



All About Seborrheic Dermatitis

What is Seborrheic Dermatitis?

It is an itchy red rash usually found on the scalp that has flaky scales. It can appear on your body as well and scalp.

It is also called **Seborrhea**.

What Causes Seborrhea?

The real cause is **unknown** but the following can be associated with:

Genetics

Stress

Cold / Dry
Weather

Skin Type

Signs and Symptoms:



Dandruff



Cradle cap (for babies below 3 months)



Itchy skin (sometimes), and looks red



Presence of scales (yellow/white) (looks moist/oily)



Presence of yeast in the skin

These symptoms can be found in different parts of the body like:

- In the middle part of the chest



- Around the navel



- In skin folds under arms and on legs



- Face and behind the ears



- In the groin/buttocks
- Below Breast

Treatment:

- Anti-Dandruff shampoo (for adults) with these ingredients:

Ketoconazole

Coal Tar

Salicylic Acid

Selenium
Sulfide

Zinc pyrithione

- Anti-fungal products
- Corticosteroid lotions
- Sulfur products



Remember

- ❖ **Use** warm water and baby shampoo, for infants with cradle cap
- ❖ **Avoid** dandruff shampoo for infants, it can irritate the baby's scalp
- ❖ **Keep** the affected area clean for the face and body. Advise proper skincare.
- ❖ Outdoor exercise for an adult is advised, since exposure to sunlight may help to stop the growth of yeast in the skin
- ❖ Always **use** sunscreen

If Seborrheic Dermatitis become inflamed, painful and there's a presence of pus, consult your dermatologist

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Outpatient Nursing Department

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