

# Managementul fitofotodermatozei în farmacie



2 DAYS

2.5 DAYS

3 DAYS



4 DAYS

1 WEEK

10 DAYS



**C.T.I., M, 6 luni și 2 zile, clinic sănătos, predispus la constipație, diversificat la indicațiile pediatrului și nutriționistului cu:**

**Ziua 1: cartof dulce + 1/2 linguriță ulei de măsline**

**Ziua 2: cartof dulce + păstârnae + 1/2 linguriță ulei de struguri**

**Ziua 3: cartof dulce + 1/2 linguriță ulei de avocado**

**Ziua 4: cartof dulce + rădăcină de pătrunjel + 1/2 linguriță ulei de struguri**

**Ziua 5: rădăcină de pătrunjel + morcov + 1/2 linguriță ulei de măsline**

După consumul alimentelor din ziua 2 (în jurul orei 15:30), la aprox. 3h postprandial, se observă apariția unei erupții cutanate faciale și balonare, motiv pentru care se stopează consumul de păstârnae și se aplică LRP Lipikar Baume local. În ziua 5, la distanță de aproximativ 3h postprandial, se observă intensificarea eritemului facial, apariția senzației de arsură, disconfort gastrointestinal, apatie, subfebrilitate 37.7°C și polipnee. Se administrează 5 pic. Zyrtec 10mg/ml p.o. (polipneea se diminuează și ulterior dispare) și se prezintă la camera de gardă, unde i se administrează metilprednisolonă 40mg i.v. și i se recoltează sânge în scopul recoltării unei hemoleucograme. S-a observat o posibilă infecție virală asimptomatică și s-a redirecționat pacientul spre alergolog. În urma consultului, alergologul nu a recomandat efectuarea altor investigații, diagnosticul fiind „dermatită acută în context de diversificare cu leguminoase și posibilă infecție virală”.



Sample ID 9496 circa  
Date 04/02/2024 20:59  
Mode Child

Patient ID  
Name  
Date of birth  
Gender

| Parameter | Result | Limit                           |
|-----------|--------|---------------------------------|
| WBC       | 11.03  | 10 <sup>9</sup> /L 4.00 - 12.00 |
| NEU       | 2.28   | 10 <sup>9</sup> /L 2.00 - 8.00  |
| LYM       | 7.53   | 10 <sup>9</sup> /L 0.80 - 7.00  |
| MON       | 0.88   | 10 <sup>9</sup> /L 0.12 - 1.20  |
| EO        | 0.19   | 10 <sup>9</sup> /L 0.02 - 0.50  |
| BAS       | 0.14   | 10 <sup>9</sup> /L 0.00 - 0.10  |
| NEU%      | 20.7   | % 50.0 - 70.0                   |
| LYM%      | 68.3   | % 20.0 - 60.0                   |
| MON%      | 8.0    | % 3.0 - 12.0                    |
| EO%       | 1.7    | % 0.5 - 5.0                     |
| BAS%      | 1.3    | % 0.0 - 1.0                     |



|       |      |                                 |
|-------|------|---------------------------------|
| RBC   | 4.52 | 10 <sup>12</sup> /L 3.50 - 5.20 |
| HGB   | 11.9 | g/dL 12.0 - 18.0                |
| HCT   | 38.2 | % 35.0 - 49.0                   |
| MCV   | 80.0 | fL 80.0 - 100.0                 |
| MCH   | 26.2 | pg 27.0 - 34.0                  |
| MCHC  | 32.8 | g/dL 31.0 - 37.0                |
| RDWsd | 31.3 | fL 35.0 - 65.0                  |
| RDWcv | 14.5 | % 11.0 - 16.0                   |



|       |       |                              |
|-------|-------|------------------------------|
| PLT   | 365   | 10 <sup>9</sup> /L 150 - 400 |
| PCT   | 0.24  | % 0.20 - 0.24                |
| MPV   | 6.7   | fL 6.6 - 12.0                |
| PDWsd | 19.8  | fL                           |
| PDWcv | 43.9  | % 8.3 - 58.0                 |
| PLCR  | 23.84 | %                            |
| PLCC  | 87    | 10 <sup>9</sup> /L           |



