

Dandruff/ Seborrheic dermatitis

Dandruff is a commonly encountered distressing skin condition. It can occur in both adult males and females.

Though fine scaling of the scalp is a very common condition, if it progress into a disease face, chest, armpits and groin can be affected as well.

1. Clinical features

- Excessively oily skin (face, scalp), itching, papules (small red bumps) or scaly scalp, moist texture following scratching of the rash.
- Scaling, papules and itching of face, eyebrows, nasolabial folds (either side of the nose), chest, armpits, groins.

2. Cause of the disease?

- This is due to fungal growth in hair follicles.
- Can be precipitated by oily skin and unhygienic lifestyle (E.g.: Not bathing)
- Poor ventilation and high temperature in work and home environment
- Stress and poor sleep can worsen the condition.

3. Treatment

- This is not an infectious condition.
- Daily baths and good hygiene are essential.
- Using shampoos that contain medication like ketoconazole, selenium sulfide twice or thrice a week.
- Sometimes your doctor will advice you to apply steroid cream, ointments or lotions.
- Follow medical advice appropriately.

4. Long term impact of dandruff

- By adhering to medical advice, you can control this condition well. However, it can recur depending on your lifestyle and environmental conditions.

