol.* 2022;86:359–64; 2. Mostaghimi A. Presented at the 2025 Alopecia Summit Meeting, December 13–14 2025, New York, USA.

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Please refer to individual product prescribing information for more details.

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