

MIRACLE Academy

قال تعالى (يَرْفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ دَرَجَاتٍ)

تفريغ OTC
زميلتكم لجين أبو خرمة



لجان الدفوعات

Dandruff



Non-Prescription Drugs and Parapharmaceuticals

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القشرة Dandruff → considered mild condition

- Dandruff, seborrheic dermatitis, and psoriasis are **chronic scaly dermatosis**.
inflammatory skin disorder ↪ *العصية*

these conditions not affecting only scalp, also involve other parts of the body

- Dandruff is characterized with **fine scaling confined to the scalp**

تقشر

- Dandruff is a harmless, condition that occurs when the scalp becomes dry or greasy and produces white flakes of that appear in the hair or on the shoulders..

*حالة غير ضارة تحدث عندما تصبح القشرة جافة أو دهنية
نتج قشور بيضاء تظهر على الشعر والكتف.*

مرات يتكون القشرة تحدث بشكل متكرر

- A chronic relapsing condition responds to treatment **but** often returns when treatment is stopped.

** طبعا القشرة عرض عصبية. ولكن بنحويها بجاني المشط. المشقة خاصة الى حاله.*

** وزى ما حكيها بأول فقرة Not inflammatory مثل Seborrheic dermatitis و Psoriasis*

Dandruff

يظهر خلال فترة البلوغ. و ذروته في بداية البلوغ

- Appears during puberty and reaches a peak in early adulthood.
- Dandruff is rarely serious, it can be embarrassing and sometimes difficult to treat.

سبب الإخراج



What you need to know- Appearance

- Dandruff is characterised by **greyish-white flakes or scales** on the scalp and an **itchy** scalp as a result of excessive scaling.

قشور بيضاء رمادية

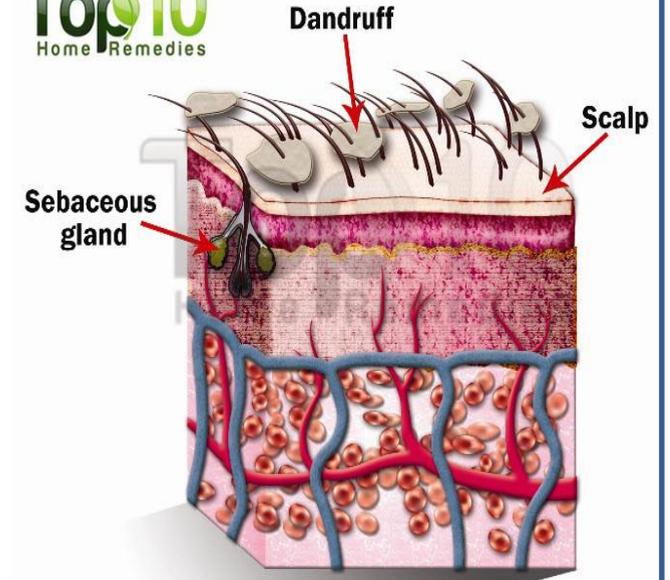
+ حكة

epidermal cell are formed continuously on the scalp, so the shedding of dead epidermal cell is normal process. **With dandruff, however, epidermal cell are shed at a faster rate than normal**. Oil from the scalp causes the skin cells to clump together and appear as white flakes.

turn over تجديد طبيعي

تكتل

Top10
Home Remedies



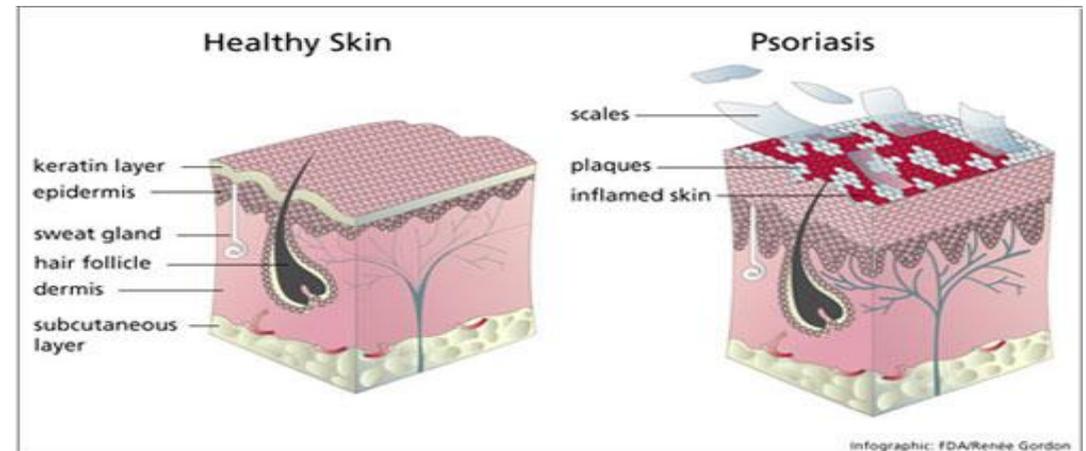
→ but overshedding cause Dandruff
يمكن بسبب الإفراط في التخلص من خلايا الجلد الميتة.

