

Case Report

Resolving persistent itching and allergic issues in the ear, eye and shoulders over time through effective dandruff treatment

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Received: 18 February 2025

Revised: 18 March 2025

Accepted: 16 April 2025

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ABSTRACT

The outlined case study describes the experience and resolution of persistent health issues itching and allergic reactions in the ear, eye and shoulders which continued for an extended period. Initially, the patient consulted an ENT specialist, followed by an ophthalmologist, yet obtained no relief. After several months of suffering, the patient independently identified dandruff as the potential underlying cause. Remarkably, symptoms were entirely alleviated upon using a medically recommended anti-dandruff shampoo. This case emphasizes the importance of identifying and correlating ENT and dermatological health concerns.

Keywords: Allergic reactions, Case study, Dandruff, Dermatological conditions, Itching, Medicinal shampoo, Symptom resolution

INTRODUCTION

Persistent itching and allergic reactions in the ear, eye and shoulder regions can significantly impair quality of life, often necessitating consultations with various specialists such as ENT physicians, ophthalmologists or dermatologists. Misdiagnosis or incomplete diagnosis may result in prolonged patient discomfort. This case study emphasizes the importance of considering dermatological causes when addressing ENT-related symptoms.

In dermatology, seemingly unrelated symptoms often share a common etiology. For example, dandruff a common scalp condition associated with *Malassezia* yeast can extend its effects beyond the scalp, impacting areas such as the ears and eyebrows through inflammatory responses and skin irritation.¹

Dandruff is often dismissed as a minor concern, yet it may lead to significant discomfort and secondary symptoms when overlooked or improperly treated. It is considered a chronic inflammatory condition primarily affecting the scalp and often seen on oily skin surfaces, where microbial colonization may exacerbate irritation and itching.²

This report outlines a patient's self-discovery of dandruff as the root cause of widespread symptoms initially treated by ENT and ophthalmology specialists without success. The successful use of a medicated shampoo resulted in full symptom resolution, emphasizing the necessity of integrative diagnostic approaches and greater awareness among healthcare professionals regarding atypical manifestations of dermatological conditions.³

Additionally, patient self-awareness played a critical role. The ability of the patient to deduce the underlying issue illustrates the significance of patient engagement and advocacy in the healthcare process.

Emerging evidence from microbiome research suggests that skin conditions like dandruff are associated with altered microbial communities, further supporting the complexity and systemic nature of dermatological disorders.⁹

Topical treatments such as azelaic acid, herbal formulations and anti-inflammatory shampoos have shown promising results in managing dandruff and related symptoms.¹⁰

CONCLUSION

This case underscores several critical lessons for clinical practice. Persistent and unexplained symptoms in non-scalp regions should prompt evaluation of dermatological causes such as dandruff. Dermatological conditions may manifest in atypical locations, necessitating comprehensive, integrative diagnostic strategies. Patient insight and self-advocacy are invaluable tools in uncovering overlooked etiologies and guiding effective treatment. Further studies are recommended to explore the systemic manifestations of common dermatological conditions and develop more holistic diagnostic frameworks.

Funding: No funding sources

Conflict of interest: None declared

Ethical approval: Not required

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Cite this article as: Khalil MI, Rahman ML, Ibrahim M, Rashid MMU. Resolving persistent itching and allergic issues in the ear, eye and shoulders over time through effective dandruff treatment. *Int J Res Dermatol* 2025;11:320-2.