



Dandruff:

Dandruff is a common skin condition. It's not harmful and you cannot catch it. The scalp may also feel dry and itchy.

My Health
Digest

Symptoms:

- Skin flakes on your scalp, hair, eyebrows, beard or mustache, and shoulders
- Itchy scalp
- Scaly, crusty scalp in infants with cradle cap

Causes:

Dandruff may be caused by several factors, including:

- Irritated, oily, or dry skin
- A yeast like fungus that feeds on oils on the scalps of most adults
- Dermatitis for some haircare products
- Other skin conditions, such as psoriasis and eczema

Diagnosis:

Diagnosis of dandruff is based on clinical examination.



Treatment:

Use a shampoo containing one of these ingredients:

- Zinc Pyrithione
- Salicylic Acid
- Selenium Sulphide (or selenium sulfide)
- Ketoconazole
- Coal Tar

Prevention:

- Control the level of stress because stress affects the overall health it can help trigger dandruff or worsen existing symptoms.
- Eat a healthy diet that provides enough zinc, B vitamins and certain types of fats may help prevent dandruff.
- Daily shampooing may help prevent dandruff with people who have oily scalp.
- Avoid the use of hair-styling products. Because they can build up on your hair and scalp, making them oilier.

