



Face dandruff... Is it real or a myth?

Dandruff, which is also called seborrhea or seborrheic dermatitis, is best known for causing scaling and flaking of the scalp. But many people may have redness, flakiness, itching or rash appearance on the face, ears, neck, or chest which may be related to this condition. And yes, it can occur on the face.

The typical scaling and flaking from the scalp is the hallmark of the condition. This is often seen as white flakes noted when one wears dark cloths. In addition to flaking, it can lead to redness of the skin. Besides the scalp, other common sites include the sides of the nose, the eyebrows or area between the eyebrows. At times it can affect the skin in and around the ears as well as the chest. It can also itch.

Though no one knows for sure what causes seborrheic dermatitis, a yeast which normally lives on the skin, can be found in higher concentrations for some people with this condition. This yeast, termed malassezia, is found in some people with normal skin too, so it is not the only cause to the condition. Some people believe oil or sebum production, genetic factors, hormonal changes and immune system changes may all play a role. In essence, the cause is not clearly known.

The typical starting point for treatment includes using shampoos which contain the ingredient zinc pyrathione, selneium sulfide, or the antifungal ketoconazole. Shampoo lather should be left in contact with the affected area for 30 seconds at least 2 to 3 times a week. The lather can also be applied in the same manner to the skin where the condition is noted, such as the area between the eyebrows and around the nose. If these treatments are not effective then a medical treatment would seem in order. There are several prescription items that can be utilized depending on the location and severity of the seborrheic dermatitis as well.

If you have dandruff or suspect seborrheic dermatitis, come in and see if you need prescription medications. We would be honored to see you and want you looking and feeling great. Call today (574)522-0265. No referral necessary.

DermacenterMD

Dr. Roger Moore

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