Causes

- **Dry skin**. Simple dry skin is the most common cause of dandruff.
- **Irritated, oily skin (seborrheic dermatitis)**. This condition, ^{→ caused by inflammation} one of the most frequent causes of dandruff, is marked by red, greasy skin covered with flaky white or yellow scales.
- **Not shampooing often enough**. If you don't regularly wash your hair, oils and skin cells from your scalp can build up, causing dandruff.
تراكم الزيوت و خلايا الفسفرة الميتة

Causes

- **Other skin conditions.** People with skin conditions such as eczema or psoriasis —may appear to have dandruff.
- **A yeast-like fungus** . It lives on the scalps of most adults, but for some, it irritates the scalp. *← عشان هيك دج ستوف بالعلاج ستامبو Ketoconazole*
- **Sensitivity to hair care products (contact dermatitis).** Sensitivities to certain ingredients in hair care products or hair dyes, can cause a red, itchy, scaly scalp.
- **Shampooing too often** or using too many styling products also may irritate your scalp, causing dandruff.



Risk Factors

- **Age.** Dandruff usually begins in young adulthood and continues through **middle age**. **تحديدًا فترة البلوغ بسبب**
Hormonal factors
- **Hormonal factors.** Increased sebaceous gland action (over-activity) at the time of puberty **or** Young adults with increased androgen levels. ← عند الذكور، و *estrogen* عند الإناث
- **Oily hair and scalp.** Fungi feed on oils in your scalp. Therefore, having excessively oily skin and hair makes you more prone to dandruff.

Risk Factors

- **Poor diet.** If your diet lacks B vitamins, you may be more likely to have dandruff. *also zinc*
- **Certain illnesses.** Adults with ^①depression, are more likely to develop seborrheic dermatitis and dandruff. people with ^②HIV infection and ^③those with stressful conditions, particularly heart attack and stroke, and those with ^④compromised immune systems.

What you need to know- Severity

- Dandruff is generally a **mild condition**. However, the itching scalp may lead to scratching, which may break the skin, causing soreness and the possibility of infection. If the scalp is very sore or there are signs of infection (crusting) referral would be indicated.

- **When to refer**

Suspected psoriasis → systemic condition

Severe cases: seborrhoeic dermatitis

Signs of infection

Unresponsive to appropriate treatment.

- **Treatment timescale**

Dandruff should start to improve within 1 to 2 weeks of beginning treatment.

if Not → Referral

- **Arriving at a differential diagnosis**

حتى بدون استشارة لميدانيني

- Most patients will diagnose and treat dandruff without seeking medical help. However, for those patients who do ask for help and advice, it is important to differentiate dandruff from other scalp conditions.
- Asking symptom-specific questions will help the pharmacist determine whether referral is needed

Table 8.8
Specific questions to ask the patient:
Dandruff

Question	Relevance
Presence of erythema (redness)	Dandruff is not associated with scalp redness unless the person has been scratching. Redness is characteristic of psoriasis and is common in adult seborrhoeic dermatitis.
Itch main symptom ✓	Dandruff tends to cause itching of the scalp, unlike psoriasis and seborrhoeic dermatitis.
Presence of other skin lesions	An adult with only scalp involvement is likely to have dandruff, especially in the absence of erythema. Many patients who have scalp psoriasis also have plaque psoriasis affecting the arms, legs and back.

