

# Turning Sunshine Into Hair Growth: Vitamin D3 Cream for the Hair Loss of Alopecia Areata

WARSAW, POLAND, January 14, 2025 /EINPresswire.com/ -- Alopecia areata is a condition that causes large patches of scalp and body hair to be lost, affecting about 2% of people worldwide. It happens when the body's immune system mistakenly attacks the "factories" that make the hair, the hair follicles, leading to bald spots on the scalp or even complete hair loss on the body.



Vitamin D3's role in alopecia areata may unlock potential pathways for innovative treatments, helping the millions affected worldwide."

*Dr. Michał Majews*

In this new study in SKIN: The Journal of Cutaneous Medicine<sup>®</sup>, researchers at the Medical University of Poland found a connection between this type of hair loss and low levels of vitamin D3, a vitamin that is converted to its useful form in our bodies from sunlight. Vitamin D3, often called the "sunshine vitamin," is produced by our bodies when skin is exposed to sunlight. It helps regulate the immune system, keeping it from attacking healthy cells. When someone doesn't have enough vitamin D3, it can

throw off this balance, leading to problems like autoimmune diseases—including alopecia areata. The findings presented suggest that a lack of vitamin D3 might make this type of hair loss worse and that boosting levels of this vitamin could be helpful in reversing the associated damage.

Dr. Michał Majews and colleagues found that a cream called calcipotriol, which is similar to vitamin D3 and is already used for skin conditions like psoriasis, might help with hair regrowth, especially when combined with other treatments like steroids. While this discovery is exciting, these scientists stress that more large-scale studies are needed to confirm how well vitamin D3 or calcipotriol work for alopecia areata. If successful, this approach could offer a potentially simpler, more affordable and effective way to treat this debilitating hair loss.

SKIN: The Journal of Cutaneous Medicine<sup>®</sup> is a peer-reviewed online medical journal that is the official journal of The National Society for Cutaneous Medicine. The mission of SKIN is to provide an enhanced and accelerated route to disseminate new dermatologic knowledge for all aspects of cutaneous disease.

For more details, please visit [www.jofskin.org](http://www.jofskin.org) or contact [jofskin@gmail.com](mailto:jofskin@gmail.com).

Majewski, M. 2025. Alopecia Areata and Vitamin D3 Deficiency: The Potential of Calcipotriol as a

Treatment. SKIN The Journal of Cutaneous Medicine. 9, 1 (Jan. 2025), 2064–2072.

DOI:<https://doi.org/10.25251/skin.9.1.3>.

Dr. Michał Majews

Faculty of Medicine, Medical University of Warsaw, Poland

michalmajewski137@gmail.com

---

This press release can be viewed online at: <https://www.einpresswire.com/article/776697827>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.