

Hair loss from scalp eczema



"My doctor said I have Alopecia from scalp eczema. When I process my hair, it burns terribly."

"My hairline is receding after I use extension for 6 months. Can I get my hair to grow back?"

"My scalp has red itchy bumps! It is still flaky and itchy even after I wash my hair! Please help me."

The medical terminology for the above conditions is **Scalp Eczema/Seborrheic Dermatitis**. Seborrheic eczema is an inflammatory disease in which a type of yeast-pityrosporum has been proven to play a key role. These yeasts are normally found on the skin where there are large quantities of sebaceous (oil) glands.

The presence of abnormal quantity of fungus on the skin and scalp elicits the following responses:

- **Inflammation (irritation)** - The scalp is tender, itchy and flaky with or without red bumps even after a shampoo!
- **Itching and burning of the scalp**, face and body when exposed to heat especially after exercise. The heat and sweat causes burning and itching of the scalp, face and body.
- **Receding hair line**- Increased hair loss when combing or even after gentle tugging on the hair. Hair loss becomes worse after the hair is processed. During processing there is excessive burning which causes damage to the scalp and hair.
- **Uneven tone**: There is whitening or darkening of the areas involved especially the forehead, nose crease, scalp margin, chest (between & beneath the breasts) and back.

Other parts of the body can also become involved, such as the **hairline, eyebrows, the sides of the nose, cheek, neck, behind and in the ears, in the middle of the chest and back, underarm, and in the groin**. It is also found in infants. When present during infancy, it is called cradle cap.

There are several factors, which contribute to the high incidence of Scalp eczema in Jamaica.

1. **CULTURAL PRACTICES** ---- Washing hair once or twice a month leads to excessive sebum (oil) build-up on the scalp. This gives rise to food for multiplication for fungus yeasts. The heat created by wearing wigs and extensions create the ideal temperature for multiplication of fungus yeasts.
2. **CLIMATE**- heat and humidity makes scalp eczema worse. The tropical climate here provides the ideal temperature for growth of these yeasts. These fungi grow best between 27-30° C., which is the average temperature in the summer, when this condition is most prevalent! We are the natural Petri Dish of the world. Traveling from hot to cold or vice versa can also trigger this condition!
3. **STRESS**---- causes the oil glands to be more active and therefore produces more oil for fungal multiplication. It is no coincidence that individuals experiencing constant stress often have scalp eczema relapses e.g. police officer, accountant, lawyer, executive and student.
4. **HORMONES**--- Scalp eczema relapses more often near menstruation as well as during pregnancy.
5. **GENETICS** also play a role. This condition is hereditary and the individual usually has a close relative (i.e. mother, father, daughter or son) with this condition.

Mild cases of scalp eczema and recurrence can be treated with over the counter, product - **ariScalpBlend**. This is a non comedogenic pomade formulated with highly effective ingredients to

- (i) stop the itching and flaking of the scalp
- (ii) treat hair loss by killing the fungus and bacteria and
- (iii) promote fast hair growth.

The daily application of **ariScalpBlend** is designed to fit in with busy lifestyle and our hairstyling needs.

