



Poison Prevention

Newsletter

March 2019

UPSTATE
MEDICAL UNIVERSITY

750 East Adams Street • Syracuse, NY 13210



March is National Poison Prevention Week

March
18th-24th
2019

National Poison Prevention Week raises awareness of poison prevention nationwide during the third full week of March every year. The week is an opportunity to highlight the dangers of poisonings for people of all ages and promote community involvement in poisoning prevention.

E-CIGARETTES ARE NOT HARMLESS

Approximately 3.6 million middle and high school students reported tobacco use in 2017. (Wang, et al., 2018)

The National Institute of Drug Abuse reported that in 2018, E-cigarettes were the most commonly used form of tobacco among youth.

What are e-cigarettes?

A battery-operated device that heats a liquid ("e-juice") to an aerosol for users to inhale. It can look like a pen, a USB memory stick, a cigar or even a cigarette. The e-juice solution generally contains nicotine, but not always. Most contain flavoring. The e-cig has a power source, generally a battery and a mouthpiece. There are over 400 brands on the market and are known as e-cigs, hookah pens, JUULS™ and vapes⁵. Maybe you already know but it might help to see what e-cigarettes looks like: <https://www.vapes.com/collections/ecigs>

Problem:

Many sources market e-liquids to teens with sweet, tasty flavors like: cinnamon buns, orange dreamsicle, watermelon bomb, etc.

One Juul™ e-cigarette device comes with a cartridge that delivers about 200 puffs, which is as much nicotine as a pack of cigarettes.

Many teens believe there is only flavoring in their e-cigarettes.

According to recent studies (and from my online "store" searches) e-liquids advertised as "no-nicotine" still can contain nicotine when reading the fine print. Even nicotine-free choices are not safe as they can contain formaldehyde and/or heavy metals. Some flavorings contain diacetyl, a chemical known to cause damage to the lungs and respiratory system. Most contain either propylene glycol (PG) and/or vegetable glycol (VG), both petroleum by-products. While approved by the FDA for oral consumption, no long-term studies have been conducted on the effect of the vapors inhaled into the body or on the flavoring additives.

For a look at a sample of e-liquids available online:

<https://www.vapes.com/collections/non-nicotine-e-juice/products/watermelon-bomb-e-liquid-by-juishy-e-juice>

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- In 2018, 1.5 million **more** students used e-cigarettes than in 2017
- 1 in 5 high school students used e-cigs, a 78% increase
- Middle school students use went from 3.3% to 4.9%, a 48% increase

(Department of Health and Human Services, 2018)



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WHAT TO KNOW ABOUT STORING MEDICINE

JUST ONE MINUTE

In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.



CURIOUS CLIMBERS

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.



CHILD-RESISTANT ≠ CHILDPROOF

Research suggests about half of accidental poisonings involved child-resistant packaging.



EVERY 9 MINUTES,

a young child (under age 6) goes to the ER because he/she got into medicine, and



EVERY HOUR,

a young child is hospitalized, and



EVERY 12 DAYS

a young child dies.



THE RISK IS REAL: HOW FAMILIES CAN HELP PROTECT KIDS

- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags and coats out of reach, as they may contain medicine.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Post the number of the poison center where you and other caregivers can find it in an emergency.



Retrieved 2.1.19:
<https://www.safekids.org/infographic/what-know-about-storing-medicine>



What is vaping?

How does an e-cigarette work?

Is there nicotine in an e-cig?

Is vaping harmful?

What about the added flavors? Harmful?

Does it lead to cigarette use?

How does it affect a developing brain?

How are they marketed to teens?

Can other drugs be smoked in an e-cig?

What are the long-term effects?

MARK YOUR CALENDERS!

The Upstate New York Poison Center announces the second webinar in our Health Educators Webinar Series:

E-cigarettes/Vaping

Lee Livermore, Education Coordinator at the Poison Center will present the facts and myths around e-cigarette use. Lee will also provide you with strategies to tailor this information to fit your specific audiences.

Thursday March 20th 2019 at 12:45 – 2:00 pm

The webinar is free!! AN INVITATION LINK WILL BE SENT **so be sure to register.**

TO REGISTER: Darlene Marko 315-464-7078 Or markod@upstate.edu



Photo retrieved: <https://vapingdaily.com/health/vaping-and-parenting;>

Cough and Cold Medicine - Not for Children



Makers of over-the-counter cough and cold medicine have responded to the FDA ruling that their products not be given to children under age 4 by removing them from store shelves. Research has shown these products offer little benefit to young children - and can have potentially serious side effects. Many cough and cold products for children have more than one ingredient, increasing the chance of accidental overdose if combined with another product. So without these over-the-counter cough and cold medicines, what's the best way to treat your toddler's

cold? Acetaminophen or ibuprofen can reduce aches and pains and a cool mist vaporizer can help loosen congestion. A simple bulb syringe and saline nasal spray can be used to clear stuffy noses. Plenty of liquids, especially chicken soup, and rest also help children feel better. But don't underestimate the power of TLC. Your caring and comfort is one of the best medicines for your child.

Retrieved (<https://www.aap.org/en-us/about-the-aap/aap-press-room/aap-press-room-media-center/Pages/Cough-and-Cold-Medicine-Not-for-Children.aspx>) 2.1.19

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As to related dangers:

- E-juice can be deadly if swallowed, especially with no regulation directing child-proof caps.
- Marijuana can be vaped using these devices—either the ground plant itself, waxes often referred to as dabs, or THC and CBD oils with no smell produced.
- Batteries can cause fires or explosions.

E-cigarettes are not safe and can cause harm.

Research reports that developing brains can be changed by nicotine use, affecting learning, attention and mood (*Yuan, et al., 2015*).

Nicotine is an addictive drug. Nicotine addiction is difficult to overcome. Don't start.