

ビデオ 1：ニッケルアレルギーとは

英語字幕	日本語訳
Title of the video clip	ニッケルアレルギーとは
Hi, I'm Doctor Kate Heim, a board certified toxicologist.	私はケイト・ハイム 皮膚感作の専門家です
Explanation of the main character	皮膚感作の専門家 ケイト・ハイム
And I would like to take a moment to talk to you about nickel allergy.	ニッケルアレルギーについて お話しします
Nickel is a naturally occurring element.	ニッケルは自然由来の鉱物です
It's pretty much all around us, and is needed by all plants,	あらゆる植物に必要な元素で
so we have it in our everyday diet.	人間も日常的に摂取します
Because of its useful and unique properties,	便利で特有の性質があり
nickel is used in many everyday items.	日用品に使用されていますがー
But some people are allergic to nickel.	アレルギーを示す人もいます
Explanation of the diagrams	女性で10~15% 男性で1~2%
You might even be one of them.	あなたもその1人かも
Fortunately, nickel allergy is not an inherited condition.	幸い 遺伝はしません
As with other allergies, nickel allergy develops when your immune system over reacts	他のアレルギー同様 要因は免疫の過剰反応で
to continuous prolonged contact with items releasing a lot of nickel onto the skin.	ニッケルを溶出する物に 長時間 接触すると起こります
The symptoms are usually a red, itchy rash.	通常 発赤や発疹が出ます
The scientific term for the reaction in a nickel-allergic person is	ニッケルに対する アレルギー反応をー
Nickel Allergic Contact Dermatitis, or NACD.	ニッケルアレルギー性接触皮膚炎 N A C Dといいます
The good news is: NACD is not life threatening.	このN A C Dは命には係わりません
It doesn't cause anaphylactic shock like some common allergies,	アナフィラキシーショックを 起こさず
and it's easily prevented in most people.	通常は予防も簡単です
In most cases once the high nickel-releasing object is removed	ニッケルを溶出する物を 取り除けば
the rash will simply go away after a few days.	数日で発疹は消えます
NACD is usually associated with earrings, jewelry, watches	N A C Dの要因となるのは 宝飾品や腕時計など
and other ordinary items that may come into direct and continuous prolonged contact with the skin.	長時間にわたって 直接 皮膚に触れる物です
In order for a nickel-allergic reaction to occur,	アレルギー反応が起きるには
the nickel must be released from the item and get into the skin.	ニッケルが皮膚に 浸透する必要があります
It is the quantity of the nickel released, not the amount of nickel in the material, that is important.	重要なのはニッケルの 含有量でなく溶出量です
Quality stainless steel watches, and especially watch backs,	例えば腕時計の背面はー
are typically made with high grade stainless steel.	高品位な素材でできています
They may contain up to 28% nickel	ニッケル含有量は28%ですが
but will not release enough nickel to cause a nickel-allergic reaction.	アレルギーを起こすほど 溶出しません
It's also important to note that some people with a nickel allergy can be hypersensitive.	N A C Dを発症する人の一部は 肌が大変 敏感です

These individuals should take extra precautions and follow the advice of a dermatologist.	このような方は 皮膚科医に助言を求めてください
To determine if you are allergic to nickel or if a skin reaction is NACD,	NACDかどうかを 判断するには
visit a dermatologist.	皮膚科の受診を
For more information visit the Nickel Institute website	詳細については ニッケル協会のサイトへ
at www.nickelinstitute.org	http://www.nickel-japan.com

ビデオ 2 : ニッケルアレルギーの要因

英語字幕	日本語訳
	ニッケルアレルギーの要因
Hi, Doctor Kate Heim here, a board certified toxicologist.	専門家のケイト・ハイムです
	皮膚感作の専門家 ケイト・ハイム
I'm often asked, "What is the most common cause of nickel allergy?"	ニッケルアレルギーの要因を よく聞かれますが
The answer is ear piercings.	多いのはピアスです
There are some important things to keep in mind if your child wants a piercing.	お子さんがピアスの穴を 開けたらご留意を
Getting a piercing is not a trivial decision.	穴を開ける前によく考えて
You and your child should understand the risks and possible consequences,	その際に起こり得るリスクを 理解しましょう
which include infection, nickel allergy,	感染症やアレルギー
scarring and long-term cosmetic issues.	傷が残ったり肌トラブルも
To minimize the risks, a reputable professional should perform the piercings	リスク回避には 信頼ある医師の施術を受け
with sterilized instruments using low-nickel releasing piercing studs.	ニッケル溶出量の低い スタッドを選ぶことです
Nickel allergy is caused by direct and continuous prolonged contact with the skin by high nickel-releasing items	溶出量が高いスタッドを 長時間 身につけると
like some earrings.	NACDになる可能性も
Approximately 10-15% of females and 1-2% of males	女性なら10~15% 男性なら1~2%がー
are allergic to nickel.	NACDです
It's certainly not life threatening, and is easily preventable.	命に係わりませんし 予防も簡単です
To minimize the risk of becoming allergic to nickel,	発症のリスクを抑えるには
wear only high quality jewelry made with low nickel-releasing materials	ニッケル溶出量の低い 貴金属をつけることです
such as high grade stainless steel (like surgical stainless steel),	高品位のステンレスやー
titanium and solid, not plated, gold, silver or platinum.	チタン 純金 純銀 純プラチナ製などです
After piercing, follow the recommended healing protocol,	ピアスの穴を開けた後は 指示された処置を
which typically includes washing the piercing with soap and water	傷が治るまで 患部をせっけん水で洗うかー
or a saline solution twice a day until the piercing is completely healed.	1日2回 生理食塩水で洗います
Keep an eye out for any type of skin reaction especially during the healing period.	傷が治るまでは 皮膚の状態に注意してください

