

## Top 7 Reasons Why Protective Styles Are NOT Good For People With Scalp Maladies

1. **Scalp Psoriasis:** Wearing any style that smothers the scalp and doesn't leave room for shampooing the scalp is a nightmare. This can be one of the toughest parts of having psoriasis. It can be intense and non-stop. To some people it feels like a burning sensation. No matter how bad it gets, try not to scratch. While it may feel good in the moment, it can break open the skin and make you bleed. That can set you up for hair loss and a possible infection. If you spot swollen lymph nodes, it can be a sign of an infection. This skin disease happens when your immune system sends faulty signals and skin cells grow too quickly. These pile up in red patches, often with silvery scales. At least half the people with psoriasis have it on their scalp.
2. **Bacteria:** The scalp can become infected if fungus or bacteria enter the scalp through the hair follicles or damaged skin. Skin damage can result from common skin conditions, such as psoriasis and eczema. Bacteria can cause some common infections, such as folliculitis and impetigo. Others, such as ringworm, are fungal.
3. **Oil Build Up:** Overuse of styling products, ineffective and infrequent shampooing can lead to an excess of oil build up on the scalp which becomes a breeding ground for bacteria and dirt. Leading to a dull, dry scalp in appearance and possible foul odor.
4. **Abrasions On The Scalp:** With scalp maladies many have symptoms of itching which can lead to scratching and using items that can poke the scalp exposing your flesh which in turns leads to bleeding and scabs. If that sore isn't taken care of it's a possibility it could lead to infection.
5. **Dry Hair:** Everyone is looking for solutions for putting moisture in the hair, but your protective style that you're using to preserve and keep your hair healthy could be robbing your hair of moisture. Synthetic hair like human hair is a polymer. It is composed of fine plastic fibers, manufactured to look like human hair. In its basic form, synthetic hair is made from low-grade acrylic that is heated and strung into strands to make individual hair fibers. If we are wrapping our hair in plastic from synthetic hair on top of a scalp malady, that is a recipe for disaster. Your scalp is suffering from needing to be cleansed and your hair is suffering from our natural sebum being suffocated by synthetic fibers.

6. **Folliculitis:** The hair on the body and the scalp grow out of hair follicles. Bacteria can enter the skin through damaged hair follicles, causing an infection called folliculitis. If you are wearing a protective style and perspiring on the regular or have an active lifestyle including working out, you could be at risk. Having hot, damp skin for an extended period of time can bring on this type of infection on the scalp.
  
7. **Seborrheic Dermatitis:** This common skin condition causes dry, flaking skin. It can cause redness and may itch. Seborrheic dermatitis is an inflammatory skin condition. It often affects the scalp, causing scaly, red patches. Affected areas may have a secretion of an oily substance into the hair follicles. Seborrheic dermatitis (SD) is caused by an autoimmune response or allergy, and it is not contagious. It is also not curable but can be managed with treatment. Often times people who wear protective styles and suffer from the scalp condition will put oil on their scalp to reduce the appearance of the flakes but the oil that is being added is actually food for this scalp condition and only makes it much worse.