BEAUTY DISSECTED

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Dandruff...those dreaded flakes!

We have seen that some

instance, males are more

affected than females,

sufferers.

scalp known as cradle cap.

Patients suffering from

immune-compromised

diseases may also suffer

baby grows older.

from dandruff.

young adults are more

prone than the elderly;

a scaly crusty layer on their

people with oily scalp

are the most common

Some babies develop

Discovering whitish flakes on your clothes while combing your hair is a nightmare. Dandruff, as we know it, is a common chronic scalp condition marked by flaking of the skin of the scalp. Although a chronic condition, it can be treated relatively easily, unless it is aggravated to the level that a spe-

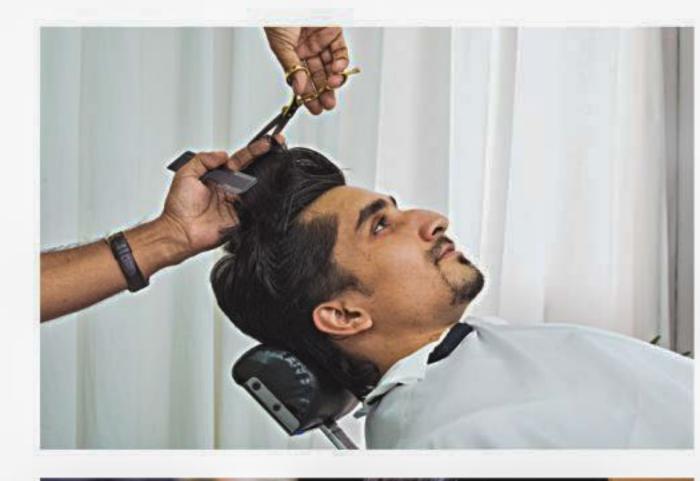


TREATING DANDRUFF

Dandruff can be treated relatively easily, but it may need some trial and error to find the perfect solution that's suits an individual. The general rule to cure and prevent dandruff is to keep the scalp and hair clean. Using a gentle shampoo regularly will help to keep the scalp oil free. It will also prevent drying of the scalp and build up of dead skin. If the condition aggravates, one may choose antidandruff shampoos, available over the counter.

Shampoos like Head & Shoulders and Jason Dandruff Relief 2-in-1 contain the antibacterial and antifungal agent, zinc pyrithione. These work well to reduce the growth of fungus on the scalp, which leads to causing dandruff.

Tar-based shampoos such as Neutrogena T/Gel use coal tar, a by-product of the coal manufacturing process and helps in conditions such as dandruff, seborrheic dermatitis and psoriasis. It slows down the death of cells and eventually, the flake off.





Shampoos containing salicylic acid (such as Neutrogena T/Sal) work as 'scalp scrubs' and help eliminate scale, but they may eventually leave your scalp dry; using a conditioner after shampooing can help relieve dryness.

Selenium sulfide shampoos (such as Selsun Blue) slow your skin cells from dying and may also reduce malassezia. As they can discolour blond, gray or chemically coloured hair, be sure to use them only as directed, and rinse well after shampooing.

Ketoconazole shampoos (such as Nizoral) are a broad-spectrum, antifungal agent that may work when other shampoos fail. It is available over-the-counter, as well as by prescription.

If dandruff still persists after trying out some of these shampoos; it is then time to consult a specialist. If not treated properly and in time, chronic dandruff can lead to drastic and irrecoverable hair loss.

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