If you do notice a skin reaction, consult a medical doctor	反応が出た場合は受診します
to determine whether it's the result of an infection, irritation, nickel allergy or some other cause.	感染か炎症かアレルギーか
nickel allergy or some other cause.	または別の原因か調べます
Be sure to follow the appropriate treatment.	適切な治療を受けましょう
Piercings can of course be safe and worry free even if you have a nickel allergy,	N A C Dと診断されても 溶出量の低い物かー
simply by choosing jewelry that releases little or no nickel.	他の素材を 選べば安全です
For more information on nickel and nickel allergy visit the Nickel Institute website	詳細については ニッケル協会のサイトへ
at www.nickelinstitute.org	http://www.nickel-japan.com

ビデオ 3 : ニッケルへのアレルギー反応

英語字幕	日本語訳
	ニッケルへのアレルギー反応
Hi, I'm Doctor Kate Heim, a board certified toxicologist.	専門家のケイト・ハイムです
	皮膚感作の専門家 ケイト・ハイム
I want to talk to you a bit about how to prevent nickel allergic reactions.	アレルギー予防について 説明します
Nickel allergy is the most common form of skin allergy.	N A C Dはよくある皮膚疾患です 女性なら10~15% 男性なら1~2%
That's simply because nickel is used in many everyday items	ニッケルを含む日用品は多く
which are often in direct and continuous prolonged contact with our skin.	皮膚と長時間 接触する 物があるからです
Some of these items may release a lot of nickel.	中にはニッケル溶出量の高い物も
If you have been diagnosed by a medical doctor as being allergic to nickel	N A C Dと 診断された場合
your doctor will advise you on how to treat any symptoms and prevent new reactions.	治療と予防は 医師の指示に従いましょう
Once you are allergic to nickel you will always be allergic,	アレルギー自体は治りませんが
but you can easily avoid getting allergic reactions.	反応は簡単に避けられます
Nickel allergy may develop if items with high nickel releasing properties	溶出量の高い物が長期間 直接 肌に触れると
are in direct contact with your skin continuously over a prolonged period of time.	N A C Dが 発症する可能性があります
It's most frequently caused by ear piercing	よくある要因は ピアスですがー
but can also be caused by articles such as other jewelry, watches and items worn next to the skin for a long time.	貴金属や腕時計など 長時間 肌に触れる物も 要因になり得ます
While nickel allergy can cause discomfort,	アレルギーは不快ですが
it is not life threatening because it causes a "delayed-type" allergy,	遅延型アレルギーで 命に係わることはなく
which cannot trigger anaphylactic shock.	アナフィラキシーショックは 起こしません
The most common symptoms include itchy, red skin or a rash	一般的な症状は 発赤や発疹で

at the site of direct and continuous prolonged skin contact with a high nickel-releasing item.	ニッケル溶出量の高い物が 長時間 触れる部位に発生します
If you are experiencing a nickel-allergic reaction, the first thing to do is remove the item that may be causing it.	アレルギー反応が出たら 原因となる物を外しましょう
In order for a nickel-allergic reaction to occur, the nickel must be released from the item and enter the skin over time.	アレルギー反応が発症するには ニッケルが肌に 浸透する必要があります
For this reason, it is the quantity of the nickel released from an item, not the amount of nickel in the item, that determines if an item may cause a nickel-allergic reaction.	つまり重要なのは ニッケルの含有量ではなく 溶出量なのです
To minimize the risk of future nickel allergic reactions, wear only items made with low nickel-releasing materials such as high grade stainless steel (including surgical steel), titanium, and solid (not plated) gold, silver or platinum.	N A C D のリスクを 抑えるには 溶出量の低い物を身につけます 高品位のステンレスや チタン 純金 純銀 純プラチナ製を 選びましょう
A small minority of people are hypersensitive to nickel. They may be prescribed a low-nickel diet by their doctor, eliminating naturally occurring sources of nickel such as nuts, oats, beans, chocolate, and some processed foods.	ニッケルに過敏な少数の方々は一 ニッケル含有量の低い食事をし 含有量の高い食物は避けます ナッツやオーツ麦 豆類 チョコレートや加工食品などです
You may also notice that some cosmetics and moisturizing creams are labelled "nickel free". That is not to say nickel is in cosmetics, if the label does not say "nickel free". Typically, cosmetic ingredients must be listed on the label, so, if nickel is not listed, it should not be present.	「ニッケルフリー」と表示された 化粧品もありますが 表示がないからと言って 含ニッケルとは限りません 化粧品原料はラベルに記載されるので 記載がなければ含まれていません
Read and follow the label instructions and if you have any concerns about any ingredient, contact the cosmetic manufacturer.	ラベルをよく読み 原料に疑問があれば 製造業者に問い合わせてください
By paying close attention to what you use and wear, you can prevent nickel-allergic reactions.	身につける物に注意を払えば N A C D は防げます
For more information on nickel and nickel allergy visit the Nickel Institute website at www.nickelinstitute.org	詳細については ニッケル協会のサイトへ http://www.nickel-japan.com