



## **Oh That Flaky Scalp!**

**Excessive scalp dryness and/or itching is often a manifestation of seborrheic dermatitis. It can be seasonal, and it likes to flare in the fall, the same time dry skin starts to be a problem for people. Luckily, it can be controlled, but it may return at the same time, every year. Seborrhea can also affect the face. It can show up as scaling, redness, or acne-like bumps in the eyebrows, skin around the nose, and ears. Rarely, it also flares on the chest and back.**

**For control of seborrhea, consider using an over the counter tar, zinc, ketoconazole, or selenium sulfide shampoo, usually labeled “dandruff shampoo”. If a particular product doesn’t work for you, look at the active ingredient, and next visit to the store, choose a different type of shampoo. Avoid any products to which you have a known allergy.**

**Second consideration, address the frequency of shampooing. Keep in mind that shampoos are formulated for daily, or every other day use. If you shampoo less frequently than that, shampoo alone may not be able to correct your condition. If this occurs, don’t be discouraged, there are prescriptions that can be applied to the scalp in between shampooing that will help.**

**One other consideration, seborrhea is mostly a condition of adults. It is very uncommon in children. If you are caring for a child with scaly scalp, you must take into account that this could be ringworm. Most adults are used to ringworm looking like a bald patch in the head, it commonly does not look like that anymore. It has evolved, and can just look like dandruff. If you have a child in your house with dry, itchy scalp or dandruff, please have them checked by a medical provider.**