Warning flags



# Date relevante extrase din literatura de specialitate

## Perioral phytophotodermatitis induced by parsnip mash

Audrey Lafon<sup>1</sup> | Claire Bouland

Dermatology Department, Le Havre Hospital, Le Havre, 76600, France

### Correspondence

Audrey Lafon, Department of Dermatology, Le Havre Hospital, 76600 Le Havre, France.  
Email: audrey.lafon@gmail.com

**KEYWORDS:** Bullous eruption, case report, child, furcoumarins, hyperpigmentation, parsnip, phytophotodermatitis

Phytophotodermatitis is a chemical reaction that occurs after exposure of phototoxic compounds to ultraviolet rays (UVA 320 to 380 nm).<sup>1</sup> Many plants, including parsnip, fennel, parsley, lemon, bergamot, aniseed, coriander, celery, and figs, may cause phytophotodermatitis,<sup>2</sup> because they contain natural photosensitizing compounds called furcoumarins (eg, 5-methoxypsoralen).<sup>3</sup> When activated by UVB, furcoumarins release free radicals, which bind to the purine bases of DNA, damaging it and leading to cell death.<sup>3</sup> Skin reactions generally appear 24–72 hours after exposure, mostly after cutaneous contact, but some cases have been reported after ingestion of coffee. The acute lesions often present with irregular erythematous streaks with vesicles or bullae and sharp demarcation on the exposed area<sup>4</sup> in the chronic phase, residual hyperpigmented macules can take months to years to resolve. This hyperpigmentation is caused by stimulation of the production of melanin by psoralens.<sup>1</sup> We report a case of prolonged perioral phytophotodermatitis in a young child after eating a parsnip mash outdoors.

### CASE REPORT

A 10-month-old boy presented a perioral rash which appeared on a Monday in February 2021. He had no medical history or treatment. On examination, an apparently non-pustitic perioral erythema with some edema of the upper lip was noted. On day 2, the chin and both cheeks were affected by a painful swelling bullous eruption. His mother informed us that they had a picnic on Sunday in a park in Toulon (France) and that the child had eaten a warm homemade parsnip mash. The eruption was located on the areas where the child had spread the mash around his mouth, leading to the diagnosis of phytophotodermatitis. Despite the application of topical corticosteroids,



**FIGURE 1** Photographs of the patient's face at (A) day 1, (B) day 2, (C) day 4, and (D) day 17

## English Sunday lunch dermatitis: Allergic contact dermatitis to parsnip, carrot, fennel (and ivy)

Jonathan M. L. White<sup>1,2</sup> | Andrew E. Pink<sup>3</sup>

<sup>1</sup>Department of Dermatology, Erasmus Universiteit, Brussels, Belgium

<sup>2</sup>Unit of Santé Publique, Université Libre de Bruxelles, Brussels, Belgium

<sup>3</sup>St John's Institute of Dermatology, Guy's Hospital, London, UK

### Correspondence

Jonathan M. L. White, Faculty of Medicine | Dermatology, Université Libre de Bruxelles, Lemnitzerlaan 100 Brussels 1050 Belgium.  
Email: Jonathan.White@ulb.ac.be

**KEYWORDS:** allergic contact dermatitis, carrot, case report, fennel, food, ivy, parsnip

We present a case of allergic contact dermatitis to parsnip, carrot, fennel, and ivy, without gastrointestinal symptoms.

