

DPICTIONS DRUG AND POISON INFORMATION CENTER NEWSLETTER Spring 2012



American Association of Poison
Control Centers
www.aapcc.org

Featured in this issue:

Sheets

What is springing up in
your neighborhood

Current Poison apps
available on smart
phones

Spring cleaning-
Hazardous household
material

Sheets

Robert Goetz PharmD, DABAT
Sarah Feldhaus PharmD candidate 2012

What are Sheets?

Sheets are a new dosage form for caffeine being sold as a dietary supplement. Sheets use a thin film drug delivery system that incorporates medicines and other ingredients into a rapidly dissolving water soluble polymer. This technology has been used for delivery of a range of products including breath fresheners, cough/cold medicines and buprenorphine. The Sheets product label lists its ingredients and suggests a serving size consistent with typical labeling of dietary supplements. Each Sheets film delivers 50mg of caffeine along with small amounts of mainly B vitamins. The serving size is two sheets or 100mg Caffeine – roughly equivalent to the amount of caffeine in a typical cup of coffee.

Who uses Sheets?

The product is being promoted for anyone over the age of 12 years old that is not pregnant. The product's website uses athletes and celebrities to promote the product.

Potential Poisoning Problem?

Sheets are currently available in Berry Blast, Cinnamon Rush, and Mint Boost flavors, and could be easily be mistaken for candy. A pack contains 10 individually foil wrapped films.

Individually wrapping the films probably provides some child resistance, but as few as 5-10 Sheets would be sufficient to produce a significant poisoning in a toddler.

Toxicity May Include the Following Symptoms:

Mild: anorexia, tremor, restlessness, nausea, vomiting, and increased heart rate

Severe: Low potassium, high blood sugar, metabolic acidosis, low blood pressure, confusion, seizures, heart dysrhythmias

Supplement Facts

Serving Size: 2 Sheets

| Amount Per Serving | % Daily Value |
|------------------------------------|---------------|
| Vitamin E Acetate 12mg | 40% |
| Vitamin B6 4mg | 200% |
| Vitamin B12 12mcg | 200% |
| Biotin 60mcg | 20% |
| Pantothenic Acid (Vitamin B5) 10mg | 100% |
| Caffeine Anhydrous 100mg | ‡ |

‡ Daily Value not established

Other Ingredients: Maltodextrin, Pullulan, Hypromellose, Glycerin, Natural/Artificial Flavors, Ethylcellulose, Sucralose, Xylitol, Citric Acid (berry flavor only) Polysorbate 80, Propylene Glycol and Natural Flavors, Artificial Flavoring (N, 2, 3- Trimethyl- 2-Isopropyl Butanamide), FD&C Red #40, FD&C Blue # 1 (berry flavor only)



What is springing up in your neighborhood?

Sheila Goertemoeller RPh, CSPI

Here in Cincinnati as spring hits the air, calls will flood in about plant exposures, ranging from the curious toddler snacking on petals to animals devouring entire plants. So, what's in bloom this time of year in Cincinnati, Ohio? — Bulbs, bulbs, and more bulbs!



It is important to know that not all plant exposures are poisonous. There are several non-toxic plants. Following is a partial listing of some toxic and non-toxic plants.

| Toxic | Non-toxic |
|--------------------|----------------|
| American Ivy | Abella |
| Azalea | African Violet |
| Bittersweet | Aluminum Plant |
| Black Locust | Begonia |
| Crocus | Coleus |
| Daffodil | Daisies |
| Cyclamen | Dandelion |
| Deadly Nightshade | Easter Lily |
| Dogbane | Gardenia |
| Elephant's Ear | Hibiscus |
| Holly | Holly Fern |
| Hyacinth | Impatiens |
| Hydrangea | Jade plant |
| Jerusalem Cherry | Lilac |
| Jimson Weed | Magnolia |
| Lily of the Valley | Marigold |
| Moonflower | Monkey Plant |
| Monkshood | Purple Passion |
| Morning Glory | Pussy Willow |
| Oleander | Swedish Ivy |
| Philodendron | Tiger Lily |
| Pokeweed | Velvet Plant |
| Rhododendron | Wandering Jew |
| Rhubarb | Wax Plant |
| Yew | Zebra Plant |

