

A Negative Test Result

Your T.R.U.E. TEST results suggest that you are not allergic to 35 of the most common contact allergens and allergen mixes. A negative test result is very common: as many as 6 out of every 10 patch-tested people test negative. Your negative result will help your doctor treat your skin condition correctly so that it can begin to heal.

Could you be allergic to other substances not included in T.R.U.E. TEST?

Yes. You were tested to a total of 58 allergens that can cause allergic contact dermatitis in most people. But there are several thousand known allergens, and you may be allergic to one not included in T.R.U.E. TEST. Based on your symptoms, health history and occupation, your doctor may decide to patch test you with other allergens.

Could your T.R.U.E. TEST results be wrong?

The accuracy of patch test results varies by allergen, and with the intensity of your skin's reaction. Strong T.R.U.E. TEST reactions are easiest to identify and the most accurate. Weak and questionable T.R.U.E. TEST reactions are harder to identify, less accurate and easier to miss.

Some T.R.U.E. TEST reactions may need more time to develop. If you notice skin reactions at the test site after your doctor has removed T.R.U.E. TEST and finished the readings, contact your doctor promptly.

Test results can also be affected by your health, personal habits, and medications. Talk to your doctor if you have recently taken steroids or used any topical medications on your back. Also tell your doctor if the T.R.U.E. TEST panels became loose or wet during the test period.

What else could be causing your skin rash, redness or cracking?

Other conditions can cause skin reactions including abnormal immune reactions, and harsh skin care. Of these, two common conditions include atopic dermatitis and irritant contact dermatitis.

Atopic dermatitis, or "eczema," is rash or skin reaction to substances normally considered harmless such as dust. You may be more likely to have atopic dermatitis if you have a personal or family history of other allergies. Your doctor may perform additional tests to diagnose this condition.

Irritant contact dermatitis is a rash or skin reaction to a harsh, irritating substance that has damaged your skin. Common irritating substances include detergents, solvents, acids, alkalis, and machine oils. Harsh, wet, hot, or cold environments can also irritate skin.

What can you do to prevent skin reactions and keep your skin healthy?

- Use mild soaps and cleansers for regular skin hygiene. Using alcohol hand rubs with emollients can also reduce the impact of repeated, harsh hand washing.
- Apply moisturizing lotions and creams regularly to help replace and retain skin moisture. Sunscreens can also help prevent skin damage from UV radiation.
- Avoid products that damage your skin, such as acids, alkalis, and solvents that strip skin oils and water.
- Use topical steroids with care. Frequent and long-term use can lead to thin, fragile skin, as well as a contact allergy.
- Reduce direct skin contact with known allergens and substances that you have reacted to previously. Protect your skin by wearing gloves and protective clothing.
- If you develop new skin reactions, see your doctor. Prompt medical attention and an accurate diagnosis are the excellent tools for taking care of your skin.

