



# DANDRUFF

White flakes that are shed from the scalp

## CAUSES

### FUNGAL INFECTION (E.G. SEBORRHEIC DERMATITIS)

It is not known what exactly causes seborrheic dermatitis, but it is characterized by shedding of dandruff flakes, possibly with scaling around the eyebrows, nose, ears, breastbone and underarms. These symptoms may be treated at home and could possibly be stress or weather-related.



*Dandruff is a common skin problem that may give an afflicted person embarrassment. Regularly washing your hair with an anti-dandruff shampoo may help.*

### Symptoms:

- White scales on scalp
- Shedding of white flakes
- Itchy scalp

### DO:

- Use an anti-dandruff shampoo regularly.
- Wash your hair once a day.

### DON'T:

- Don't scratch your scalp. It might cause infection.

# DIARRHEA

Frequent bowel movements, passing of unusually watery stool

### FOOD POISONING

*See page 11, 69.*

### DIET

There are certain types of food (e.g. sorbitol and fructose-sweetened food) that may cause diarrhea. Other possibilities are alcohol and drinks like apple juice that serve as laxatives.

### Symptoms:

- Diarrhea

### DO:

- Review your diet and take note of what you are eating too much of.
- Drink plenty of water and juice to prevent dehydration.
- Get some rest.
- When your stomach is able to take solid food, try the BRAT diet (banana, rice, applesauce, toast).
- To rehydrate yourself, drink glasses of warm water containing two teaspoons each of salt and sugar.
- Seek help if the symptoms persist or worsen in three days, or if there is bloody diarrhea.

### DON'T:

- Don't drink coffee, tea, or dairy products for a while. Also avoid alcohol and carbonated beverages (like soft drinks).
- Do not eat solid food until the symptoms clear up.