Plant exposures vary depending on the area of the country. A child in Arizona may find some Oleander or Mexican bird of paradise, but back east in New York an exposure would typically be about bulbs this time of year. A plant exposure in the Northwest in Oregon might include the Oregon grape, which is not a grape at all. It gets its name from the purple clusters of berries resembling grapes in the summer, but in the spring it bears beautiful yellow flowers. Springtime findings in the north in Wisconsin and Minnesota tend to again be mostly flowering bulbs, while south in Texas, you're more likely to hear the words, "We don't really have plants." Desert areas have very few plant exposures throughout the year. Springtime exposures in sunny Florida may involve the rosary pea, angels and devils trumpet, the Brazilian pepper berry, and even a few calls on castor beans.

Fortunately, most accidental exposures to plants among young children involve nibbling and rarely produce more than temporary discomfort. Do not try to treat a plant exposure yourself, always call the experts at the Drug and Poison Information Center 24/7 at (800) 222-1222.

To prevent poisoning:

- Know the names of your house and yard plants.
- Keep poisonous plants out of reach of small children and pets.
- Teach young children never to put leaves, stems, bark, seeds, nuts or berries from any plant into their mouths.
- Never eat a wild plant or mushroom unless positive of its identity and that it is edible.

Current poison applications (apps) available on smart phones

Fatima Ellis PharmD Candidate 2012

Robert Goetz PharmD, DABAT

iPhone Apps

1. **Poison Center Help (free app)**

This application will connect users with their local poison center with just a click of a button. By clicking on the logo, users will have free, confidential access to a medical expert who can answer questions about poisons or help users treat a poison exposure. Users will also receive tips on how to prevent a poisoning. Poison centers are open 24 hours a day, 7 days a week and 365 days a year.

2. **Poisons and Toxins (free app)**

This app discusses the most important topics in poisoning, toxicology, and environmental health and is ideal for all medical professionals, medical residents and interns, nurses, medical students, and lay people who just want to learn about poisoning, toxicology, and environmental health.

Topics include: Anthrax, Arsenic, Asbestos, Carbon monoxide, Lead poisoning, Pesticides, Air pollution, Water pollution, Radiation exposure, and many more

3. **Emergency Toxicology (free app)**

This app serves as an educational resource for medical students, residents, and physicians. It is intended for medical education purposes.

Topic includes: The general approach to a poisoned patient, common toxidromes, frequently encountered exposures, antidotes, common pediatric exposures, toxic exposures in pregnancy

4. **Chemical Safety Data Sheet (free app)**

This application displays International Chemical Safety Cards (ICSC) produced by the United Nations Environmental Program (UNEP), the International Labor Office (ILO), and the World Health Organization (WHO).

ICSCs summarize essential health and safety information on chemicals for their use by workers in factories, agriculture, construction and other work places.

Features include: fully indexed and searchable chemical list by Name, CAS #, or RTECS #, and saved history of previously viewed chemicals.

5. **Drugs and Meds Poison (\$0.99)**

A glossary of common drugs and medications that are typically classified as poisons. This reference includes publicly available information on drugs and poisons and what you should do in case of ingestion.

6. **Toxicology (\$0.99)**

In this encyclopedia you will find all the information about toxicology as a scientific discipline. The topics covered include: types, antidotes, solutions and many more.

7. **Poisoning and drug overdose (\$69.99)**

This is an instant guide you can turn to for on-the-spot treatment of poisoning and drug overdose.

Divided into four sections:

Section 1 covers initial emergency management, including treatment of complications; physical and laboratory diagnosis; and decontamination and enhanced elimination procedures.

Section 2 provides detailed information on 150 common drugs and poisons. Section 3 describes the use of antidotes and therapeutic drugs to treat poisoning.

Section 4 describes the medical management of chemical and occupational exposures, with a table of more than 500 industrial chemicals.

Android Apps

1. **Poison Control (free app)**

Find the nearest poison control center and connect to them automatically.

2. **Choose your poison- UC San Francisco (free app)**

Whether you are a parent, teacher, doctor, nurse, pharmacist, health care worker, or just interested in learning more about poisonings, this app is a great resource for you, your family or organization. The California Poison Control System is the largest provider of free, expert and confidential treatment advice & help in case of poison exposure in the U.S.

