
BENGALURU ALLERGY FOUNDATION



NEWSLETTER

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IS YOUR SKIN TRYING TO TELL YOU SOMETHING? UNDERSTANDING CONTACT DERMATITIS

Contact dermatitis (also called contact eczema) refers to a group of skin disorders in which the skin reaction is due to direct contact with the causative agent. The term dermatitis implies that the outside layers of skin are affected. It can be acute (a single episode) or chronic (persistent). Dermatitis is nearly always itchy.



THE TWO MAIN CULPRITS OF CONTACT DERMATITIS

IRRITANT CONTACT DERMATITIS (80% OF CASES):

This happens when a substance physically damages your skin cells. Think harsh bleach, battery acid, or even just over-washing your hands with soap.

Reaction time: Usually within minutes.



ALLERGIC CONTACT DERMATITIS:



This is an immune system reaction. Your body identifies a substance as a "threat" and releases inflammatory chemicals. Common triggers include nickel, latex, and poison ivy.

Reaction time: Usually 1–3 days after contact.

SYMPTOMS & RISK FACTORS


DOES IT LOOK LIKE THIS?

SYMPTOMS VARY DEPENDING ON YOUR SKIN TONE AND THE CAUSE, BUT KEEP AN EYE OUT FOR:

- **The Texture : Dry, scaly, or flaky patches.**
- **The Sensation : Burning, stinging, or intense itching.**
- **The Look : Bumpy rashes or oozing blisters.**
- **The Color : On lighter skin, look for redness; on darker skin, look for dark brown, purple, or gray tones.**

WHO IS MOST AT RISK?

While anyone can get it, your "9-to-5" might be the cause. High-risk occupations include:

- **Healthcare Workers (Latex & frequent washing)**
 - **Hairdressers (Dyes & chemicals)**
 - **Construction & Agricultural Workers**
 - **Mechanics**
- 

TREATMENT AND PREVENTION

How to Find Relief

The "Golden Rule" is to avoid the trigger, but when the damage is done, try these:

- **Cool & Clean:** Use lukewarm water and mild, fragrance-free soap.
- **Moisturize:** Apply thick emollients to create a protective barrier.
- **Anti-Itch:** Calamine lotion or over-the-counter antihistamines can dull the sting.
- **Don't Scratch!** Scratching can lead to a secondary infection, making the healing process much longer.

Pro-Tip: The "Spot Test"

Before committing to a new skincare product, apply a small amount to your inner forearm. Cover it for 24 hours. If there's no redness or irritation, you're likely good to go!

IS YOUR BEAUTY ROUTINE HARMING YOUR SKIN?

THE SCIENCE OF BEAUTY VS. THE REALITY OF REACTIONS

We use 6–12 cosmetic products daily. Here is what you need to know about "Cosmetic Contact Dermatitis.



Beauty products, such as shampoo, makeup, can irritate the skin or cause an allergic reaction. Symptoms can range from simple rashes to more severe allergic reactions.

THE "BIG THREE" TRIGGERS

FRAGRANCES (THE #1 CULPRIT):

Found in: Perfumes, shampoos, and even "unscented" products (which use masking scents).

Fact: 70–80% of fragrance allergies can be caught with a simple patch test.

PRESERVATIVES (THE #2 CULPRIT):

Found in: Water-based creams to prevent bacteria.

Watch for: Parabens, Formaldehyde, and Methylisothiazolinone.

HAIR DYE / PPD (THE #3 CULPRIT):

Found in: Permanent hair dyes.

Warning: Reactions can cause severe swelling of the eyelids, scalp, or face.

HIDDEN REACTANTS: IT'S NOT JUST MAKEUP

A "COSMETIC" ISN'T JUST LIPSTICK. IT INCLUDES:

- **Dental Care: Toothpaste and mouthwash.**
- **Shaving: Foams and aftershaves.**
- **Nails: Polishes, hardeners, and artificial nails.**
- **Body: Fake tan and deodorants.**



PREVENTION & RECOVERY

How to protect your skin and what to do when a reaction strikes.

