

# A CARD Customer Testimonial

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-TERRI RANCK, CARD CONTACT DERMATITIS SUFFERER



**BEFORE**



**Terri Ranck suffered from chemical allergies for more than 20 years, but it wasn't until a physician from Mayo Clinic directed her to CARD (the Contact Allergen Replacement Database) in July 2011 that Ranck was finally able to take control of her allergies and her life.**

Before learning about CARD, Ranck carried a nearly 40-page list of chemicals that are known to cause allergic reactions with her wherever she went. Needless to say, shopping was a chore that was filled with the potential for error. Because as Ranck quickly discovered, even though she knew what the big-name chemical offenders were, she didn't know all of the alternative names that were associated with those chemicals. Nor did she know when a product changed, so products she once was able to use, would suddenly cause her to break out in a rash and experience swelling.

**"I was being treated for medical complications over the course of several years, but there was always this big mystery of what was wrong with me. When my allergist finally figured out that the medications I was being given for my condition were causing me to have a dermatological reaction, things started to fall into place," said Ranck.**

**"Using a list of 33 known allergens that my doctor gave to me, I went through my house and removed any products that contained one of those chemicals. That was a good start. But after a couple of years, I began to worry that my list was out of date because products that were once safe for me to use had now begun to cause breakouts. That's when I called the doctors at Mayo Clinic and they told me about CARD. That call literally changed my life," said Ranck.**

CARD, a mobile health application born from a collaboration between Preventice, Inc. and Mayo Clinic, gives physicians and patients instant access to information about chemicals, preservatives and fragrances in skin care products that cause allergic skin reactions. CARD allows patients to:

- » Create safe-shopping lists based on their allergies
- » Use the CARD database to find safe products
- » Print shopping lists from a web browser
- » Easily save photos to share with their physician to improve diagnosis and treatment
- » Create personal journals of any reaction
- » Receive notification of product formulation changes

"For me, it's been a lifesaver," said Ranck. "The cross referencing of products and chemicals that CARD provides is amazing. No one can possibly know all the alternative chemical names, but with CARD, I can pull the database up on my iPhone and quickly and easily find out if that product contains any chemicals that I'm allergic to and what alternative names the chemical might go by. The first time I used it I thought, 'Oh my, gosh....this is so easy!'"

Ranck said that CARD has also helped her physicians better manage her medical condition because they have access to the list of chemicals and products that have caused dermatologic reactions for her in the past.

"Since I began using CARD, I've shared my list of chemicals with my doctors and not only did they make changes to the medications they were prescribing, but they no longer prescribe anything without referring to that list," said Ranck.

"CARD saves time, makes me more confident about the products I'm using, and it helps me avoid chemicals that can send me to the hospital. CARD is definitely what has done it for me!"



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