3. **Tox Toolbox (\$0.99)**

Put a poison control center in the palm of your hand with this unique clinical toxicology resource. The Tox Toolbox is the premiere app for the emergency management of poisoning, overdoses, and accidental exposures to a broad variety of toxic substances. Featured contents include key techniques for decontamination, essential management information on 25 common overdoses, rapid assessment pearls for toxic syndromes, and direct links to key websites for poison control, pill identification, envenomations, radiation info, and other important online resources.

4. **The 5 min Toxicology Consult (\$99.00)**

A reliable rapid-access guide to assessing and treating poisoned patients. Designed and organized for quick consultation and focused on practical clinical issues, the reference covers the full range of chemicals, medications, natural compounds, adverse interactions, and patient presentations with toxicologic causes. Each topic is divided into standard categories: Basics, Diagnosis, Signs/Symptoms, Treatment, Follow-up, and Pitfalls. An entire section is devoted to evaluating patients with suspected but unidentified poisoning. At least two experienced, board-certified, practicing emergency physicians and toxicologists were involved in the editing of every section.

****REMEMBER**** If you have a poisoning situation or need immediate assistance, call your local Poison Center at 1-800-222-1222





SPRING CLEANING- HAZARDOUS HOUSEHOLD MATERIAL

SARA STOVER RPH

While you are doing your spring cleaning, you may discover that you need to dispose of some hazardous household materials such as old lawn/pool chemicals, cleaners, antifreeze, batteries, and gasoline/motor oil. Many counties have special drop off days where residents may dispose of these materials free of charge. The Ohio Environmental Protection Agency provides a list of 2012 dates and locations of special collection events for household hazardous waste for different counties in Ohio. http://www.epa.ohio.gov/portals/34/document/general/recycle_hhw_events.pdf

Besides these special drop-off events, most county websites also provide suggestions on where to dispose or recycle various household materials throughout the year.

What about paint? - Most domestic paints are not considered hazardous and can be placed with regular household garbage once the paint has been allowed to dry. You may also want to consider donating leftover paint to organizations such as Matthew 25 Ministries. They blend paint together and donate it to people who cannot afford paint in the US as well as other countries where paint can be a rare and valued commodity.

What about prescription drugs? - The Drug Enforcement Administration (DEA) has scheduled another National Prescription Drug Take-Back Day which will take place on Saturday, April 28, 2012, from 10:00 a.m. to 2:00 p.m. Check their website to locate collection sites near you.

http://www.deadiversion.usdoj.gov/drug_disposal/takeback/

© 2012 By the Cincinnati Drug & Poison Information Center (DPIC) and the Cincinnati Health Department.

Editors: Alysha Behrman RN, MSN, CSPI, OCPS II, CARN, Sheila Goertemoeller RPh, CSPI, OCPSII, Robert Goetz, PharmD, DABAT, Gaylene B. Tsipis, MS, RPh, OCPS II
Editorial Board: Earl G. Siegel, PharmD, OCPS, Rob Goetz, PharmD, DABAT, Alicia Aumentado, RPh, OCPS, E. Don Nelson, PharmD, OCPS and Marsha A. Polk, HPT, OCPS.

The opinions expressed herein are those of the contributing authors and do not necessarily reflect the views of the editor, publisher or supporting institutions. DPIC is a service of the Cincinnati Children's Hospital Medical Center and Children's Hospital Research Foundation. Services are also supported by: the US Department of Health and Human Services (HRSA), the Ohio Department of Health, Hamilton County Mental Health and Recovery Services Board, Butler County Alcohol and Drug Addiction Services Board and the Ohio Department of Alcohol and Drug Addiction Services (ADADAS). Additional support for DPIC services is provided by Akron Children's Hospital Medical Center and additional member Hospitals.



American Association of Poison Control Centers

This newsletter is brought to you by the Cincinnati Drug and Poison Information Center and was produced with assistance from the American Association of Poison Control Centers and local poison centers across the country.

When you dial 1-800-222-1222, your call is answered by a medical professional with special training in poison management. Help is fast, free, confidential and available 24 hours a day, every day.

