



# Dandruff Essentials

Seborrheic Dermatitis (Stubborn Dandruff) Online Course

# Course Outline

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6	Module 7
	Introduction	The Skin	The Scalp And Hair	The Eyes And Ears	Common Triggers And Diets	Treatment	Selfcare Tips
Lesson 1	What is Seborrheic Dermatitis?	Layers And Functions Of The Skin	The Scalp And Its Function	The Eye And Its Functions	Common Triggers	Treatment Goals	Selfcare Tips
Lesson 2	Signs And Symptoms	The Skin And Seborrheic Dermatitis	The Scalp And Seborrheic Dermatitis	Seborrheic Dermatitis And The Eyes	Preferred Diets For Seborrheic Dermatitis	Treatment Options	
Lesson 3	The Cause of Seborrheic Dermatitis	Seborrheic Dermatitis And The Lip	The Structure Of Hair And Its Functions	Seborrheic Dermatitis And The Ear		Natural and Essentials oils	
Lesson 4	Intrinsic And Extrinsic Factors		Seborrheic Dermatitis And The Beard, Hair Loss				



# Module 1: Introduction



# What You Will Learn

- What is Seborrheic Dermatitis
- Prevalence
- Signs And Symptoms
- Cause Of Seborrheic Dermatitis
- Intrinsic And Extrinsic Factors



## Lesson 1 : What is Seborrheic Dermatitis?

**Eczema** is an inflammatory skin condition that causes:

- Itching And Irritation
- Dry Skin
- Blisters
- Scaly Patches
- Rashes

**Sebum**- is an oily substance that's made by the sebaceous glands in the skin. This substance coats, moisturizes and protects the skin.

**Seborrheic Dermatitis** is a type of eczema. It is common, chronic and relapsing, with inflammation of the skin which mainly affects the scalp. However other oily areas of the body can be affected.

# Lesson 1 : What is Seborrheic Dermatitis?

**Other oily Areas of the Body can also be affected:**

Face	Sides of the nose
Eyebrows	Ears
Eyelids	Mid-chest
Upper back	In the armpits
Under the breasts	In the groin area

Seborrheic Dermatitis is commonly known as **Stubborn Dandruff**. It is most common in infants and adults between the ages of 30 and 60.

**Prevalence** Seborrheic Dermatitis is the severe form of Dandruff with a worldwide prevalence of 3 -5% and it is more common in men.



## ***IS SEBORRHEIC DERMATITIS CONTAGIOUS?***

Seborrheic Dermatitis cannot be transmitted to another person. However, it can be very noticeable and significantly impact a person's quality of life.

## Lesson 2 : Signs And Symptoms

Here are some common signs and symptoms of Seborrheic Dermatitis:

**Sebum**- is an oily substance that's made by the sebaceous glands in the skin. Which coats, moisturizes and protects the skin

**Seborrheic Dermatitis** is a type of eczema. It is common, chronic and relapsing, with inflammation of the skin which mainly affects the scalp.

Other oily Areas of the Body can also be affected:

-----> Face

-----> Sides of the nose



# Lesson 3 : The Cause of Seborrheic Dermatitis (Stubborn Dandruff)

**Sebum-** is an oily substance that's made by the sebaceous glands in the skin. Which coats, moisturizes and protects the skin

**Seborrheic Dermatitis** is a type of eczema. It is common, chronic and relapsing, with inflammation of the skin which mainly affects the scalp.

Other oily Areas of the Body can also be affected:

-----> Face

-----> Sides of the nose

## Lesson 4 : Intrinsic And Extrinsic Factors

The predisposing factors which may influence Seborrheic Dermatitis can occur Inside and Outside of the body.

