



DERCOS

DERMATOLOGICAL SCALP & HAIR EXPERT

ALL YOU NEED
TO KNOW ABOUT

DANDRUFF & SEBORRHEIC DERMATITIS

PATIENT
INFORMATIVE
LEAFLET

WHAT ARE DANDRUFF & SEBORRHEIC DERMATITIS?

DANDRUFF AFFECTS NEARLY

50% OF ADULT POPULATION
GLOBALLY¹

SEBORRHEIC DERMATITIS

1 TO 3% OF ADULTS* & IS MORE
COMMON IN MEN²

They are extremely **common, chronic and relapsing conditions** that share:

Disbalanced
scalp
microbiome

Unbalanced
sebum
composition

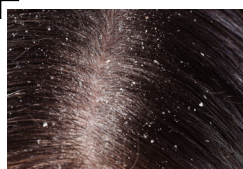
Altered
skin barrier
function

Clinical manifestation include **flakes, redness and itching.**

Both conditions differ in the magnitude of inflammation and anatomical location.

Dandruff typically manifests as scaly and itching scalp.

Seborrheic dermatitis is more inflammatory and can affect several areas of the face, chest, etc.



Dandruff



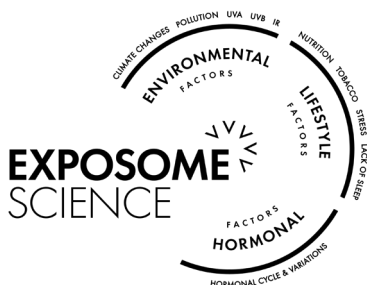
Seborrheic Dermatitis

They are **NOT** infectious diseases, so they are not contagious.

They are **NOT** hygiene issues.

^{*}Immunocompetent adults

IMPACT OF THE EXPOSOME ON DANDRUFF & SEBORRHEIC DERMATITIS



Stress can aggravate the disease and create a vicious cycle leading to more stress and sleep deprivation, affecting the **quality of life**.



Dandruff usually worsens during **winter** and can also be affected by **high humidity**.³



Hormones control sebum secretion, which is why dandruff appears more frequently during puberty.



Immune status and medications is proven to have an impact.



A **high fruit intake** reduces seborrheic dermatitis, whereas high intake of "western" diet in females increases the condition.⁴



IMPACT ON QUALITY OF LIFE

Dandruff and seborrheic dermatitis occur in **visible areas** and therefore have **significant negative effects on patients quality of life** (low self esteem or psychological distress).

Seborrheic dermatitis has significant, negative influence on patients' QoL (Quality of Life).

Women, younger patients and subjects with higher educational level are more affected in this aspect.⁵

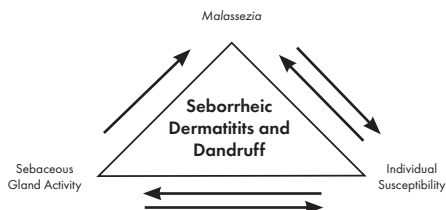
50% * OF PATIENTS WITH SEBORRHEIC DERMATITIS HAD SEVERE EMOTIONAL PROBLEMS⁶

* Study conducted in China

IMPACT OF THE MICROBIOME ON DANDRUFF AND SEBORRHEIC DERMATITIS



Microbiome is the set of microorganisms (fungus, bacteria and viruses) that colonize our body, mainly at the interface with the environment (gut, skin, mouth, etc.). Microbial balance is essential for health.

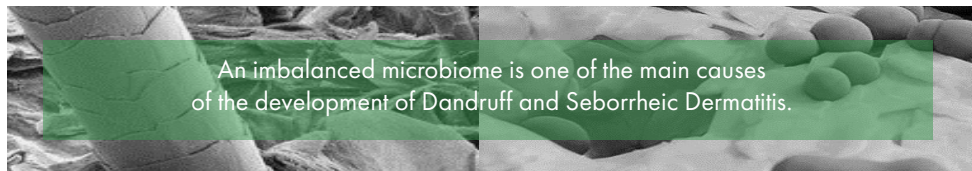


Many factors shape skin microbiome such as:

- Immunity
- Epidermal barrier
- Genetics
- Neurogenic factor
- Emotional stress
- Nutrition
- Other

Adapted from: Borda LJ & Wikramanayake TC. *J Clin Invest Dermatol.* 2015;32:10.

