

Mayo Clinic Minute

Are you allergic to jewelry?

Video	Audio
Vivien Williams	If you have a metal allergy, wearing your favorite piece of jewelry can cause an itchy rash called “allergic contact dermatitis.”
Dawn Davis, M.D. Dermatology Mayo Clinic	“Nickel is the more common metal allergy, followed secondly by gold.”
Vivien Williams	Dr. Dawn Davis says metal is also in eyeglasses, watches, belt buckles, zippers, buttons and snaps. So if you think metal is causing you to break out, Dr. Davis says to stop wearing it.
Dawn Davis, M.D.	“We can do something called patch testing. Patch testing is where we take a small inert disk, and place a little bit of metal within the disk, and place it on your back.”
Vivien Williams	The test can help determine which metals you should avoid. So, what should you do at home to soothe the rash? Dr. Davis recommends washing the area with a gentle hypoallergenic soap.
Dawn Davis, M.D.	“You may also try some low-strength over-the-counter hydrocortisone cream once or twice a day.”
Vivien Williams	She says there’s no need to worry about nickel in food. But you might have to upgrade your jewelry to titanium or platinum. Safe but expensive. For the Mayo Clinic News Network, I’m Vivien Williams.