**They are classed as Intrinsic And Extrinsic Factors.**

**Intrinsic Factors are those that influence inside the body:**

- Sebaceous activity
- Host immunity
- Epidermal barrier integrity
- Skin microbiota (Yeast of the genus *Malassezia*)
- Endocrine and neurologic factors
- Genetics (ZNF750 mutation)
- Nutrition

**Extrinsic Factors are those that influence outside the body and related to the environment:**

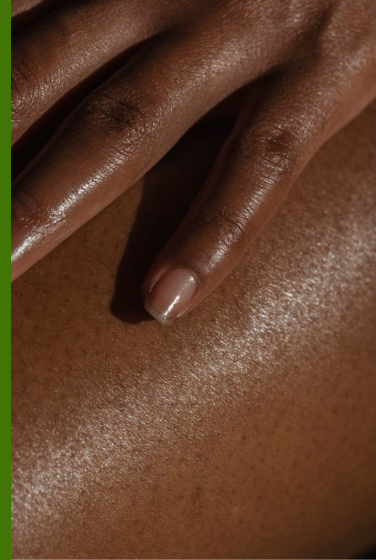
- Pollution
- Weather (humidity, dry air, cold, heat)

# Summary

- Seborrheic Dermatitis is a type of eczema which relapse. It causes Scaly reddened or darkened skin, in exposed areas (face, eyes, scalp, ears). As well as Dandruff and Itching
- Currently the cause is not fully understood, however there are predisposing factors that can influence Seborrheic Dermatitis.
- The nature of Seborrheic Dermatitis can contribute to decreased quality of life and self esteem.



# Module 2 : The Skin



# What You Will Learn

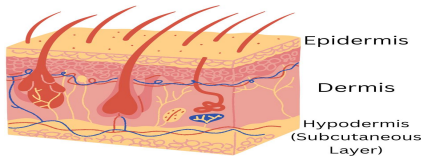
- Layers of the Skin
- Functions of the Skin
- How Seborrheic Dermatitis may affect the Skin
- How Seborrheic Dermatitis may affect the Lips
- Seborrheic Dermatitis and Hypopigmentation

# Lesson 1 : Layers And Functions Of The Skin

## The skin has 3 layers:

- > Epidermis
- > Dermis
- > Hypodermis (Subcutaneous Layer)

## Layers Of The Skin



## Functions Of The Skin

- > Serves as the body's initial barrier against pathogens, UV light, chemicals and mechanical injury.
- > Protects against germs
- > Regulates body temperature
- > Enables touch (tactile) sensations



## Lesson 2 : The Skin And Seborrheic Dermatitis

### The skin And Seborrheic Dermatitis

Malassezia is a type of yeast found on the skin which seems to cause a nonspecific immune response resulting in skin changes. Such changes causes skin cells function to change and results in redness, itching and scaling.

### Persons With Skin Of Colour

Seborrheic dermatitis may present differently in individuals with Darker-skin with scaly, hypopigmented macules and patches. The skin returns to normal when flare up has subsided.



## Lesson 2 : The Skin And Seborrheic Dermatitis

### Other Changes Seen On The Skin

Dry Scales may form on the sides of the nose and the side of the mouth.

Persons should be careful to avoid further irritation to those areas.

### More Changes In The Skin

Breakage in the skin can cause sores, cakes and wound weeping. Bleeding and infection can result from picking at the dry scales on the skin. If skin becomes infected please see a doctor.

Some persons may experience difficulties in normal day to day activities like brushing your teeth and eating because it requires you to open and move your mouth. These movements may irritate blisters and cracks in the skin.







## Lesson 3 : Seborrheic Dermatitis And The Lip

### How does Seborrheic Dermatitis (Stubborn Dandruff) affect the Lip

Seborrheic Dermatitis can start on the scalp and spread to the lips. It can appear as darker, white, pink, red or raised areas on the Lips.

Your sense of well- being does not have to decrease because of Seborrheic Dermatitis on the lips. Daily Self Care Tips Can Help You Manage SD on the Lips.



## **Summary**

- **The skin is made up of three layers and it is the body's initial barrier against pathogens, UV light, chemicals, and mechanical injury**
- **Inflammation (such as eczema) may cause a temporary lightening of the skin**
- **Scratching or picking at the affected area increases your risk of infection**



## Module Three: The Scalp And Hair



## **What You Will Learn**

- **What Is The Scalp**
- **Functions Of The scalp**
- **What Happens To The Scalp In Seborrheic Dermatitis**
- **Structure Of The Hair And Their Function**
- **What Happens To The Hair In Seborrheic Dermatitis**

# Lesson 1 : The Scalp And Its Function

The scalp is the layers of skin and subcutaneous tissue that cover the skull bones.



