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Certificate Programme in Advanced Scalp Care

## Common Scalp Disorders

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The study of scalp disorders is a complex and multifaceted field that requires a comprehensive understanding of the underlying pathophysiology and etiology of various conditions. One of the most common scalp disorders is dandruff, a condition characterized by the presence of flakes and itching on the scalp. Dandruff is often associated with a fungal infection, specifically *Malassezia*, which feeds on the oils produced by the scalp. The exact cause of dandruff is still not fully understood, but it is believed to involve a combination of genetic, hormonal, and environmental factors.

Another common scalp disorder is psoriasis, a chronic autoimmune condition that affects not only the scalp but also other parts of the body. Psoriasis is characterized by the presence of red, scaly patches on the scalp, which can be itchy and painful. The exact cause of psoriasis is still not fully understood, but it is believed to involve a combination of genetic, environmental, and immunological factors. Treatment for psoriasis typically involves the use of topical corticosteroids, vitamin D analogues, and light therapy.

Alopecia areata is another common scalp disorder, characterized by the sudden loss of hair on the scalp. The exact cause of alopecia areata is still not fully understood, but it is believed to involve a combination of genetic, hormonal, and immunological factors. Treatment for alopecia areata typically involves the use of corticosteroids, minoxidil, and phototherapy. In some cases, hair loss may be permanent, and treatment may focus on promoting hair growth and reducing inflammation.

Seborrheic dermatitis is a common scalp disorder characterized by the presence of yellow, greasy scales on the scalp. The exact cause of seborrheic dermatitis is still not fully understood, but it is believed to involve a combination of genetic, hormonal, and environmental factors. Treatment for seborrheic dermatitis typically involves the use of antifungal shampoos, steroid creams, and coal tar shampoos. In some cases, antibiotics may be prescribed to treat any underlying bacterial infections.

Ringworm of the scalp, also known as tinea capitis, is a common scalp disorder caused by a fungal infection. The exact cause of ringworm is still not fully understood, but it is believed to involve a combination of genetic, environmental, and hygiene factors. Treatment for ringworm typically involves the use of antifungal medications, such as griseofulvin and terbinafine. In some cases, steroid creams may be prescribed to reduce inflammation and itching.

Lichen planus is a rare scalp disorder characterized by the presence of purple patches on the scalp. The exact cause of lichen planus is still not fully understood, but it is believed to involve a combination of genetic, hormonal, and immunological factors. Treatment for lichen planus typically involves the use of corticosteroids, retinoids, and phototherapy.

Folliculitis is a common scalp disorder characterized by the presence of inflamed hair follicles on the scalp. The exact cause of folliculitis is still not fully understood, but it is believed to involve a combination of genetic, hormonal, and environmental factors. Treatment for folliculitis typically involves the use of

antibiotics, steroid creams, and coal tar shampoos. In some cases, antifungal medications may be prescribed to treat any underlying fungal infections.

Keratosis pilaris is a common scalp disorder characterized by the presence of rough, dry patches on the scalp. The exact cause of keratosis pilaris is still not fully understood, but it is believed to involve a combination of genetic, hormonal, and environmental factors. Treatment for keratosis pilaris typically involves the use of moisturizers, exfoliants, and humidifiers.

Pediculosis is a common scalp disorder caused by a parasitic infection. The exact cause of pediculosis is still not fully understood, but it is believed to involve a combination of genetic, environmental, and hygiene factors. Treatment for pediculosis typically involves the use of insecticides, such as permethrin and malathion.

Scalp acne is a common scalp disorder characterized by the presence of pimples and blackheads on the scalp. The exact cause of scalp acne is still not fully understood, but it is believed to involve a combination of genetic, hormonal, and environmental factors. Treatment for scalp acne typically involves the use of benzoyl peroxide, salicylic acid, and retinoids. In some cases, antibiotics may be prescribed to treat any underlying bacterial infections.

Eczema is a common scalp disorder characterized by the presence of red, itchy patches on the scalp. The exact cause of eczema is still not fully understood, but it is believed to involve a combination of genetic, environmental, and immunological factors. Treatment for eczema typically involves the use of topical corticosteroids, moisturizers, and phototherapy.

Seborrheic dermatitis is often confused with psoriasis, as both conditions can cause red, scaly patches on the scalp. However, seborrheic dermatitis tends to be more greasy and yellow in appearance, while psoriasis tends to be more red and scaly.

Alopecia areata is often confused with male pattern baldness, as both conditions can cause hair loss on the scalp. However, alopecia areata tends to cause sudden and patchy hair loss, while male pattern baldness tends to cause gradual and thinning hair loss.

Folliculitis is often confused with acne, as both conditions can cause pimples and inflammation on the scalp. However, folliculitis tends to cause inflamed hair follicles, while acne tends to cause pimples and blackheads.

Pediculosis is often confused with dry scalp, as both conditions can cause itching and irritation on the scalp. However, pediculosis tends to cause intense itching and crawling sensations, while dry scalp tends to cause mild itching and flaking.

Scalp acne is often confused with seborrheic dermatitis, as both conditions can cause red, itchy patches on the scalp. However, scalp acne tends to cause pimples and blackheads, while seborrheic dermatitis tends to cause greasy and yellow scales.

Eczema is often confused with psoriasis, as both conditions can cause red, itchy patches on the scalp.

However, eczema tends to cause more itching and less scaling, while psoriasis tends to cause more scaling and less itching.

In addition to these conditions, there are several other rare scalp disorders that can cause hair loss, itching, and inflammation on the scalp. For example, discoid lupus erythematosus is a rare autoimmune condition that can cause hair loss and scarring on the scalp. Treatment for discoid lupus erythematosus typically involves the use of corticosteroids, antimalarials, and immunosuppressants.

Scleroderma is another rare scalp disorder that can cause hair loss and scarring on the scalp. The exact cause of scleroderma is still not fully understood, but it is believed to involve a combination of genetic, environmental, and immunological factors. Treatment for scleroderma typically involves the use of immunosuppressants, steroid creams, and phototherapy.

Morphea is a rare scalp disorder that can cause hair loss and scarring on the scalp. The exact cause of morphea is still not fully understood, but it is believed to involve a combination of genetic, environmental, and immunological factors. Treatment for morphea typically involves the use of corticosteroids, steroid creams, and phototherapy.

In conclusion, the diagnosis and treatment of scalp disorders require a comprehensive understanding of the underlying pathophysiology and etiology of various conditions. A thorough history and physical examination are essential for diagnosing scalp disorders, and treatment should be tailored to the individual needs and circumstances of each patient. By understanding the causes and treatments of common scalp disorders, healthcare professionals can provide effective and compassionate care to patients suffering from these conditions.