

MANAGEMENT OF DANDRUFF RECURRENCE WITH A SPECIFIC DERMO-COSMETIC SHAMPOO

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INTRODUCTION & OBJECTIVES

Dandruff is a chronic scalp disorder, characterized by white scales, pruritus and erythema. Desquamation of the scalp, with visible flakes loss, may lead to socio-affective impact. Anti-dandruff shampoo, is effective in resolving symptoms but with recurrence once stopped. The aim was to investigate efficacy and tolerance of a specific dermo-cosmetic shampoo regarding dandruff reduction, its maintenance and anti-recurrence effect.

MATERIALS & METHODS

In a non-comparative study, subjects with persistent dandruff or seborrheic dermatitis (SD) used the specific dermo-cosmetic shampoo 3 times per week from Day (D)0 to D21, then 1 to 2 times from D21 to D49. To evaluate the anti-recurrence effect, after D49±2 a mild shampoo was used in relay for 6 weeks. The clinical parameters severity on D0, D21, D49 and D91 and erythema intensity in SD were evaluated by a dermatologist. Scalp desquamation index was calculated from quantification of corneocytes on Corneofix. At D0, D21 and D49, subjects filled a questionnaire to assess efficacy. The tolerance of the product was evaluated by the dermatologist.

RESULTS

Among the 36 subjects included (33 years on average, 86% female), 28 subjects were analyzed, 53% presented persistent dandruff, 47% SD with erythema.

At D21, D49 and D91, a significant improvement was assessed for severity of dandruff/SD, pruritus, flakes/scales (**Figure 1**), for desquamation index (**Figure 2**) and for erythema in SD subjects (**Figure 3**) versus D0. For 96% of the subjects, the shampoo was overall pleasant. And for 71% to 100%, they perceived soothing of irritation, discomfort and itching, declared a decrease in scalp redness, installed dandruff/scales, and a lastingly reduced reappearance as well. The product was well tolerated (only one case of discomfort sensations related to the product use).

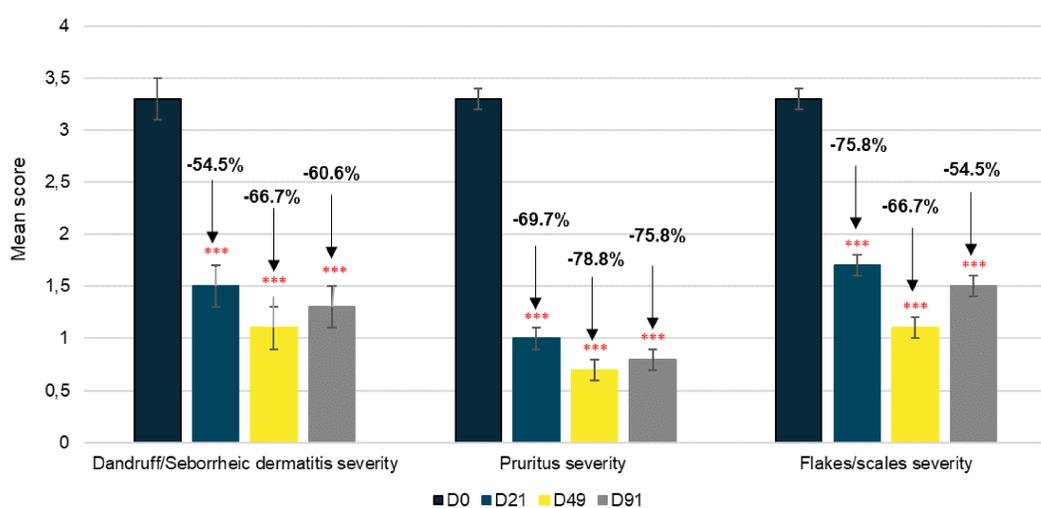


Figure 1: Clinical efficacy in the whole population (**p<0.001 compared to D0, Student t test)

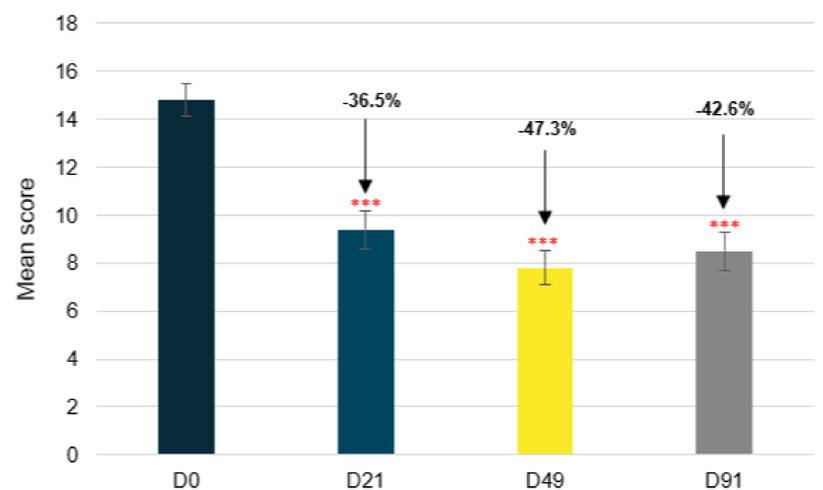


Figure 2: Evaluation of the scalp desquamation index in the whole population (**p<0.001 compared to D0, Student t test)

