

Fast Facts

Dandruff

- Condition in which the skin on your scalp flakes
- Has several causes, including irritated skin, oily skin, dry skin, not shampooing enough, sensitivity to hair care products, a yeast-like fungus (malassezia) that feeds on the oils of the scalp or other skin conditions (ex. eczema or psoriasis)
- Not serious or contagious
- Anyone can have it

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Itchy scalp -Skin flakes on your scalp, hair, eyebrows, beard/mustache and shoulder	<i>Manage at Home:</i> -Wash hair daily -Medicated shampoo --Pyrithione zinc --Tar-based --Salicylic acid --Selenium sulfide --Ketoconazole <i>Doctor:</i> -Prescription-strength shampoos -Steroid lotion	-Manage stress -Eat a healthy diet -Wash hair daily, especially if you have an oily scalp -Limit the amount of hair products you use -Expose scalp to sunlight

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