CHEMOTECHNIQUE DIAGNOSTICS

PATIENT INFORMATION SHEET
Hydrocortisone-21-acetate
(H-034)

Your patch testing results indicate that you have a contact allergy to Hydrocortisone-21-acetate. It is important that you familiarize yourself with this chemical and take steps to avoid coming in contact with it.

What is Hydrocortisone-21-acetate and where is it found?

A topical corticosteroid with anti-inflammatory and immunosuppressive properties, belonging to the group A type of steroids. Used in medication to treat a variety of skin conditions (e.g., eczema, dermatitis, allergies, rash).

What else is Hydrocortisone-21-acetate called?

This chemical can be identified by different names, including:

Hydrocortisone acetate, Cortisol 21-acetate, Cortell, Cortisol acetate, Cortacream.

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/factsubj.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.

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