DPICTions

Fall 2013

Cincinnati Drug and Poison Information Center

Website: http://www.cincinnatichildrens.org/service/d/dpic/default/

Cincinnati Children's
Poison centers aren't just for parents whose children get into the cleaning cabinet. You can use a poison center if you're concerned you've taken the wrong medicine or the right medicine in the wrong dose. You can call a poison center if you're concerned about a household product you've inhaled, or if a seemingly normal substance causes a bad reaction.

Poison centers are ideal in an emergency or just when you're a little worried. Best of all, they're free, confidential and open 24 hours a day, seven days a week and 365 days a year.

**Here are a few tips on keeping yourself safe:**

**Medicine:** Read and follow the directions and warnings on the label before taking any medicine, each time you take it. If you have any questions about how to take your medicine, contact your doctor, pharmacist, or poison center. Some medicines just don’t play well with others! They can be dangerous, or not work as well if they are taken with alcohol, other drugs, or certain foods and drinks. Ask your doctor or pharmacist what you should be aware of when you take medicine. Make sure your doctor knows about everything you are taking, including prescriptions, over-the-counter medicines, vitamins and herbal remedies. Turn lights on to take medicines so that you can be sure of what you’re taking. Get rid of old and outdated medicines as soon as you don’t need them anymore. Some medications can become dangerous or ineffective over time. Other medicines can be abused by someone looking through your medicine stock. Never share prescription medicines. Medicines should be taken by the person for whom it was prescribed and for the reason prescribed.

If you have a poisoning emergency call the Poison Help line at 1-800-222-1222.

**Household and Chemical Products:**

- Keep potential poisons in their original containers.
- **DO NOT** use food containers such as cups or bottles to store household and chemical products.
- Store food and household chemical products in separate areas. Mistaking one for the other could cause a serious poisoning.
- Read and follow the directions and caution labels on household chemical products before using them.
- Never mix household chemical products together. Mixing chemicals could cause a poisonous gas.
- Turn on fans and open windows when using household chemical products.
- When spraying household chemical products, make sure the spray nozzle is directed away from your face and other people.
- Wear protective clothing, including long-sleeved shirts, long pants, socks, shoes and gloves, when spraying pesticides and other chemicals. Pesticides can be absorbed through the skin and can be poisonous.
- Stay away from areas that have recently been sprayed.
- Don't sniff chemical containers if you don't know what is inside.
- Discard old or outdated household chemical products. Keep in mind that first aid instructions on product containers may be outdated.

Keep the Poison Help number-- 1-800-222-1222-- on or near home phones and programmed into cell phones. If you come in contact with something that might be poisonous, call your local poison center at 1-800-222-1222.
The holidays are the time of year to get together with family and friends and enjoy the season. It is a time to share meals with loved ones, decorate homes and create fond memories. During this time it is hard to imagine dangerous situations arising, unfortunately the potential for hazards can arise, especially with children. According to the U.S. Consumer Product Safety Commission, over 12,500 people arrive in the emergency room due to holiday-related accidental injuries. Most of these emergency room visits can be avoided by using alcohol safely.

Alcohol is a potential toxin and common ingredient in holiday beverages like eggnog, cocktail drinks, and hard ciders. It is also found in common gifts like perfumes and colognes. The Centers for Disease Control and Prevention states seventy-nine thousand deaths occur annually as a direct result of excessive alcohol use. Alcohol-related injuries can range from climbing ladders, stringing lights, operating power tools, and driving. Unfinished alcoholic drinks lying around after a party where children can have access to them also pose a risk. Children, because of their size, are more likely to suffer from alcohol toxicity than adults. Additionally, alcohol can significantly lower blood sugar in children. All alcoholic products should be kept out of the reach of children.

Other holiday hazards include Christmas tree scents containing petroleum distillates and isopropyl alcohol. These ingredients can cause serious problems if ingested including pneumonia and coma. Some Christmas tree preservatives may be toxic due to ingredients like magnesium sulfate (laxative) and fertilizers. Essential oils and flavors, especially wintergreen oil, contain toxic salicylates (aspirin like ingredients) that can be poisonous if ingested. Additionally, disc (button) batteries can be found in many gift items such as toys, cameras, watches calculators, and even in greeting cards are a serious health hazard. These batteries are especially dangerous if they lodge in the throat, or get stuck in the ear or nose. Finally, bacterial contamination may occur while cooking your holiday meals. Remember to cook meat fully and wash hands routinely to avoid bacterial contamination.

If someone is exposed to any of these holiday hazards, call the poison center immediately at 800-222-1222 or 513-636-5111. Be cautious but do have a happy holiday!

References:

http://www.emergencycareforyou.org/YourHealth/HolidayAndSeasonal/Default.aspx?id=1832 A
Now that the weather has become cooler, and people have turned on their furnaces, a silent killer lurks in vulnerable homes. This silent killer is Carbon Monoxide (CO) and it is a colorless, odorless, and tasteless gas. CO acts by blocking oxygen from getting into our bodies’ tissue and cells and interferes with processes in our body that require oxygen. CO exposure occurs from improperly vented heating devices especially gas burning furnaces and water heaters is the leading cause of accidental poisoning in the nation.

