



Seborrheic Dermatitis

Seborrheic dermatitis is a common scaling rash that occurs in infants, teenagers and adults. Dandruff is seborrheic dermatitis of the scalp. Seborrheic dermatitis may also occur on the eyebrows, eyelid edges, ears, the skin near the nose, and such skin fold areas as the armpits and groin. What Causes Seborrheic Dermatitis? The cause of seborrheic dermatitis is not known. Seborrheic dermatitis is not related to diet and is not contagious. Stress and physical illness tend to worsen seborrheic dermatitis, but do not cause it. Seborrheic dermatitis often disappears in infants by 1 year of age. It is common in teenagers and especially in adults; seborrheic dermatitis may get better or worse without any apparent reason. Treatment Seborrheic dermatitis can be controlled though not fully "cured". However, we can keep this problem under control. The treatment of seborrheic dermatitis depends on what part of the body is involved. Dandruff -- seborrheic dermatitis of the scalp -- can usually be controlled by washing the hair often with medicated shampoos as directed by your physician. Sometimes it is also necessary to use solutions or salves containing cortisone. In areas of smooth skin, such as the face and ears, cortisone containing creams, lotions or ointments is effective. Anti-yeast medications may also be suggested in some patients. Once seborrheic dermatitis is under control, gradually use the medicine less and less. It may even be possible to stop the medicine completely, but usually occasional treatment is needed. If the seborrheic dermatitis is not controlled by the treatment prescribed, please return to the doctor for further evaluation.