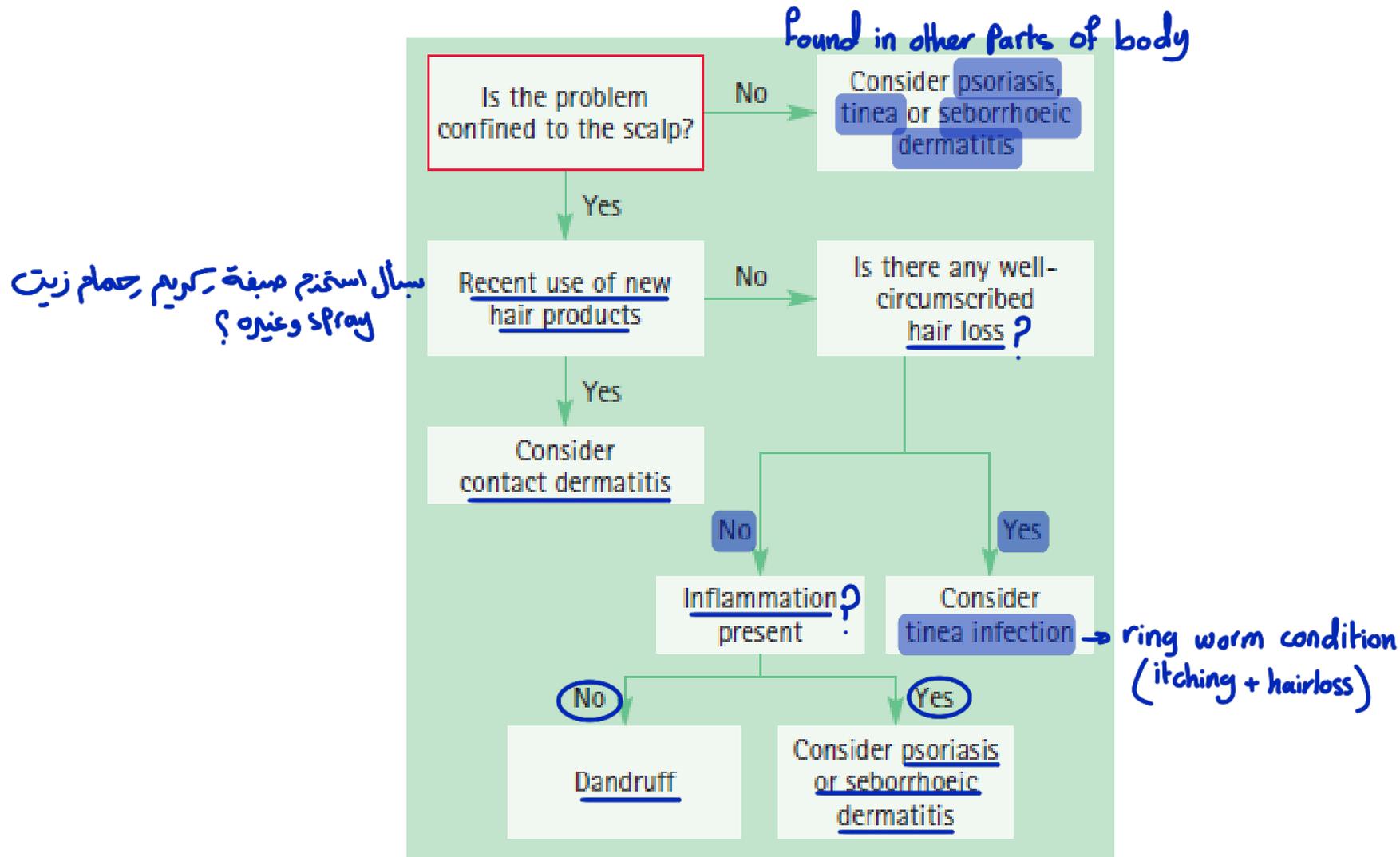


Fig. 8.8 Primer for differential diagnosis of dandruff.

Treatment goals

- Reduce epidermal turnover rate of the scalp
- Minimize the cosmetic embarrassment *تقليل الإحراج*
- Minimize itch.

- Mild to moderate cases: frequent hair washing is sufficient
- Otherwise, medicated shampoos can be used
↳ in sever cases

Treatment

1. Follow a Healthy Diet

It is vital to nourish your body with nutritious food to maintain good health of your organs and body parts, including hair. Nourish your hair with foods rich with good **omega-3** fatty acids, **B vitamins** and **zinc**.