## The Functions Of The Scalp

### The Scalp Is Responsible For Protecting The Brain:

- > Through the presence of hair
- > Through thermoregulation of the entire head
- > Filters the sun's rays and blocks excessive heat dispersion in cold environments

## Lesson 2 : The Scalp And Seborrheic Dermatitis

**Seborrheic Dermatitis in infants is known as Cradle cap. This is usually Self Resolving.**

**The skin on the scalp is covered with yellow or white crusty or oily scaling patches.**



### **In Adolescents and Adults**

Yellow grey greasy scales with reddened skin appears on the scalp. Seborrheic dermatitis (Stubborn Dandruff) compromises the skin barrier function on the scalp. Therefore the sensitivity to some products increases resulting to irritation and inflammation when applied to the scalp.



# Lesson 3 : The Structure Of Hair And Its Functions

## The Structure Of Hair

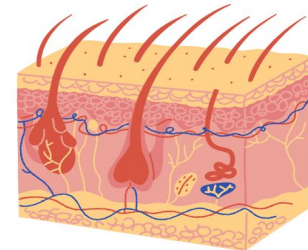
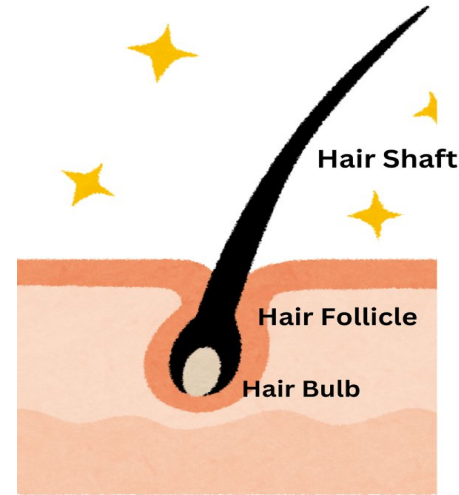
Hair is a filamentous biomaterial consisting mainly of proteins.

It has Three (3) distinct layers which are the:

---->Shaft

---->Bulb

---->Follicle



# Lesson 3 : The Structure Of Hair And Its Functions

## Hair Shaft

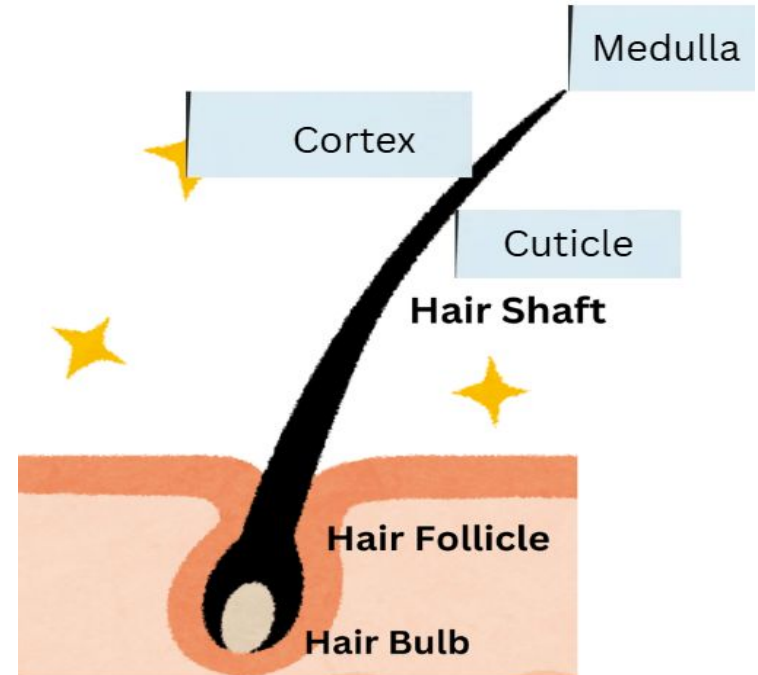
Your hair shaft is the part of your hair that can be seen above your scalp. It is made of a protein called keratin, compacted and fused together.

**The hair shaft is made up of three (3) layers:**

--->Cuticle

--->Cortex

--->Medulla







# Lesson 3 : The Structure Of Hair And Its Functions

## Cuticle

The cuticle is the outermost layer of the hair shaft. It is made up of cells that overlap each other making hair strong, yet flexible.

