

Poison Antidote



Marijuana-Infused Treats from Colorado Could Cross the Border

You can now purchase candy, soft drinks, and other sweets laced with marijuana in Colorado. These treats in the wrong hands can cause poisoning in children. Recent research in Colorado shows that since legalization more than a dozen children have been treated for unintentional poisoning from marijuana, including some involving the candy-like treats. A variety of marijuana-infused sweets are sold in Colorado including lollipops, chocolate candies, gummy bears, Swedish fish, and brownies. These sweets are likely attractive to kids and if left within reach could lead to a dangerous situation. These products should be treated like any other drug and kept up and out of the reach of children. Although marijuana-laced treats are not legal in Utah, they could be brought into the state. If a poisoning is suspected, call poison control immediately for free and confidential poison help at 1-800-222-1222.

Resource: JAMA Pediatrics



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UNIVERSITY OF UTAH
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Caffeine Poisoning

If you think that caffeine is only found in coffee, soda, and energy drinks, you may be surprised to learn that it can also be found in dietary supplements, gum, waffles, syrup, ice cream, candy, and other snack foods. Many people mistakenly think of caffeine as a food, but it is a central nervous system stimulant drug. Unfortunately, drinks and snacks containing caffeine are often marketed toward children and teens despite the recommendation from the American Academy of Pediatrics that caffeine should not be consumed by these age groups. With an increase of caffeine products sold on the market, there is concern that children and teens will ingest them in dangerous quantities. Since it is not required that companies list the amount of caffeine contained in the food or drink, it is difficult for people to know how much they are actually consuming. Symptoms of excessive caffeine can include upset stomach, heart palpitations, sweating, tremors, vomiting, delirium, headache, diarrhea, and chest pains. Powdered caffeine is another form of the drug that is readily available online and can easily be ingested in dangerous amounts. Just a teaspoon of pure caffeine powder is equivalent to approximately 25 cups of coffee. The recent death of a U.S. teen from caffeine powder overdose has prompted the FDA to warn consumers to avoid using the potentially deadly product. In severe overdoses, symptoms can include dangerously erratic heartbeat, seizures, and death.

Resources: FDA, AAP