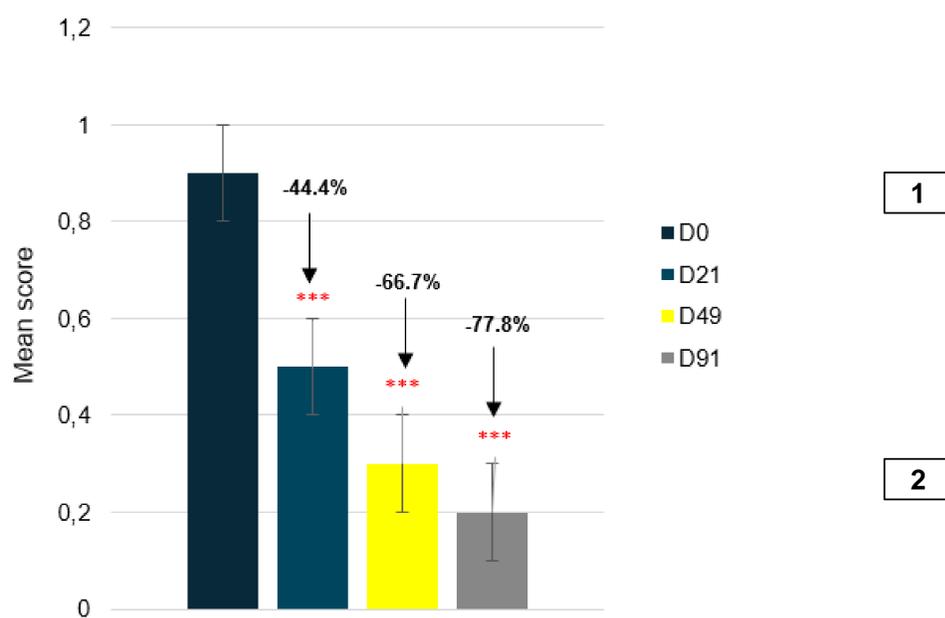


Figure 3: Erythema severity (**p<0.001 compared to D0, Student t test)

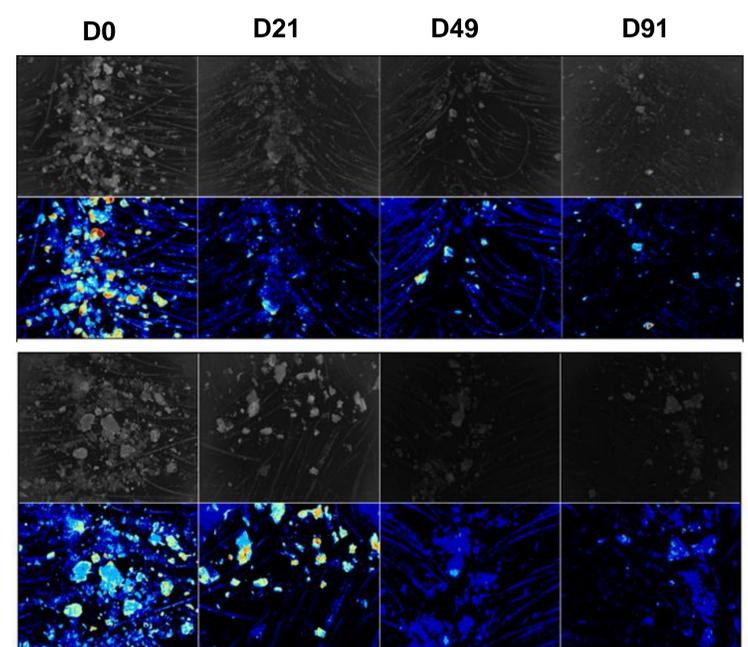


Figure 4: Evolution of the scalp of 2 subjects with dandruff (1) and with seborrheic dermatitis (2)

CONCLUSION

This specific anti-dandruff dermo-cosmetic shampoo is efficient in the severity reduction of dandruff, pruritus and erythema even in seborrheic dermatitis, after 21 days of application, and in anti-recurrence with a long-lasting effect.