### Functions of the cuticle:

---> Provide protection to the hair shaft from mechanical and thermal damage (First line of defense)

---> Allows moisture in and out as needed

---> Act as a seal to protect the inner cortex of the hair

## Cortex

The cortex is the largest constituent of hair, it is present in the centre of each hair fibre.

### Functions of the cortex

---> Gives hair its strength and is also home to melanin granules (pigment that are responsible for your hair colour.)

---> Gives hair its shape and texture, resulting in your hair being either straight, wavy, curly or kinky.

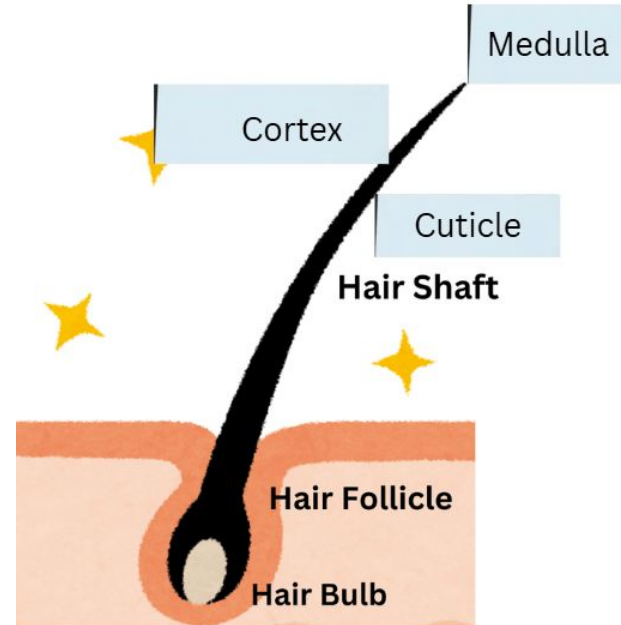
# Lesson 3 : The Structure Of Hair And Its Functions

## Medulla

The medulla, only present in thicker hair types, is the innermost layer of your hair and very porous.

### Functions of the Medulla

---> It is responsible for giving the hair its strength and elasticity.



## Lesson 4: Seborrheic Dermatitis And Hair Loss

### Hair Loss

Increased sebum production can create irritation and inflammation on the scalp, which can cause intense itchiness. Scratching the scalp can damage hair follicles, which obstructs natural hair growth, causing hair to fall out.

**Hair loss** from seborrheic dermatitis, whether from excessive scratching or an overgrowth of fungus, is only temporary.

Hair can grow back once your Seborrheic Dermatitis is treated.

During Flare up



After Treatment



## Lesson 5 : Seborrheic Dermatitis And The Beard

**Seborrheic dermatitis** can very commonly affect facial skin in the beard area with dandruff and significant itching.

Shaving your beard or mustache can sometimes help, However, it does not always resolve the signs and symptoms.

Daily Self Care Tips can help manage SD in the beard.



## **Summary**

- **The health of the cortex is primarily determined by the health of the overlaying cuticle layer.**
- **Itching caused by seborrheic dermatitis can cause a person to vigorously scratch a hairy area.**
- **Scratching can cause hair breakage and loss.**
- **Seborrheic dermatitis involving areas of facial hair will also show up as flaking scales within the hair and as a pink, red, purple or discolored rash underneath the facial hair.**



## Module Four: The Eyes And Ears



## **What You Will Learn**

- **The Eye and its function**
- **What happens to the Eyes in Seborrheic Dermatitis**
- **The Ear and its Function**
- **What happens to the Ear in Seborrheic Dermatitis**

# Lesson 1 : The Eye And Its Functions

## The Eye

It's a sensory organ of the body that works by gathering, focusing and transmitting the light through the lens for creating an image of an object.

## Functions

It is mainly responsible:

---> Vision

---> Differentiation of colour

---> Maintaining the biological clock of the human body.





## Lesson 2 : Seborrheic Dermatitis And The Eyes

### **Meibomian Glands**

Many people with dandruff in their head complain of eye irritation, dryness and itching. This dandruff may be the cause of dry eyes.

The meibomian glands are the tiny pores that line the upper and lower eyelid margins, they provide key components to the tear film that help maintain a healthy ocular surface.

When meibomian glands function correctly they prevent dry eye. However, these glands can become blocked resulting in dry eyes.



