

Dermatitis - Contact



What is it?

- **Dermatitis**- chronic itching, hypersensitivity to an unknown component in one's blood though to be caused by the transmission of antibodies from an allergic donor or antigens recently acquired.

Signs and Symptoms:

- **Contact Dermatitis**- itchy, blistering patches of skin that have come into contact with a substance that causes an allergic reaction , such as poison oak, ivy, sumac, chemicals, cosmetics, dyes or detergents

Facts:

- **Human Skin** – often able to resist the harmful effects but increasing the thickness. Examples:
 - **Fruits and Vegetables**- Onions and Citrus Fruits
 - **Plants**- Poison Oak, Ivy and Sumac, Ragweed, Primrose, wild Parsnip, Chrysanthemum, Tropical varieties of trees as Balsa, Teak, Kapok, Mahogany, white pine, and Japanese lacquer.
 - **Fabrics**- as Silk, wood, leather, fur, synthetic fibers, and dyes.
 - **Household Items**- Waxes, polishes, detergents, and metals especially Nickel.
 - **Chemicals**- Mercury, p-phenylenediamine and pyrethrum
 - **-Medicines/Drugs**- Streptomycin, antihistamines, sulfonamides, penicillin, and phenothiazines.
 - **Cosmetics/Makeup**- bleaches, tonics, deodorants, hair dyes, nail polishes and depilatories.



What can I do?

- **See your Health Care Provider**- usually gives an antihistamine
- **See a Registered Dietitian**- for help as needed
- **See FFF Registered Dietitian**- on line for help

