



## **Jeff Donovan MD PhD FRCPC**

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### **Discoid Lupus (DLE)**

#### **What is discoid lupus of the scalp?**

- Discoid lupus or “DLE” is a type of hair loss condition that is associated with permanent scarring.
- Patients may discover itchy pimple like area of the scalp that resolve with permanent scarring.

#### **Do patient’s with DLE develop systemic lupus or “SLE”?**

- Most patients with DLE do not have systemic lupus erythematosus – which is a more serious type of disease that can affected many organs in the body.
- Although the vast majority of patients with DLE are healthy, approximately 5 % of patients with DLE develop SLE.

#### **How will my DLE be evaluated by the dermatologist?**

- A medical history will be obtained first and your scalp will be examined.
- A biopsy will likely be performed to conclude you have discoid lupus.

#### **How is the condition treated?**

- There are many treatments for DLE.
- There is not one type of treatment so each person with DLE might receive slightly different treatments.

**Treatments include:**

- steroid creams and lotions,
- steroid shampoos,
- steroid injections,
- oral medical such as hydroxychloroquine
- mycophenolate and oral retinoid medications.

**What should I expect in the long term if I have DLE of the scalp?**

- If treated early, it may be possible to shut off the disease, or at least make it less active. It is important to remember that the disease can reactivate at any time.
- It's also important to remember that any scarring that has occurred up to now may not be reversible.
- Hair transplantation may be possible to restore hair in the scarred areas but only when your dermatologist is confident the disease has stopped or 'burned out'

