

## Patient Information Leaflet: Seborrhoeic Eczema

### What is Seborrhoeic Eczema?

Seborrhoeic eczema, also known as seborrheic dermatitis, is a common skin condition that primarily affects areas of the body with a high concentration of oil glands. It is characterized by red, scaly patches and oily, yellowish scales. The condition can occur in infants, adults, and adolescents.

### Symptoms

Common symptoms of seborrhoeic eczema include:

- Red, inflamed skin
- Itchy or burning sensation
- Flaky or scaly patches, often yellowish or greasy
- Areas of crusting or lesions, particularly on the scalp, face, and upper body
- Dandruff or cradle cap in infants

### Causes

The exact cause of seborrhoeic eczema is not fully understood, but several factors may contribute:

- Overgrowth of a subtype of yeast (*Malassezia restricta*) that is naturally present on the skin
- Oily skin
- Hormonal changes
- Stress and fatigue
- Alcohol
- Western diet with
- Certain medical conditions (e.g., Parkinson's disease, HIV/AIDS)
- Climate (humid or cold weather)

### Diagnosis

Diagnosis is generally made through a physical examination of the skin by a healthcare provider. In some cases, a skin biopsy may be performed to rule out other conditions.

### Treatment

Treatment options aim to reduce symptoms and control inflammation. These may include:

1. **Medicated Shampoos:** For scalp involvement, shampoos containing ingredients such as ketoconazole, selenium sulfide, coal tar, and salicylic acid can be effective.
2. **Topical Corticosteroids or Calcineurin inhibitors:** Creams, ointments, lotions and shampoos can help reduce inflammation and itching.
3. **Topical Antifungals:** Medications designed to target the yeast may be prescribed.
4. **Moisturisers:** Regular application of moisturisers can help soothe dry, flaky skin.
5. **Lifestyle Changes:** Stress reduction techniques, good skin care (cleansers and moisturisers), cut down alcohol and highly processed foods can help manage flare-ups.



# Experts in Skin & Hair

## Home Care Tips

- **Keep the Skin Clean:** Gently wash affected areas with a hydrating skin cleanser.
- **Moisturise Regularly:** Apply a suitable moisturiser to affected areas to prevent dryness.
- **Avoid Irritants:** Avoid harsh chemicals, scented products, and known allergens.
- **Manage Stress:** Practice stress-relief techniques such as yoga, meditation, or deep-breathing exercises.

## When to Seek Medical Help

You should consult a healthcare provider if:

- Symptoms worsen or do not improve with over-the-counter treatments.
- You experience significant discomfort or pain.
- There are signs of infection (increased redness, swelling, or discharge).

## Living with Seborrhoeic Eczema

Seborrhoeic eczema is a chronic condition that can flare up periodically. With proper treatment and self-care strategies, most people manage the symptoms effectively. If you have concerns or need personalised treatment, don't hesitate to contact your healthcare provider.

## Useful Resources

For further information, consider visiting:

- British Association of Dermatologists (BAD)
- National Eczema Society

**Important:** This leaflet is for informational purposes only and should not be considered a substitute for professional medical advice. Always consult with a healthcare professional for diagnosis and treatment options specific to your situation.

