



## Sesquiterpene Lactone/ Compositae

Your patch tests indicate you have a contact allergy to sesquiterpene lactone/compositae. This means you are allergic to plants in the daisy family. They are also known as Asteraceae. The Compositae family includes many garden plants, wild flowers, vegetables and herbs. The following list gives some possible sources; however you may not be allergic to all the plants on this list.

Wild flowers/weeds	Garden plants	Vegetables/herbs
Dandelion Daisies Yarrow Ragweed Chamomiles Mayweeds Mugwort Liverwort	Chrysanthemum Dahlia Cineraria Arnica Golden rod Elecampane (Inula) Rudbeckia Gaillardia Helenium Sunflower Magnolia	Chamomile Chicory Lettuce Endive Feverfew Tansy Sweet bay (Laurus nobilis)

If your skin touches these plants you may develop eczema at that site 1 to 3 days later. Occasionally airborne chemicals from natural oils or composite plants may be the cause of eczema on your face, neck, hands or other exposed areas. It is therefore best to avoid direct contact and avoid growing these plants in your garden. Nitrile gloves may help to protect the hands from exposure to plant allergens. Natural essences and aromatherapy products should be avoided around the home. Some people with compositae allergy notice their skin is more sensitive to sun than usual and may develop a skin condition with time, chronic actinic dermatitis.

Some cosmetics, toiletries and aromatherapy oils may contain compositae. These are often termed 'natural' products. Plants will be labelled by their botanical Latin names for example *Chamaemelum nobile* (Chamomile).

Other sources include herbal remedies including chamomile and arnica, herbal teas such as chamomile tea and a nipple cream, Kamilloosan.