

# Hair & Scalp



Treating dandruff

## Dandruff

Dandruff is a common scalp condition associated with shedding of skin on the scalp. Dandruff does not spread from person to person and is seldom serious. However, some people might find dandruff embarrassing.

### Common causes of dandruff:

- » Dry skin
- » Not shampooing your hair regularly
- » Irritation from a fungus called *Malassezia furfur*
- » Sensitivity to hair care products
- » Certain medical conditions such as eczema, psoriasis or seborrhoeic dermatitis (red, greasy skin with flaky white/yellow scales on scalp)

### What medicines are used to treat dandruff?

Shampoo	How it works
Zinc pyrithione*	Reduce fungal growth
Coal tar*	Reduce skin cell flaking

### What medicines are used to treat dandruff?

Shampoo	How it works
Selenium sulphide*	Reduce fungal growth and skin cell flaking
Ketoconazole 2%*	Reduce fungal growth

\* Medicines that can be bought over the counter.

If your condition does not improve after 2 weeks of using these medicines, you should see a doctor. Depending on the cause of your dandruff, the doctor may prescribe steroid lotions for your condition or refer you to a dermatologist.

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- How to prevent dandruff

