

Details on Dandruff



What is dandruff?

Dandruff (Pityriasis capitis) is the excessive flaking of dead skin that forms on the scalp, often accompanied by itching, redness and irritation. As it is normal for skin cells to die and flake off, a small amount of flaking is normal and quite common. Some people, however, either chronically or as a result of certain triggers, experience an unusually large amount of flaking. Dandruff can also be a symptom of seborrheic dermatitis, psoriasis or a fungal infection.

Whether you suffer from dandruff or just dry, itchy scalp, Selsun Blue® Itchy Dry Scalp or Selsun Blue® Naturals Itchy Dry Scalp has strong itch fighters and extra-hydrating moisturizers to stop the itch and leave hair healthy.

What causes dandruff?

The most common cause of dandruff is the fungus *Malassezia furfur* (previously known as *Pityrosporum ovale*). This fungus is found naturally on the skin surface of both healthy people and those with dandruff. The fungus feeds off of sebum and is consequently found most on skin areas with many sebaceous glands: on the scalp, face and upper part of the body. When *Malassezia furfur* grows too rapidly, the natural renewal of cells is disturbed and dandruff appears with itching. Mild dandruff may be caused by overactive sebaceous glands which are triggered by hormonal imbalance or stress.

Other causative factors include family history, food allergies, excessive perspiration, use of alkaline soaps and yeast infections. Even the season of the year can contribute to the problem. Cold, dry winters are notorious for bringing on dandruff or making it worse. Symptoms of dandruff can also be aggravated by exposure to dust, UV light, harsh shampoos and hair dyes.

The Selsun Blue® family offers a wide variety of products to help control the scaling, flaking and itching of the scalp associated with dandruff and seborrheic dermatitis for all hair types and leave them healthy!