### CASE REPORT

A 30-year-old man presented with intermittent rashes on the hands, particularly the fingertips and palms of the nondominant hand. He had noticed that the eruption tended to appear on Mondays and felt that preparing the traditional English Sunday roast lunch was the cause of his problems. The eruption tended to last 3 days before spontaneous resolution with dry skin scaling, or after use of a standard moisturising cream. Every time he peeled and chopped parsnips and carrots, he would notice a rash on the hands the following day, but had never suffered nasal or respiratory symptoms. On Sundays when he did not prepare food, there were no problems. On direct questioning, he remembered suffering a similar rash on the hands after chopping fennel and also a hand and forearm dermatitis when clearing ivy from his garden without gloves. He had never experienced any rashes or gastrointestinal symptoms eating cooked carrots, parsnip, or fennel in the absence of handling the raw vegetables.

Previous medical history included stable vitiligo and he was taking no medications. He had never suffered from allergic rhinitis or other atopic diseases. Examination revealed no acute dermatitis, as he had stopped preparing the Sunday lunch for some time prior to the consultation. There was no visible vitiligo in areas previously affected by the rash.

The patient was patch tested with the (pre-2017) European baseline series, fragrance ingredients, and cosmetic preservatives using Finn Chamber on Scarpion Tape from Smart Practice (Phoenix, Arizona), allergens from Chemocentric Diagnostics (Hillingdon, Sweden) as well as a homemade skin cleanser of parsnip and a moistened bag-

was performed according to ESCD guidelines.<sup>7</sup> The only positive readings at day (D) 7 were ++ spreading reactions to parsnip and ivy. The parsnip and ivy were tested in an identical manner on a healthy individual (DHEN) with completely negative results at D7. Patch testing was planned for the patient but abandoned given the patch test results. A diagnosis of allergic contact dermatitis to parsnip, carrot, fennel, and ivy was made. The patient was advised to avoid direct contact with all of the allergens (as well as other related fresh herbs such as coriander, parsley, celeriac, and dill) by wearing gloves. 12 months after the tests, the patient reports having had no rashes at all with allergen avoidance, apart from accidental exposure to ivy in the garden on one occasion.

### DISCUSSION

Carrots, parsnips, and fennel belong to the Umbelliferae (disseminated family of plants). IgE-mediated allergy to these plants is not uncommon and may be part of the pollen-food allergy syndrome (causing oral or gastrointestinal symptoms), as well as potentially causing contact urticaria. Photoallergic reactions may also be seen with wild parsnip. English Ivy (*Hedera helix*) is a member of the Araliaceae family and allergic contact dermatitis to this is probably under-reported.<sup>8</sup> One other case of a cell-mediated reaction to vegetables such as parsnip has been published,<sup>9</sup> much like our patient. The protein allergen for these skin-related reactions is unknown. Carrots, parsnips, fennel, and ivy all contain furocoumarin, but Prutser et al. noted negative patch test reactions to furocoumarin in their patient, despite demonstrating the presence of furocoumarin in the patch test material. However, furocoumarin is difficult to extract and stable and is not commercially available hence, the optimal patch test concentration/vehicle is not known, making Prutser's negative result interesting but not conclusive. Nevertheless, there may be a well-defined, common allergen to explain our patient's allergy



# Date relevante extrase din literatura de specialitate

## Wild pansy (*Plantago setris*)-induced photosensitization

Bryan L. Steglaier<sup>1,2</sup>, Steven M. Colegate<sup>1,3</sup>, Edward L. Knappel<sup>1</sup>, Kerry A. Roof<sup>1</sup>, Mark G. Collier<sup>1</sup>

<sup>1</sup> Ohio State Department of Agronomy, Agricultural Research Service, Columbus, Ohio Research Station, OSU 100

<sup>2</sup> Land O'Lakes and <sup>3</sup>University of Wisconsin Department, Utah State University, Logan, UT 84302

<sup>4</sup> School of Veterinary Medicine, Purdue University, West Lafayette, IN 47907



### ARTICLE INFO

### ABSTRACT

**Keywords:**  
Wild pansy  
Photosensitization  
Photosensitized Anaphylaxis  
Photosensitized Anaphylaxis  
Photosensitized Anaphylaxis

