

Post: Vegan specific-dermatitis



Created by [Brittany Bunk](#) on 30-Sep-2021

 Article

 [Health & Nutrition](#)

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Content

Vegan specific diseases series: part 1. Other: part [2](#).

In the future, as more people go vegan, we're going to have to worry about vegan-specific health conditions popping up - which do exist. Most abundant is dermatitis. Food allergens will give [atopic dermatitis](#) - but that's not only specific to vegan foods and going vegan can help it out. Here's a brief list:

- [phytophotodermatitis](#) - when someone eats citrus (and other food, but mainly citrus) and then goes into the sun, it forms a phototoxic reaction that leads to dermatitis
- [hexane](#), especially to workers, from vegetable oil can cause dermatitis and [processing plant emissions](#)
- contact dermatitis
 - [Systemic/Pruritic rash](#) - comes from cashew nut shell oil, which could enter the food system [by mistake](#)
 - [Allergic](#) - essential oils on skin directly
 - [protein](#) - a-amylase in flour additives gives bakers this
 - [CICD - chemical irritant](#) - chemicals are embedded in skin, like oxalic acid crystals of agave sap
 - [purpuric irritant](#)
 - [agave dermatitis](#) - specific to agave

* shiitake dermatitis - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4371686>

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I'm writing these down, because there was someone who got phytophotodermatitis and their doctor didn't tell them what their dermatitis is from. I had to, as I knew about it - now everyone can know to take charge of their health. If you eat citrus, don't go outside in the sun after that. Cool!

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