



PATIENT INFORMATION SHEET

CARVONE

(C-035)

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

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

This is a chemical substance isolated from spearmint oil. It is used in toothpaste and perfumery. Further research may identify additional product or industrial usages of this chemical.

What else is **CARVONE** called?

This chemical can be identified by different names, including:

1-Methyl-4-isopropenyl-6-cyclohexen-2-one, 6,8-p-Menthadien-2-one;, (R)-(-)-p-Mentha-6,8-dien-2-one, l-Carvone, Levo-carvone, p-Mentha-6,8-dien-2-one

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.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.

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