

Differentiating Common Skin Conditions

Adapted from Dermatology - Treating the Rash for a Lot Less Cash!

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Characteristic	Psoriasis	Dandruff	Cradle Cap	Seborrheic Dermatitis
Site	Scalp and body	Scalp	Scalp	Scalp, face & body
Borders	Very sharp	Indistinct	Indistinct	Indistinct
Inflammation	Yes	No	Yes	Yes
Appearance of Scales	Silvery, scales that flake off in layers	Dry, grayish white	Yellowish, brown and greasy	Greasy
Age of onset	Young adulthood, but may occur at any age	Puberty	1-2 weeks, after birth to end of infancy	Puberty
Itching	Variable	Variable	Not known	minimal
External factors that worsen condition	Stress, and mechanical irritation	Cold weather	Improper cleaning	Stress and poor health
Rate of epidermal Turnover	Greatly increased over norm (10-20 X)	Twice the norm	Not demonstrated	More than twice the norm
Duration	Lifetime, with exacerbations and remissions	Can persist for life Diminishing in middle and old age	Usually clears in 3-4 weeks. Can last up to 2 months	Can persist for life Frequent exacerbations and remissions