AWARENESS ABOUT SEBORRHEIC DERMATITIS AMONG CHENNAI POPULATION: A SURVEY

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INTRODUCTION

Seborrhoeic Dermatitis (SD) and dandruff are common dermatological problems that affect the seborrhoeic areas of the body. They are considered the same basic condition sharing many features and responding to similar treatments, differing only in locality and severity. Dandruff is restricted to the scalp, and involves itchy, flaking skin without visible inflammation. SD affects the scalp as well as face, retroauricular area, and the upper chest, causing flaking, scaling, inflammation and pruritus, and can have marked erythema. Flaking in SD and dandruff is usually white-yellowish, and may be oily or dry (1). The pathogenesis of SD is still unclear, but it seems to be multifactorial, involving sebaceous gland function, the presence on the skin of yeasts belonging to Malassezia spp. (formerly called Pityrosporum ovale), and the individual immunological response (2-4). Although the fundamental cause of seborrhoeic dermatitis has not yet been established, many etiologic factors are believed to play a role in the development of the disorder (5). Available treatments for scalp SD are intended to eradicate Malassezia spp. and to reduce inflammation and scaling (6-8).

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Topical therapies are the mainstay of treatment as the condition is recurrent and responds well to these agents (9). In order to evaluate the knowledge about SD among Chennai population, this survey was carried out.

METHODS

The survey was carried out by preparing a set of questionnaires. These questionnaires were circulated among subjects to determine their awareness about Seborrhoeic dermatitis. The sample size for this survey was 100. Data collected was then analysed statistically with the help of SPSS online software.

RESULTS

Present study came out with a result of 62% were not aware about SD and 38% were reported to be aware. But all the subjects were aware what a dandruff is about.

CONCLUSION

From this study, we can conclude that the subjects were aware about dandruff but were not aware about the difference between SD and dandruff.
population. 82% even reported that even allergy or even unclean environment can also be a reason for SD.

According to our study, Adults ranging from 30-60 showed high prevalence of SD, followed by in adolescents and ten by children, which also showed age also played a role that is decrease in age deceases the prevalence of SD. Clinical signs and symptoms are important to diagnose a disease, taking this fact to the subject, whom reported that 58% of them were educated about the symptoms. But skin flakes and itching came out as the most common symptoms seen among the subjects which was 47% and 32% respectively. Even though 38% were aware what is SD but failed to know that SD can affect even areas other than scalp which turned out to be 72%.

Diagnostic investigation knowledge were also seem to be less among the subjects for 27%, skin biopsy technique being used to diagnose SD was known only to 23%. Various treatment options are there for treating the seborrheic dermatitis, but only antifungal and corticosteroid preparations were most prevailing among the subjects. Even though many allopathically successive treatments available, this study showed 74% of the subjects prefer herbal remedies, in which aloe vera and lemon was commonly used or preferred among the subjects.

CONCLUSION

From this study we can conclude that the subjects were aware about dandruff but were not aware about the difference between SD and dandruff.

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