Wild pansy (*Plantago setris*) has been associated with livestock and human photosensitization. An in vitro analysis of a natural occurrence of photosensitization of grazing horses identified wild pansy as a possible cause. HPLC-MS and MS/MS analysis of the plant identified five known sensitizers (i.e., xanthoxanthin, luteoxanthin, isochlorogenic acid, and a putative anthocyanin). Tests for wild pansy were largely unafforded. Analysis was not detected in the serum of pansy-fed goats or in serum of goats fed only or in conjunction with purified xanthoxanthin. Cutaneous application provided acute photosensitivity in goats and a horse consistent with topical exposure of the likely route to produce wild pansy-induced photosensitization. Wild pansy-induced photosensitization may exist in domestic use consistent with photosensitization in an endemic habitat or in laboratory compounds.

### 1. Introduction

Wild pansy (*Plantago setris* L.) is a European biennial weed that has spread through many parts of North America and the world. Though it is often not classified as a noxious weed, it is generally considered a nuisance as it can obstruct plant communities and disrupt beneficial insects. Wild pansy and similar rose pansy (*Plantago rosea* Nutt.) have been genetically associated with glaucous modification of clover and lucerne (Holling and Holling, 2016; Kricheldorf et al., 1991; Jafar and Brown, 1992; Montgomery et al., 1987). This association and visible morbidity associated with photosensitization suggest toxicity may be species- and animal-specific.

Photosensitized anaphylaxis have been identified in *P. setris* using neutral phase SPR-DS (Derevitskii et al., 1994; Derevitskii, 1993), but little is known concerning the importance of exposure route (i.e., whether dermal exposure, ingestion, or both) produce clinical disease. It has been suggested that some botanical species are more susceptible and initial modification studies suggest this may be due to species-specific sensitization (Dra et al., 1993). Since some horses develop in locations that are not likely to be exposed to direct sunlight, and the Indian location was reasonable plant-associated allergic dermatitis, it has also been suggested that pansy-related dermatitis is due to more than just photosensitizer-induced damage. In humans, several studies have identified both photosensitizer and allergic

components in wild pansy and similar plant-induced dermatitis (Derevitskii et al., 2010; Pridmore et al., 1998). Its worth has been done in livestock to determine if similar toxins or an allergic reaction contribute to *P. setris*-induced photosensitization.

In 2013 a clinical field case of photosensitization of horses in a *P. setris* contaminated paddock was investigated that investigation formed the basis and impetus for this present study. The objectives of this study were to: 1) document the clinical case of *P. setris* photo-dermatitis in horses; 2) confirm the presence of photosensitizers in *P. setris* collected from the field; 3) identify clinical *P. setris* photo-photosensitization in horses and goats; and 4) characterize the immunologic response to both oral and topical *P. setris* photosensitization in goats and a horse.

### 2. Material and methods

**Clinical Case:** In early July (summer 2011), four mixed breed geldings and a mare, of varying ages and colors, pastured in a 50-acre field in Utah County, Utah off developed photo-sensitization. The pasture was mostly smooth bromegrass and orchard grass with numerous tall weeds. These weeds were about 1.5 m tall with purple, hollow, hollow stems with green, coarse, toothed-compound leaves that usually contain 3 to 5 leaflets. The upper stems terminate with compound umbels about 30 cm in diameter composed of tiny yellow flowers. The



Fig. 1. Photosensitizer toxins of the native anemone-like species of a goat that was fed photosensitizers.

### Case Report

## Carrot-Induced Systemic Reaction: A Unique Presentation of Pollen-Food Allergy Syndrome in a Young Boy

Weronika M. Rafal<sup>1,\*</sup>, Joanna Strzelecka<sup>1</sup>, Aleksandra Godyńska<sup>1</sup> and Adam J. Sybilski<sup>1,2</sup>

<sup>1</sup> Department of Paediatrics and Allergology, The National Institute of Medicine of the Ministry of the Interior and Administration, 02-97 Warszawa, Poland; aleksandra.godynska@kuratoria.gov.pl (A.G.); adam.sybilski@kuratoria.gov.pl (A.J.S.)

