

# Preventing Dandruff



Dandruff is a common chronic scalp condition marked by itching and flaking of the skin on your scalp. Although dandruff isn't contagious and is rarely serious, it can be embarrassing and sometimes difficult to treat. Check out some of the tips below to prevent or reduce the occurrence of dandruff.

**Learn to manage stress.** Stress affects your overall health, making you susceptible to a number of conditions and diseases. It can even help trigger dandruff or worsen existing symptoms.



**Shampoo often.** If you tend to have an oily scalp, daily shampooing may help prevent dandruff.

**Cut back on styling products.** Hair sprays, styling gels, mousses and hair waxes can all build up on your hair and scalp, making them oilier.

**Eat a healthy diet.** A diet that provides enough zinc, B vitamins and certain types of fats may help prevent dandruff.



**Get a little sun.** Sunlight may be good for dandruff. But because exposure to ultraviolet light damages your skin and increases your risk of skin cancer, don't sunbathe. Instead, just spend a little time outdoors. And be sure to wear sunscreen on your face and body.

If you've shampooed faithfully and followed these tips for several weeks and there's still a dusting of dandruff on your shoulders, talk to your doctor or dermatologist. You may need a prescription-strength shampoo or treatment with a steroid lotion.

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