

# MNEMONIC MONDAY

## SAD CHRISSY FARTS DANDELIONS AND MARIGOLDS

**S- Sesquiterpene lactones**

**A- Asteraceae**

**D- Daisy**

**Ch- Chrysanthemum, Chamomile**

**F- Feverfew**

**A- Artichoke**

**R- Ragweed**

**(T)**

**S- Sunflower**

**Dandelions and Marigolds**

SWIPE >>>

**Derm** In-Review

This mnemonic describes the plants producing the allergen sesquiterpene lactone. Remember that this allergen cross-reacts with pyrethrins, so patients with chrysanthemum allergy should avoid permethrin.