Potential sources of CO exposure include unmaintained furnaces, water heaters, gasoline powered equipment like generators, snow blowers, fireplaces, water pumps, and using gas stoves to heat an entire house. Kerosene/butane/propane space heaters can also be a significant source of CO, and need to be carefully maintained to reduce emissions. Additionally, inappropriate cooking choices like using charcoal grills and camping stoves inside the house release CO emissions. Smoking is another common source of CO that can negatively impact indoor air quality. Running automobiles in garages underneath living quarters and even hookah smoking are more recently identified CO sources.

There are a few ways a family can protect themselves from the threat of CO exposure. The best prevention for CO poisoning is to have a CO detector placed at least 15 feet from the nearest bedroom and near the adult master bedroom. It is also important to clean the chimney and flue to free it of obstructions. Prior to using any vent free fireplace or gas heater, make sure it comes equipped with an oxygen depletion valve. CO exposure is caused by faulty fuel-burning appliances, so it is important to get annual servicing of furnaces and water heaters and their flues by a qualified contractor. Also, when warming up the car in cool early mornings, it is important to never run the car in the garage, even with the garage doors open because the exhaust releases CO.

Signs and symptoms of CO poisoning are similar to flu: dizziness, headache, and confusion. Mild symptoms may be mistaken for the flu or other illnesses. More serious symptoms such as loss of consciousness, nerve damage, and death are also possible. Sick pets can also be a sign of CO in the house. If you suspect that you or other persons are exposed to CO, get away from the exposure and seek immediate medical assistance or contact the poison control center immediately at 800-222-1222 or 513-636-5111.

Resources:
United States Poison Centers

No matter where you are in the U.S., you have a poison center. Some centers serve several states, and some states have several centers, but all areas across the country are covered. No matter where you are, call 1-800-222-1222 to talk to medical experts for free, confidential poison help 24 hours a day, seven days a week.

ALABAMA
Alabama Poison Center
Regional Poison Control Center

ALASKA
Served by Oregon Poison Center

ARIZONA
Arizona Poison & Drug Information Center
Bannan Poison Control Center

ARKANSAS
Arkansas Poison & Drug Information Center

CALIFORNIA
CalifOne Poison Control Systems in Fresno, Sacramento, San Diego, & San Francisco

COLORADO
Rocky Mountain Poison & Drug Center

CONNECTICUT
Connecticut Poison Control Center

DISTRICT OF COLUMBIA
National Capital Poison Center

DELAWARE
Served by The Poison Control Center

FLORIDA
Florida/US Poison Information Center—Jacksonville
Florida Poison Information Center—Miami
Florida Poison Information Center—Tampa

GEORGIA
Georgia Poison Center

HAWAII
Served by Rocky Mountain Poison & Drug Center

IDAHO
Served by Western Poison Center

ILLINOIS
Illinois Poison Center

INDIANA
Indiana Poison Center

IOWA
Iowa Poison Center

KANSAS
University of Kansas Hospital Poison Control Center

KENTUCKY
Kentucky Regional Poison Center

LOUISIANA
Louisiana Poison Center

MAINE
Northern New England Poison Center

MARYLAND
Maryland Poison Center

MICHIGAN
Michigan Poison Center

MINNESOTA
Children’s Hospital of Michigan

MISSISSIPPI
Mississippi Poison Center

MISSOURI
Missouri Poison Center

MONTANA
Served by Rocky Mountain Poison & Drug Center

NEBRASKA
Nebraska Poison Information Center

NEVADA
Served by Rocky Mountain Poison & Drug Center

NEW HAMPSHIRE
Served by Northern New England Poison Center

NEW JERSEY
New Jersey Poison Information System

NEW MEXICO
New Mexico Poison & Drug Information Center

NEW YORK
New York City Poison Control Center

NORTH CAROLINA
Carolina Poison Center

NORTH DAKOTA
Served by WICHE Regional Poison Center

OHIO
Central Ohio Poison Center

RHODE ISLAND
Served by Regional Center for Poison Control & Prevention

SOUTH CAROLINA
South Carolina Poison Center

SOUTH DAKOTA
Served by WICHE Regional Poison Center

TEXAS
Served by Texas Poison Center

UTAH
Utah Poison Control Center

VERMONT
Served by Northern New England Poison Center

VIRGINIA
Virginia Poison Center

WASHINGTON
Washington Poison Center

WEST VIRGINIA
West Virginia Poison Center

WISCONSIN
Wisconsin Poison Center

WYOMING
Served by Nebraska Regional Poison Center

TERRITORIES:

PUERTO RICO
Puerto Rico Poison Center

AMERICAN SAMOA
Served by Nebraska Regional Poison Center

FEDERATED STATES OF MICRONESIA
Served by Nebraska Regional Poison Center

GUAM
Served by Oregon Poison Center

U.S. VIRGIN ISLANDS
Served by Florida/US Poison Information Center—Jacksonville

For more information about poison centers, visit www.aapcc.org.

