

## Lichen Mix

(MX-15)

Your patch testing results indicate that you have a contact allergy to one or more chemicals in the **Lichen Mix**. It is important that you familiarize yourself with these chemicals and take steps to avoid coming in contact with them.



### What is Lichen Mix and where can the chemicals be found?

The chemicals in **Lichen Mix** are:

- **Atranorin (Article Number A-026):** One of the most common substances found in lichens. Component in extracts of oak moss used as a fragrance.
- **Evernic acid (Article Number E-017):** An acid present in different lichens. One of the three most common lichen haptens.
- **(+)Usnic acid (Article Number U-005):** An antibacterial substance found in many lichens. Occurs in oak moss absolute which is used as fragrance. Used as a preservative in deodorants, anti-acne formulations, and as an antibiotic for topical application.

These chemicals are found in perfumes, cosmetics, personal products, anti-acne and antibiotic formulations, etc. Make certain you read all ingredient labels. This may not be a complete list of product categories where these chemicals are used.



### IMPORTANT NOTES

- (1) Specific Patient Information Sheets are available (by Article Number) for each of the chemicals in the Mix.
- (2) Based upon your patch test readings your Doctor may consider further testing to confirm which of the Mix ingredients are causing your allergy.

### 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](http://www.nlm.nih.gov/pubs/factsheets/factsheets.html) (U.S. Dept. of Health and Human Services; alphabetic list)
  - [www.nlm.nih.gov/pubs/factsheets/factssubj.html](http://www.nlm.nih.gov/pubs/factsheets/factssubj.html) (U.S. Dept. of Health and Human Services; subject list)
  - [www.cosmeticsinfo.org](http://www.cosmeticsinfo.org) (Cosmetic Industry Category Ingredient Database)
  - [www.whatsinsidescjohanson.com](http://www.whatsinsidescjohanson.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.