<sup>2</sup> 2nd Department of Paediatrics, Centre of Postgraduate Medical Education, 05-843 Warszawa, Poland

\* Correspondence: rafal.knap@gmail.com

**Abstract:** Pollen-food allergy syndrome (PFAS) is a common IgE-mediated allergic condition resulting from cross-reactions between pollen and plant food allergens, primarily those in the PR-10 subfamily. Mostly symptoms are limited to the mouth and throat causing oral allergy syndrome (OAS). Systemic reactions are extremely rare. We report an 11-year-old boy who experienced a unique anaphylactic reaction after consuming raw carrot juice. The patient exhibited symptoms within one minute, including abdominal pain, facial and eyelid swelling, dyspnea, a macular rash, choking sensation and drowsiness. Deoxitalofan alleviated these symptoms, and as his overall condition improved rapidly, there was no need for adrenaline administration. Carrot-specific IgE levels in the patient's serum were as follows: Dna c1: 40.63 kUA/L and Dna c2: 31.5 kUA/L. He had previously been diagnosed with seasonal allergic rhinosinopneumonitis. The high degree of similarity among allergen components within the PR-10 subfamily contributed to cross-reactivity between birch pollen and carrots. It is important to remember that PFAS can manifest systemically, with symptoms ranging from mild skin itching to potentially fatal consequences. This highlights the need for healthcare professionals to be extra cautious and aware of this possibility, especially since carrots are commonly found in a wide range of dishes and snacks.

**Keywords:** pollen-food allergy syndrome; food allergy; hypersensitivity; anaphylaxis



Weronika Rafal, Joanna Strzelecka, Aleksandra Godyńska, Adam J. Sybilski

Carrot-Induced Systemic Reaction: A Unique Presentation of Pollen-Food Allergy Syndrome in a Young Boy

Children 2019, 10, 1181. <https://doi.org/10.3390/children10111181>

Academic Editor: Russell Hogg

### 1. Introduction

Pollen-food allergy syndrome (PFAS) is a common IgE-mediated allergic disease caused by a cross-reaction between pollen and plant food allergens [1]. The pathogenesis of PFAS is related to a respiratory allergy to plant pollen and subsequent cross-reaction between pollen and homologous epitopes of proteins contained in foods of plant origin [2,3].

4) DOI: 10.3390/children101111817

\*Corresponding author: E-mail: rafal.knap@kuratoria.gov.pl

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# Date relevante extrase din literatura de specialitate

## Phytophotodermatitis as a clinical problem and as a therapeutic option: Case report and review of the literature

Miguel Mansilla-Polo <sup>1</sup>, Daniel Martín-Torregrosa <sup>2</sup>, Carlos A. ...

Affiliations + expand

PMID: 36693457 DOI: [10.1016/j.pdpdt.2023.103304](https://doi.org/10.1016/j.pdpdt.2023.103304)

### Abstract

**Background:** Phytophotodermatitis is a contact photodermatitis to furcoumarins, which act as sensitizing psoralens, from certain plants, especially citrus and fig trees. This photosensitizing effect has traditionally been used for the treatment of cutaneous viral warts, a reflection of traditional medicine. However, there are hardly any studies that support this fact. Otherwise, on certain occasions, especially in extensive exposures, they can cause a generalized severe condition that can even put the patient's life at risk.

**Case presentation:** We report the case of a 28-year-old man with severe phytophotodermatitis after generalized photoexposure with the manipulation of a fig tree, which required hospital management in a burn unit.