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New Topical Gel for Rosacea—Keep Out of Reach of Children

Sara Stover, PharmD

Keeping topical prescription products away from children is important. Prescribing information for a new topical prescription product mentions an accidental ingestion that occurred in a clinical study and led to hospitalization of two children.

In August 2013, the FDA approved Mirvaso® (brimonidine) topical gel, 0.33% for the topical treatment of the facial erythema (redness) of rosacea in adults 18 years of age or older. It is the first treatment approved to specifically treat the erythema of rosacea. Mirvaso contains an alpha-2 adrenergic agonist that is thought to work by constricting the dilated facial blood vessels to reduce the redness of rosacea. The active ingredient in Mirvaso, brimonidine, is not new. Bromonidine is also found in ophthalmic solution used to treat ocular hypertension and open-angle glaucoma (Alphagan® P and generics).

The prescribing information for Mirvaso discusses an accidental ingestion of Mirvaso gel by two young children of a subject in a clinical trial. Adverse reactions experienced by one or both of children included lethargy, respiratory distress with apneic episodes (requiring intubation), sinus bradycardia, confusion, psychomotor hyperactivity, and diaphoresis. Both children were hospitalized overnight and discharged the following day without sequelae. Mirvaso topical gel should be kept out of reach of children. The product is dispensed in a tube with a child resistant cap.

No information is available on Mirvaso overdose in adults. Per the Mirvaso prescribing information, oral overdoses of other alpha-2 adrenergic agonists have been reported to cause symptoms such as hypotension, asthenia, vomiting, lethargy, sedation, bradycardia, arrhythmias, miosis, apnea, hypotonia, hypothermia, respiratory depression and seizures. Treatment of an oral overdose includes supportive and symptomatic therapy; a patent airway should be maintained.

In clinical trials of Mirvaso, the most common adverse reactions (≥1%) included erythema, flushing, skin-burning sensation and contact dermatitis. The prescribing information includes the following warnings/precautions: Mirvaso Gel should be used with caution in patients with depression, cerebral or coronary insufficiency, Raynaud's phenomenon, orthostatic hypotension, thromboangiitis obliterans, scleroderma, or Sjögren's syndrome. Alpha-2 adrenergic agents can lower blood pressure. Mirvaso Gel should be used with caution in patients with severe or unstable or uncontrolled cardiovascular disease.

Contact your local poison control center at 1-800-222-1222 with any questions regarding Mirvaso.

References:
In October of this year, bottles of Extra Strength Tylenol® started carrying a new acetaminophen warning on the cap: “CONTAINS ACETAMINOPHEN – ALWAYS READ THE LABEL”. This warning is part of McNeil Consumer Healthcare’s education initiative to help ensure appropriate usage of acetaminophen.

In 2011, McNeil Consumer Healthcare, the manufacturer of Tylenol®, changed the dosing instructions for Extra Strength Tylenol® reducing the recommended maximum daily dosage from 8 pills per day (4000 mg) to 6 pills per day (3000 mg) and changing the dosing interval from every 4-6 hours to every 6 hours.

Today more than 600 over-the-counter and prescription medications contain acetaminophen, including Tylenol®, Sudafed® Triple Action™, NyQuil®, Percocet® and Vicodin®. While, the FDA limits the amount of acetaminophen in prescription products to 325 mg per pill, OTC products may contain up to 500mg per dose. The FDA recommends a maximum daily dosage of acetaminophen of 4000 mg.

All acetaminophen products should be taken correctly and one should not exceed recommended doses.

Take Action

Support Your Local Poison Center
Ask Congress to Support Funding for Poison Centers

Congress is in the process of addressing our nation’s deficit. Unfortunately, in doing so, they are considering further cuts to public health programs like the poison center system.

Public health programs have already borne more than their share of the responsibility for deficit reductions with two straight years of funding cuts. In 2011 alone, America’s 57 poison centers suffered federal funding cuts totaling 36 percent. More cuts will be devastating to the public health system that keeps families healthy and safe.

Please urge Congress to pass a balanced deficit reduction plan that acknowledges the deep cuts that have already been made to important discretionary programs like the poison center system. Please check out the website below. The link contains a letter that can be sent to your elected officials asking them to support funding for America’s poison centers.

Thank you!

http://capwiz.com/aapcc/issues/alert/?alertid=62147691&PROCESS=Take+Action
In 2010, America’s poison centers received about 4 million calls. Of those, about 2.4 million were calls about poison exposures ranging from carbon monoxide to snake bites to food poisoning.

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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.

Check out our website!!
http://www.cincinnatichildrens.org/service/d/dpic/default/