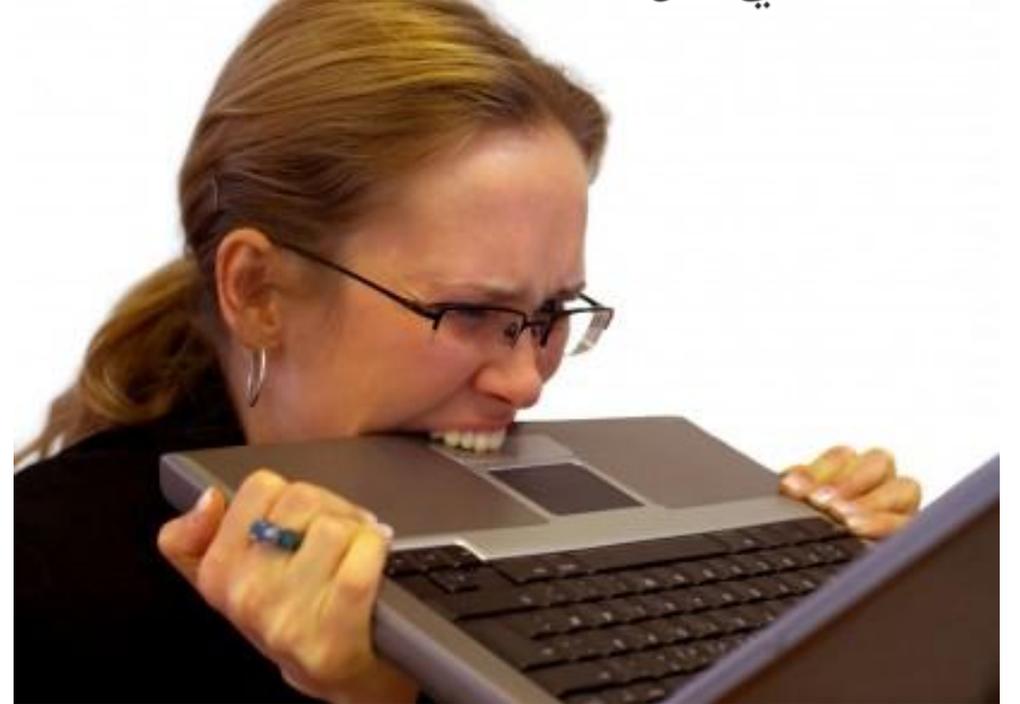


Treatment

2-Avoid Stress

Stress is known to be the major cause of dandruff.

شو عملتِ وانتِ متوترة ؟
- والله ولا شي بس أكلت اللابتوب



Medications

- It is important to identify what has been tried and how it was used.
- If an appropriate treatment has been correctly used with **no improvement, referral** should be considered.

within 1-2 weeks

- **Shampoos use a combination of special ingredients to control dandruff**

Treatments

- Dandruff Shampoo

Salicylic Acid
• Ionil T

Selenium Sulfide
• Selsun Blue

Tar Shampoo
• Neutrogena
• T/Gel

Ketoconazole
• Nizoral

Zinc Pyrithione
• Head & Shoulders
• Selsun Salon



Ketoconazole

- Ketoconazole 2% shampoo is used twice a week for 2–4 weeks, after which usage should reduce to weekly or fortnightly as needed to prevent recurrence.

أولها يستخدم مرتين بالأسبوع لمدة أسبوعين - ٤ أسابيع
بعدها مرة كل أسبوع أو أسبوعين عند الحاجة

- It is considered first line in moderate-to-severe dandruff.
- Ketoconazole is not absorbed through the scalp and side effects are extremely rare. occasional cases of allergic reactions have been reported.



Zinc pyrithione shampoos

As *Head & Shoulders, Jason Dandruff Relief 2 in 1.*

- It has fungistatic and bacteriostatic properties and is used in the treatment of dandruff and seborrhoeic dermatitis.
- It should be used twice weekly for the first 2 weeks and then once weekly as required.



مش كيتز محجب Selenium sulphide 2.5%

- As **Selsun Blue**
- **Twice-weekly use for the first 2 weeks** is followed by **weekly use for the next 2 weeks**; then it can be used as needed.
- Massage it into the scalp and leave on for 2–3 min. It may cause a **burning sensation if left on for longer.**
- The hair and scalp should be thoroughly rinsed after using *selenium sulphide shampoo*; otherwise, **discoloration of blond, grey or dyed hair** can result **لـ للشعر الأشقر، الرمادي والمصبوغ**



HINTS AND TIPS BOX 8.2: DANDRUFF

Selsun shampoo

Gold, silver, and other metallic jewellery should be removed before use because they can be **discoloured**. It also has an **odour** that some may find **unpleasant**.

Coal tar

- **Tar-based shampoos** (such as **Neutrogena T/Gel**).
- Coal tar, helps conditions such as dandruff, seborrheic dermatitis by slowing how quickly skin cells on your scalp die and flake off.
- **coal tar is the least effective** of the agents for seborrheic dermatitis. It may be useful in dandruff.
- Coal tar can **cause skin sensitisation**



Practical points

- **Continuing treatment** because of ^①recurrency, ^②may treatment take time

Patients need to understand that the treatment is unlikely to cure their dandruff permanently and that it will be sensible to use the treatment on a less frequent basis in the longer term.

- **Treating the scalp**

احنا بنعالج فروة الرأس مش الشعر!

It is the **scalp that needs to be treated rather than the hair**. The treatment should be applied to the scalp and massaged gently.. and should properly rinse/wash

لا ننسونا من صالح دعائكم ♥