**Results:** A traditional method for the treatment of warts in some rural areas, especially in Iran, comprises the use of fig tree (*Ficus carica*) latex as a local treatment; however, there is no scientific evaluation of its efficacy. It bases its effectiveness on physical destruction due to the sensitizing effect of furcoumarins. Though, in generalized exposures of this tree, as the case of our patient, can cause fatal symptoms. The essential therapeutic pillar is the avoidance of exposure to this tree and of sun exposure. Symptomatically, topical corticosteroids and systemic antihistamines are used. In severe cases, admission to a burn unit may be necessary.

**Conclusion:** In conclusion, we highlight the importance of early detection of phytophotodermatitis, an entity that can be caused by the daily handling of trees, including fig trees, a traditional remedy for viral warts and which, without adequate supervision in its application, can



## Phytophotodermatitis due to a Citrus-Based Hand Sanitizer: A Case Report

Kevin P Lee <sup>1</sup>, Raghavendra L Girijala <sup>2</sup>, Susan Y Chon <sup>2, 3</sup>

Affiliations + expand

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[Free PMC article](#)

### Abstract

Phytophotodermatitis, a cutaneous reaction caused by direct contact with photosensitive substances in plants and subsequent exposure to ultraviolet light, is commonly caused by psoralens in plants, including citrus fruits. We describe a case of phytophotodermatitis caused by a hand sanitizer containing a blood orange (*Citrus sinensis*) extract. To our knowledge, this is the first reported case of phytophotodermatitis caused by a hand sanitizer. A 41-year-old woman presented with a 2-week history of pruritic cutaneous eruptions on her right thigh. Approximately 24 hours prior to the onset of her symptoms, she applied a new citrus-based hand sanitizer. Immediately after applying the hand sanitizer, her right thigh was exposed to sunlight for approximately 5 hours. Extracts from oranges are used in many cosmetics, including perfumes and fragrances. With the increased use of hand sanitizers during the coronavirus disease 2019 pandemic, physicians should note that phytophotodermatitis due to scented hand sanitizers may occur more frequently.

**Keywords:** Blood Orange; Case Report; Citrus; Hand Sanitizers; Phytophotodermatitis.

[PubMed Disclaimer](#)



Figure 1. Subacute patch with brown streaks on the anterior surface of the right thigh. (Revised consent for publication of the image was obtained from the patient)

5) DOI: [10.1016/j.pdpdt.2023.103304](https://doi.org/10.1016/j.pdpdt.2023.103304)

6) DOI: [10.4082/kjfm.21.0229](https://doi.org/10.4082/kjfm.21.0229)



# Date relevante extrase din literatura de specialitate

## Acropigmentation of the Dorsum of the Hands From Preparing Mojitos: A Lime-Induced Phytophotodermatitis

Sr. Director:

La fitofotodermatosis fue descrita en 1942 por Kober como una reacción cutánea a la exposición solar tras el contacto previo con plantas, por reacción fotoalérgica a furanocumarinas y derivados de las antraquinonas<sup>1</sup>. Los especies vegetales que más comúnmente causan este tipo de reacción son el aplo (familia umbelíferas), seguido de la lima y el limón (familia de las rutáceas).

Se presenta una serie de 9 pacientes cuya características epidemiológicas se definen en la *Tabla 1* con manifestaciones clínicas similares consistentes en pigmentación irregular homogénea en dorso de manos (*Fig. 1 y 2*). La edad media

tos, con un intervalo variable de 7-14 días en la mayoría de los casos. Como dato curioso, referir que ningún paciente relacionó la aparición de sus lesiones con la elaboración de coctelados, siendo únicamente la sorpresa al ser preguntado si había realizado esta bebida días antes.

