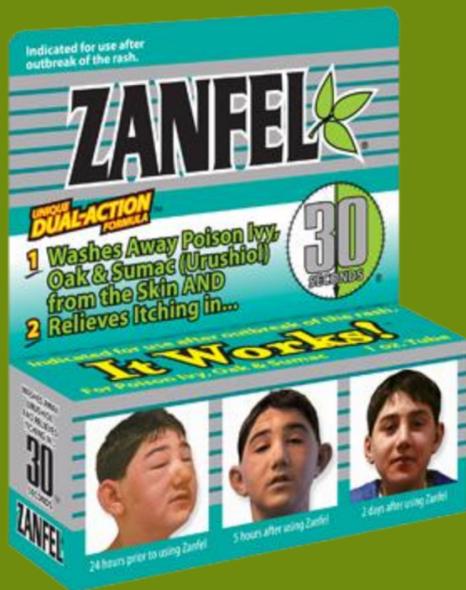


the ZANFEL ZONE

Your Information Resource for Poison Ivy, Oak and Sumac

Volume 6, Issue 3

Welcome to the Zanfel Zone! With the late arrival of spring, poison ivy, oak, and sumac exposure season was delayed in many areas of the country. Now that summer is here, poison ivy season is in full swing. As always, Zanafel is here to provide you with important information on plant identification, prevention, and treatment to help get you safely through this season.



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Poison Ivy Flowers



Poison ivy plants began flowering a few weeks ago here in central Iowa. The tiny flowers have white petals and a yellow center. After pollination, the flowers on female poison ivy plants turn into berries. One mature poison ivy plant can produce tens of thousands of berries. Birds love to eat poison ivy berries and spread the seeds. Ever wonder how a poison ivy plant ended up growing in your yard? Blame the birds.

Poison Ivy Facts and Myths

MYTH 1: The blister fluid of poison ivy reactions can spread dermatitis from one part of the body to another and from one person to another.

FACT 1: The blister fluid does not contain urushiol and cannot spread the rash. Patch tests with this fluid cause no reaction.

MYTH 2: Poison ivy rash can be "spread" from one part of the body to another.

FACT 2: By the time the rash has broken out, the poison ivy plants' toxic oil has already penetrated down into the skin. The rash only seems to spread because different thicknesses of skin lead to different rates of absorption of the poison ivy oil, different amounts of ultraviolet light exposure can reduce activity of white blood cells, and different amounts of poison ivy oil absorbing into some

areas of skin. Therefore, the rash can break out up to 2 weeks later on some areas of skin versus other areas.

MYTH 3: Antihistamines help the rash and itching of poison ivy related contact dermatitis.

FACT 3: No study has ever demonstrated that the rash or itching of poison ivy (urushiol) contact dermatitis is affected by antihistamines. In fact, at least one study has shown that they do not help. Histamine has not been demonstrated to be an important mediator of itching in any form of dermatitis. Sedating antihistamines, however, can make patients sleepy and care less about their itching.

Follow Zanafel on Twitter



Please follow us on Twitter [@ZanafelPoisonIvy](https://twitter.com/ZanafelPoisonIvy)

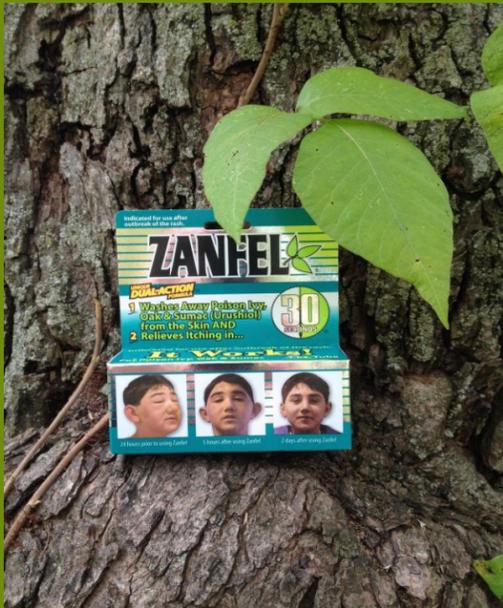
We'll Tweet helpful information on poison ivy, oak, and sumac season.

We're Here To Help!

Have a Happy 4th of July!

Please contact us if you have questions about Zanafel Poison Ivy, Oak & Sumac Wash, or about poison ivy in general.

If you or a family member break out with a poison ivy rash, Zanafel can be found in the first aid section of your local pharmacy.



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