## Lesson 2 : Seborrheic Dermatitis And The Eyes

### Blepharitis

**Blepharitis** is inflammation of the eyelid, causing it to become red, irritated and itchy. Dandruff-like scales can also form on the eyelid.

Seborrheic blepharitis causes greasy flakes or scales around the base of eyelashes and a mild redness of the eyelids, causing the eyes to itch.

This may affect the structure and function of meibomian glands.

If you are experiencing dry eyes or Seborrheic Blepharitis please see your eye doctor.



# Lesson 3 : Seborrheic Dermatitis And The Ear

## Around The Ears

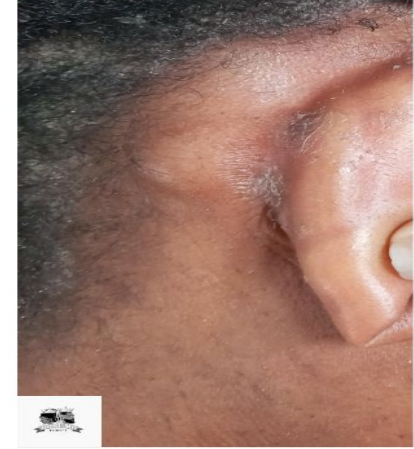
**Seborrheic Dermatitis** often takes the form of inflammation of the ear canal and along the hairline behind the ear (the postauricular area), which can lead to painful fissures or cracks.

## Inside The Ear

**Seborrheic Dermatitis** causes flaky, white to yellowish scales to form on oily areas inside the ear. This can result in itchiness and irritation inside of the ear.

Using objects to scratch inside of the ear can make it easier for bacteria to enter and cause an infection.

If an infection occurs Please see your doctor



## **Summary**

- **Seborrheic Dermatitis and Seborrheic Blepharitis can cause dry eyes which may not be relieved until the causative disease is treated.**
- **Seborrheic Blepharitis can affect the structure and function of the meibomian glands.**
- **Seborrheic Dermatitis appears in the form of inflammation in the ear canal and along the hairline behind the hair.**
- **Inflammation behind the ear can lead to painful cracks**



## Module Five: Common Triggers And Diets



## **What You Will Learn**

- **Common Triggers for Stubborn Dandruff**
- **Diet types that may contribute to Flare ups**
- **Diet types that may prevent Flare ups**

# Lesson 1 : Common Triggers That May Cause Seborrheic Dermatitis Flare-up



## Lesson 2: Preferred Diets For Seborrheic Dermatitis

### Anti- inflammatory diet

### Mediterranean Diet

This diet is rich in heart-healthy foods such as vegetables, fish, fruit, grains, olive oil, and nuts.

- Keep red meat consumption to a minimum
- Moderate dairy intake (consists of high-quality sources such as yogurt and cheeses)
- Avoid junk foods, processed carbohydrates and sweets





# Lesson 2: Preferred Diets For Seborrheic Dermatitis

## Anti-Yeast Diet

Improvement in SD symptoms may be seen when you restrict or limit from your diet foods made with yeasts such as breads, cheeses and beers.



- Pay attention to any food allergies (eg. Peanuts)
- Food allergies may cause Seborrheic Dermatitis signs and symptoms to flare up

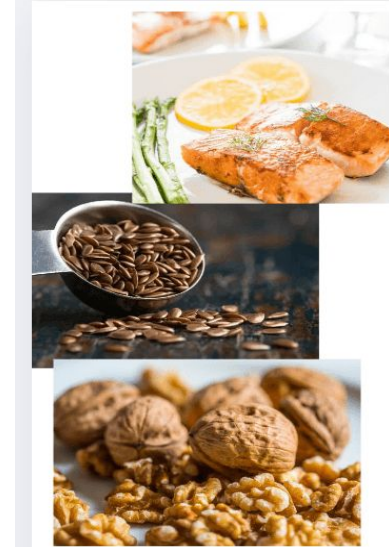
Omega-3 Has been shown to help in reducing inflammation

## Foods rich in omega-3

----> fish, e.g. salmon, mackerel, sardines,

---->flax seed ( linseed oil)

---->walnuts and other nuts



# Lesson 2: Preferred Diets For Seborrheic Dermatitis

## Vitamins And Supplementation

**Vitamins And Supplements help support skin health and improve the skin's barrier function.**

### Vitamins B

---> Vitamin B2 (Riboflavin)- Helps your cells grow and stay healthy

---> **Vitamin B6 (Pyridoxine)**- Helps reduce the skin's inflammatory response and ease redness and irritation

