



PATIENT INFORMATION SHEET

MENTHOL

(M-002)

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

What is **MENTHOL** and where is it found?

This chemical, derived from peppermint oils or produced synthetically, is used as a topical antipruritic, local anesthetic and gastric sedative. It is also used as a fragrance and as a flavour. It can be found in lip-balms, cough medicines, decongestants, sunburn preparations, confectionery, sodas, syrups, perfumery, cough drops, cigarettes and liqueurs. Further research may identify additional product or industrial usages of this chemical.

What else is **MENTHOL** called?

This chemical can be identified by different names, including:

3-p-Menthanol, 5-Methyl-2-(1-methylethyl)-cyclohexanol Hexahydrothymol, Methyl-2-(1-methylethyl)cyclohexanol Menthomenthol, p-Menthan-3-ol Peppermint camphor

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/factssubj.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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