The 48-Hour Spot Test: Before using a new cosmetic, apply a small amount to your inner wrist or elbow. Observe for 24–48 hours. If there's no redness, it's likely safe.

Decode the Labels: Look for "Hypoallergenic," "Fragrance-Free," and "Non-Comedogenic."

Note: "Unscented" may still contain masking fragrances. Always check the ingredient list!

Barriers Matter: If you work with irritants (like hair dye or cleaning chemicals), use vinyl gloves. If you are hiking, wear long sleeves to avoid plant oils.

The "Rinse-Off" Rule: Ensure shampoos and conditioners are thoroughly rinsed away from the sides of your face and neck to prevent "run-off" irritation.



WHEN TO SEE A DOCTOR

Most reactions are mild and self-limiting, but you should consult a dermatologist or allergist if

- The rash is near your eyes or mouth.
- It covers a large area of your body.
- You experience difficulty breathing or facial swelling (seek emergency care immediately—this could be Anaphylaxis).



- **Diagnosis:** A specialist can perform a Patch Test to identify the exact chemical or preservative triggering your skin.



HYDRATING FOODS

YOUR BODY NEEDS DAILY



HIGH WATER



HYDRATION BOOST



WATER RICH



FLUID SUPPORT



HYDRATION BASE



REFRESHING FLUIDS



ABOUT BAF

BENGALURU ALLERGY FOUNDATION (BAF) IS A CHARITABLE TRUST TO ENHANCE QUALITY OF LIFE IN PEOPLE WITH ALLERGY! IT WAS SET UP IN THE YEAR 2017, AS AN OFF SHOOT OF BANGALORE ALLERGY CENTRE IN A BID TO GIVE BACK TO THE SOCIETY IN WHATEVER WAY POSSIBLE.

VISION

TO SERVE HUMANITY FOR ENHANCING QUALITY OF LIFE (QOL) BY MEANS OF ALLERGY AWARENESS PROGRAMS GLOBALLY.

MISSION

TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WITH ALLERGIC DISEASES THROUGH EDUCATION, ADVOCACY AND RESEARCH.

BAF organizes various public welfare activities, to name a few: Asthma camps, Patient Support Group Meetings, Counselling to Allergy patients, Inhaler Bank, Award ceremonies to recognize the professionals for their scientific and clinical contributions in the field of Allergy.

TRUSTEES

BAF HAS BEEN FORMED AS A NON PROFIT ORGANIZATION UNDER THE LEADERSHIP OF DR. NAGENDRA PRASAD KOMARLA WITH TEAM OF TRUSTEES WHO ARE EXPERIENCED PROFESSIONALS.



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VIVEKANANDA SHAKSHANIKA SAMSTHE,
BENGALURU.



MR. GOPINATH M S
DEPUTY GENERAL MANAGER AT HCL
TECH (BANGALORE), LEADING
TELECOM BSS DELIVERY IN THE ASIA
PACIFIC REGION, WITH OVER 30
YEARS OF IT EXPERIENCE AND
EDUCATION INCLUDING AN MS AND
IIM CERTIFICATE.



MR. SATYANARAYANA KASSI:
SEASONED BANKER MR.
SATYANARAYANA (ARSIKERE,
KARNATAKA) SERVED VIJAYA
BANK FOR OVER FOUR DECADES,
LEADING OPERATIONS AND
TECHNOLOGY, AND HOLDS
CREDENTIALS FROM ICAI AND
CAIIB.



BENGALURU ALLERGY FOUNDATION

- **ADVOCACY**
- **PATIENT EDUCATION**
- **INHALER BANKS**
- **AIT AID FOR POOR**
- **ALLERGY CAMPS**
- **RECOGNIZE CONTRIBUTORS
IN ALLERGY**
- **FREE TREATMENT FOR BPL
PATIENTS**
- **HEALTH**
- **PROFESSIONAL TRAINING**

THANK YOU

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LATEST PROJECTS, WORKSHOPS, FREE RESOURCES, AND MORE. KEEP READING