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**THE EFFECT OF SHAMPOOS CONTAINING SODIUM LAURYL  
SULFATE ON THE SKIN AND HAIR CONDITION**  
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**Relevance.** Shampoo is one of the most popular washing products worldwide. But most pharmaceutical companies use a cheap Sodium Lauryl Sulfate (SLS) component in shampoos. As sulfates are strong chemical compounds they not only take away dirt and grime, but also strip away the delicate layers of skin. Sulfates cause skin diseases and hair breakage.

**Aim:** to study the effect of SLS on the formation of dermatitis, allergic reactions, dandruff, etc., to establish the impact of SLS on the life of the students.

**Materials and methods.** To assess the severity of SLS on the skin and hair we used The Dermatology Life Quality Index (DLQI), a special test consisting of 5 questions and studied different domestic and foreign scientific articles devoted to this problem, Internet websites.

**Results.** We examined and interviewed 14 students of our group. We found out that 93% – buy shampoo in stores and 7% – buy shampoo in pharmacies, 100% – do not read the composition of the shampoo; students buy the following brands of shampoos: 36.5% – «Glisskur», 28.5 – «Head and shoulders», 21% – «Fructis», 7% – «Johnson’s Baby», 7% – «Occuba». We have studied the composition of these shampoos and found out that all the shampoos except shampoo «Occuba» contain SLS. So according to the results of the analysis, the safest of the studied shampoos is the shampoo «Occuba». The shampoo consists of natural ingredients that do not harm the skin and human health, but the cost is 4 times more than the cost of other shampoos. DLQI results showed that 75% of students had a high level of DLQI, which indicates a very strong influence of SLS on the life of the students (SLS causes dandruff, dermatitis, allergic reactions, dry skin, discoloration and brittleness of hair).

**Conclusion.** Hair health problems of varying severity are observed in many students. Girls are more prone to this disease. In addition, the excessive use of shampoos containing SLS can lead to dermatitis, dandruff, allergic reactions, breakage and discoloration of hair. The presence of hair health problems significantly reduces self-esteem, causes discomfort and depression. It is difficult for girls with this problem to adapt to the social environment, even in mild hair health problems. To maintain good hair health one should use shampoos 1-2 times a week, include vitamins, proteins, carbohydrates and minerals in the diet and follow a healthy lifestyle.