Propoñemos la denominación acropigmentación dorsal por elaboración de mojitos para definir una variante de



**Figura 1** Hiperpigmentación homogénea en dorso del primer dedo de ambas manos, asintomáticas, que se resquebraja varios



**Figura 2** Hiperpigmentación irregular en dorso de ambas manos que aparecen 3 días después de la reasignación de mojitos en una boda y exposición franca al sol en unos jardines

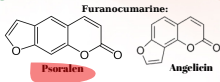


# Fitofotodermatoza

## Dermatită alergică de contact

### „Dermatita de pajiste”

- *reacție alergică rară, fototoxică și inflamatorie a pielii;*
- *apare de regulă pe față și la nivelul membrelor inferioare sau superioare;*
- *mai des întâlnită la femei decât la bărbați;*
- *eritem, roșeața, prurit, vezicule dureroase;*
- *mult mai vizibilă și pronunțată pe pielea albă, față de cea pigmentată;*
- *simptomele pot apărea în decurs de câteva ore sau câteva zile de la contactul cu planta fotosensibilizantă (până la 90 de zile în cazul păstârnacului);*
- *contactul local sau sistemic cu anumite fructe; (fam. Rutaceae, fam. Rosaceae), legume (fam. Apiaceae) sau Hedera Helix (fam. Araliaceae) cu conținut ridicat de compuși fotosensibilizanți sistemici;*
- *prin expunerea prelungită la soare: îngroșarea epidermei cu hiperkeratoză, ulceratii, conducând la dermatită septică purulentă.*





**Fam.  
Rosaceae**

**Uleiuri esențiale**

**fotosensibilizante**

Fototoxice



grapefruit



bergamot

Pot fi fototoxice



lime



lămâie



portocală  
amară

Nu sunt fototoxice

Mandarin

lemongrass

for informational purposes only and should not be taken as medical advice.  
source: Essential Oil Safety by Robert Tisserand and Rodney Young



**Fam. Araliaceae**

*Anethum graveolens*  
Dill leaves and seeds



*Angelica archangelica*  
Angelica leaf, leaf stalks, root and seed



*Apium graveolens*

Celery leaves, leaf stalks, root (celeriac) and seed



*Carum carvi*

Caraway seeds



*Coriandrum sativum*

Coriander leaves (cilantro) and seeds



*Cuminum cyminum*

Cumin seeds



*Daucus carota*

Carrot roots and seeds



*Foeniculum vulgare*

Fennel leaves, pseudobulb and seeds



*Levisticum officinale*

Lovage leaves, root and seeds



*Pastinaca sativa*

Parsnip leaves, roots and seeds



*Petroselinum crispum*

Parsley leaves, roots and seeds



*Pimpinella anisum*

Anise seeds



**Fam. Apiaceae**





# Fitofotodermatoza

## Dermatită alergică de contact

### „Dermatita de pajiste”

#### Gestionarea fitofotodermatozei până la consult dermatologic:

- comprese cu ser fiziologic schimbate regulat;
- hidratarea pielii;
- creme epitelizante sau creme cu oxid de zinc fără parfum;
- creme SPF 50+, protecție mecanică împotriva soarelui (acoperirea prin îmbrăcăminte în special a zonelor afectate) și evitarea expunerii la razele directe ale acestuia pe cât posibil;

Tratamentul poate conține la recomandarea medicului și antiinflamatoare topice, antihistaminice sau chiar antibioterapie topică sau sistemică, după caz.

Fitofotodermatoza

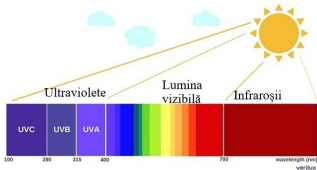


# Cum putem evita fitofotodermatoza?



- evitarea consumului plantelor cu conținut în fotosensibilizanți sistemici în caz de alergii;
- evitarea contactului topic cu plantele sau diverse loțiuni/parfumuri cu conținut în psoraleni;
- utilizarea protecției solare și evitarea expunerii la soare, în special în intervalul 10:00-16:00, când intensitatea radiației UV este maximală;
- utilizarea obiectelor vestimentare care să acopere mâinile, picioarele și zona gâtului;

## Spectrul luminii vizibile și invizibile



# Referințe bibliografice

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# Vă mulțumesc!



@pharma.mom1

@farmacist\_bianca\_cisca