



CONTACT DERMATITIS AND OCCUPATIONAL DERMATOSES

## ALLERGIC CONTACT DERMATITIS AND DIET

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Introduction: Skin diet in recurrent Allergic Contact Dermatitis (ACD) is a different approach in treating this kind of eczema. The diet consists of two parts: local skin care and food and beverage restrictions.

Objective: The “skin diet” products for local application are aimed to restore the skin barrier, control the pruritus and relieve the inflammation. In the perfect case they should not contain any preservatives, emulsifiers or fragrances. The second part of the “skin diet” restricts the consumption of food and beverages, which contain the allergen or other chemically related substances. This second part is included in the treatment scheme because of the flare-up. Recurrences of ACD are common in sensitive individuals, if they use products containing the allergen. Oral consumption of products containing allergens has a cumulative effect.

Materials and Methods: We prescribed the “skin diet” regimen combined with the local corticosteroid treatment to 182 patients, according to their patch test results. All the emollients prescribed did not contain any coloring agents, fragrances, preservatives or emulsifiers. An appropriate diet was prescribed according to the allergen sensitivity. We updated and simplified the existing guidelines for low allergen diets. Also we analysed the current published data for the allergens content in common food items.

Results: 88% of the patients with allergic contact dermatitis reported significant improvement of the ACD after the “skin diet”; 10% noted only moderate to weak improvement and 2% didn't record any changes in their skin status.

Conclusion: We propose this “skin diet conception” to help the patients limiting the contact with the allergens - both in the local care products and the food. We believe that this way the treatment process will be accelerated and the frequency of ACD flares will be reduced.

