
Dandruff

What is Dandruff?

Dandruff, also known as Seborrheic Dermatitis, is a common, scaling rash that often itches. It occurs usually in the scalp, eyebrows, around the nose and ears and in the mustache area. When present in the scalp, it appears as an oily type of dandruff. It may occur at any age, including infancy, and may last for months or years. Improvement in the summer months has been reported. Aggravation by certain drugs is well-known and it is more common in patients with Parkinson's Disease and HIV infection.

What causes seborrheic dermatitis?

The cause of seborrheic dermatitis is unknown but appears related to a yeast that normally resides on the skin. This same yeast causes the infection known as Tinea versicolor. Interestingly, this yeast also causes severe itching in some breeds of dogs.

What is the treatment for seborrheic dermatitis?

The treatment is prescription Ketoconazole shampoo which should be applied daily the first week and weekly thereafter to maintain the improvement. Occasionally, this treatment is ineffective and other treatments include selenium sulfide lotion by prescription or topical cortisone. See your dermatologist if you believe you have this condition since other skin disorders can mimic seborrheic dermatitis.