---> **Vitamin B7 (Biotin)**- Helps keep your skin healthy

**Vitamin D**- Supports the immune system and reduces inflammation, including in the skin

**Vitamin E (Antioxidant)** -Helps prevent damage to cell membranes

**Vitamin A**- Helps to keep skin and hair healthy

**Vitamin C**- Supports the immune system and reduces inflammation

**Zinc**- Helps build a healthy scalp to reduce flaking and itching



## Topical Vitamins

**Topical vitamin products such as vitamin E, vitamin C, and vitamin B can be applied after cleansing and before moisturizing or using sunscreen.**



## **Summary**

- **Stress, fatigue or a change of season can trigger sign and symptoms of Seborrheic Dermatitis.**
- **A Mediterranean Diet reduces inflammation and therefore may reduce SD flare ups**
- **Persons with food allergies should pay attention to their diet to help prevent flare ups**
- **A diet rich in omega 3 may help to reduce inflammation.**



# Module Seven :Self Care Tips



## **What You Will Learn**

- **Self care Tips And Advice to add to your daily routine. It will empower your journey against Seborrheic Dermatitis (Stubborn Dandruff)**

## Lesson 1 : Selfcare Tips That May Help Manage Seborrheic Dermatitis



## Summary

- **Take an anti- inflammatory dietetic approach: reduce intake of refined carbohydrates**
- **Consider avoiding foods that promote yeast growth such as bread, cheese, wine, and beer**
- **Consider taking an omega-3 supplement**
- **Consider taking a good-quality multivitamin with Zinc and possibly adding extra biotin**
- **Use anti dandruff shampoos and scalp serum to control symptoms**
- **Learn about different approaches for stress management**
- **Always wash your hands before touching your eyelids**
- **Clean your eyelids daily**
- **Avoid Anti dandruff ( medicated) shampoos 14 days before and after relaxing your hair**



## Assessment

You Are Required To Obtain A Pass Of 80%  
And Higher

# Assessment

## Question 1:

Select The Correct Definition To this question,

**What is Seborrheic Dermatitis?**

- A) A type of eczema that affects the eyelids and eyebrows only**
- B) It is not a type of eczema, which affects the oily areas of the body**
- C) It is a type of eczema which is common, chronic and relapsing and affects the scalp along with other sebum rich producing areas of the body**

## Question 2:

**True or False**

**Seborrheic Dermatitis is not a type of eczema**

- A) False**
- B) True**

# Assessment

**Question 3 :**     **Select The Correct definition of The Cuticle In The Hair Structure**

- A) Has Antifungal, Antioxidant and Astringent Properties**
- B) Inflammation of the skin**
- C) Outermost Layer of the Hair Shaft**
- D) The Middle Layer of the Hair Shaft**

**Question 4: Fill in the Blank**

Using gentle \_\_\_\_\_ to wash the face can soothe irritated skin

- A) Anti fungal**
- B) Inflammatory**
- C) Foam Cleanser**

# Assessment

**Question 5: True or False**

**Itching and removal of dry scales from the scalp with your fingernail is more effective**

**A) False**

**B) True**

**Question 6: Yes or No**

**An anti inflammatory diet may help to prevent flare ups and severity of Seborrheic Dermatitis symptoms**

**A) Yes**

**B) No**

# Assessment

## Question 7: Complete The Sentence

Itching and Removal of Dry scales from the scalp with your Fingernails may increase the risk of skin \_\_\_\_\_ .

- A) Lesions
- B) Bruises
- C) Healing
- D) Infections

## Question 8: Choose Yes or No

Ted has a beard and Stubborn Dandruff. He has been using the same beard brush for the past 2 years. Would you advise him to wash that brush regularly?

- A) No
- B) Yes

# Assessment

**Question 9: True or False**

**-A Mediterranean Diet is Anti- Inflammatory**

**A) True**

**B) False**

**Question 10: True Or False**

**Seborrheic Dermatitis Only Affects the scalp and Face**

**A) True**

**B) False**

Answers: 1C, 2A, 3C, 4C, 5A, 6A, 7D, 8B, 9A, 10B

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