

**Arnica Montana  
(Mountain Tobacco)**

(A-024)

Your patch testing results indicate that you have a contact allergy to **Arnica Montana**. It is important that you familiarize yourself with this chemical and take steps to avoid coming in contact with it.

**i What is Arnica Montana and where is it found?**

This is a chemical found in the compositae plant that grows on prairies and in mountainous lands in Europe and Asia. This plant and its extracts are used medicinally, in fungicides as well as in preservatives. Tincture of arnica is used in trauma treatments. Major allergens appear to be Helenalin and its esters. Further research may identify additional product or industrial usages of this chemical.

**i What else is Arnica Montana called?**

This chemical can be identified by different names, including:

*Helenalin*  
*Leopard's bane*  
*Mountain Tobacco*  
*Mountain arnica*  
*Wolf's bane*

This may not be a complete list as manufacturers introduce and delete chemicals from their product lines.

**THINGS YOU CAN DO TO HELP MANAGE YOUR CONTACT ALLERGY**

- Be vigilant ... read the product label.** Always take the time to read the ingredient listing on product packages. This should be your first step *each* time you purchase a product as manufacturers sometimes change product ingredients. If you have any concerns ask your pharmacist or your doctor.
- Test the product first.** If you have purchased a new product you should test it on a small skin area to see if you get a reaction before using the product on larger skin areas.
- Advise people you obtain services from of your contact allergy.** This should include people like your pharmacist, doctor, hairdresser, florist, veterinarian, etc.
- Inform your employer if the source of your contact allergy is work related.** You should identify the specific source of the chemical and take the necessary steps to avoid further exposure. Protective wear may be adequate or you may need to make a change in your work activities. Both you and your employer benefit when the cause of your occupational dermatitis is eliminated.
- "Google" it.** The internet is an excellent source of ingredient information that can be searched by product, by company and by specific chemical. Some helpful independent internet links include:
  - www.nlm.nih.gov/pubs/factsheets/factsheets.html** (U.S. Dept. of Health and Human Services; alphabetic list)
  - www.nlm.nih.gov/pubs/factsheets/factsbj.html** (U.S. Dept. of Health and Human Services; subject list)
  - www.cosmeticsinfo.org** (Cosmetic Industry Category Ingredient Database)
  - www.whatsinsidescjohnson.com** (information on all S.C. Johnson product ingredients)

If you have any future contact dermatitis concerns or questions, please call the doctor's office.