Scalp is colonized by a variety of microbial communities which maintains a delicate balance in healthy status. **Malassezia** is a fungus gender that normally inhabits human scalp. An increased burden of the **Malassezia** species is a key factor in the dandruff and seborrheic dermatitis affected scalp. **Staphylococcus** and **Cutibacterium** are overrepresented and underrepresented respectively in dandruff and seborrheic dermatitis affected scalp.



TYPES OF DANDRUFF



DRY DANDRUFF is the most frequent form, appearing with visible **fine and white flakes** and do not adhere to the scalp.

Both dry and oily dandruff affected scalp have low hydration levels and an altered skin barrier function.

OILY DANDRUFF appears with **yellowish flakes**, which **adhere to the scalp**. It is associated with excess sebum.

SEBORRHEIC DERMATITIS



Principal clinical signs are:
erythema, presence of squames, itching.

HOW TO MANAGE DANDRUFF AND SEBORRHEIC DERMATITIS?

Dandruff and seborrheic dermatitis are relapsing conditions, so it is essential to learn how to control and prevent flares.

Some general tips are:



- Follow a healthy diet.



- Incorporate stress management tools.



- Choose specific shampoos (anti-dandruff) with keratolytic agents:

1 Anti-dandruff shampoos showed efficacy in treating dandruff even with severe cases and mild seborrheic dermatitis.

2 Follow a **maintenance regimen** once symptoms and scales have improved, such as continuing to use an **anti-dandruff dermocosmetic shampoo** fewer times per week (even only 1 per week).



It is important **to follow your dermatologist's recommendation** on frequency of use of your treatment shampoo, and if you wash your hair more often, use an appropriate mild shampoo suitable for everyday use.

Treatment:



• **Anti-fungal shampoos with actives and keratolytic agents** (ketoconazole, selenium disulfide, zinc pyrithione, piroctone olamine, etc.). Dermatologists can recommend the one that best suits your case.



• **Moderate and severe cases may need prescription of topical drugs** such as topical steroids, although they are effective, a medical supervision is needed to minimize or prevent adverse events.

Visit your dermatologist if symptoms and scales do not improve. Although uncommon, some skin diseases mimics dandruff.

DERCOS DERMATOLOGICAL SOLUTIONS

DANDRUFF AND SENSITIVE SCALP



DRY SCALP AND HAIR DANDRUFF/SEBORRHEIC DERMATITIS



NORMAL TO OILY SCALP AND HAIR WITH SEBORRHEIC DERMATITIS



ALTERNATE WITH DANDRUFF TREATMENT



MILD
DANDRUFF

MODERATE TO SEVERE
SEBORRHEIC DERMATITIS

MILD DAILY
SHAMPOO

HOW TO USE DERCOS DS?

FOR IMMEDIATE EFFICACY^{7,8} ATTACK PHASE

TO PREVENT RELAPSES⁹ MAINTENANCE PHASE



DANDRUFF

MILD TO
MODERATE
SEBORRHEIC
DERMATITIS

SEVERITY

MODERATE
TO SEVERE
SEBORRHEIC
DERMATITIS

REFERENCES

1. Borda U & Wikramanayake TC. *J Clin Invest Dermatol.* 2015;32:10.
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7. Observational study. 1619 patients. Adults > 18 years old. Severe dandruff/seborrheic dermatitis. Application: 2-3 applications per week, during 4 to 11 weeks.
8. Study under dermatological supervision on 32 volunteers with dandruff, using the shampoo three times a week for four weeks.
9. Randomized study on 48 volunteers with moderate to severe SSD. Treatment phase (2 weeks): Topical Bethametasone (3/w) + vehicle shampoo (3/w). Follow-up phase (8 weeks): 1st arm: Dercos DS / 2nd arm: vehicle shampoo. 1 shampoo/week.

VICHY
LABORATOIRES