

		Upstate New York Poison Center
1-800-222-1222		

Poison Prevention

Newsletter

Spring 2006

 SUNY Upstate Medical University
University Hospital • 750 East Adams Street • Syracuse, NY 13210

Preventing Lead Poisoning

The Journal of American Medical Association reported that although lead-based paint hasn't been used in American homes built within the past 25 years, it still might exist in older buildings or even products we use everyday such as, children's metal jewelry, cosmetics and ceramics. Both adults and children can suffer from the effects of lead poisoning but childhood lead poisoning is more frequent. If a child ingests lead-based paint, the metal could accumulate in his or her system and cause health and learning problems.

If you suspect that you or your child is being exposed to lead-based paints, a blood test may be in order. If the test indicates a high level of lead, your doctor can decide the right management.

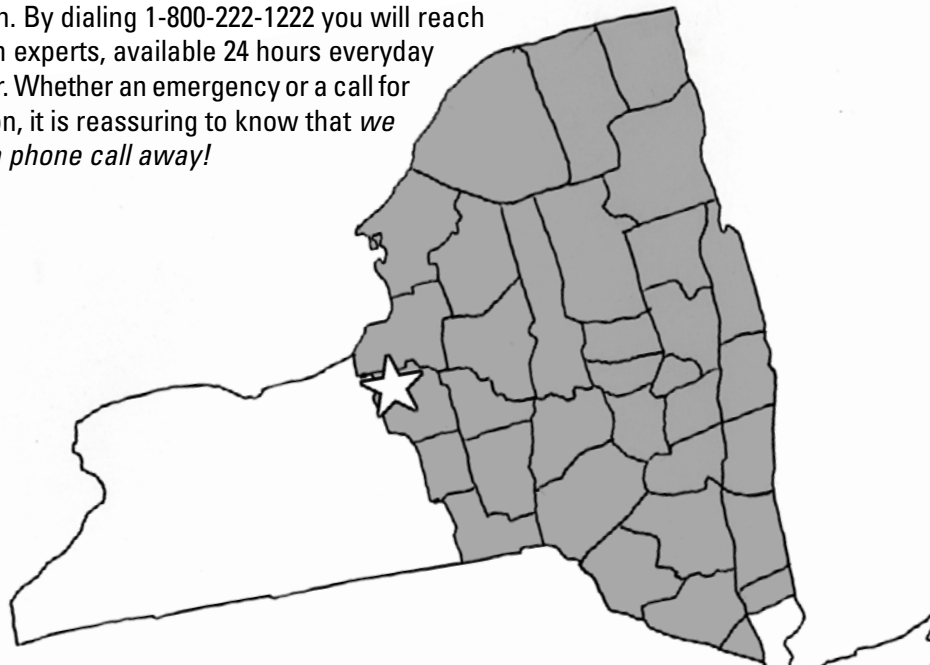




New Name For Poison Center

We are pleased to announce the new name for the poison center.

The Central New York Poison Center has changed its name to the **Upstate New York Poison Center** to better reflect the area we serve and to more closely align ourselves with our host institution, University Hospital at Upstate Medical University. Now identified as the Upstate New York Poison Center, we will continue to offer quality service throughout our 34 county service area with a population of close to 5 million. Last year the Poison Center managed nearly 50,000 calls. The Upstate Poison Center collaborates with 71 hospitals offering expert advice on management of the poisoned patient. We also serve Departments of Health, Emergency Management Services, Bio and Haz-Mat Teams, School Nurses, and Skilled Nursing Facilities through patient management and educational outreach.

Although, our name has changed the service will not. We offer professional and public education programs to inform and educate, including brochures, phone stickers, magnets and educational materials promoting poison prevention. By dialing 1-800-222-1222 you will reach the poison experts, available 24 hours everyday of the year. Whether an emergency or a call for information, it is reassuring to know that *we are only a phone call away!*



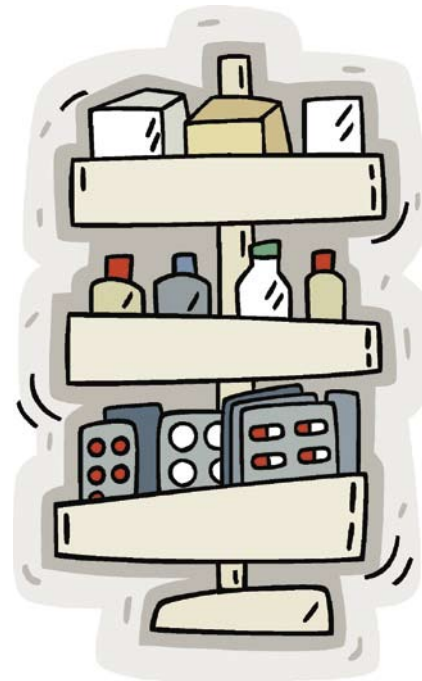
		Upstate New York Poison Center	Poison emergency? Poison information? Call Us! Visit us on the web: www.upstatepoison.org
1-800-222-1222			

The Medicine Cabinet

Using over the counter medicines wisely is important in preventing unintentional exposures. A medication although available without a doctor's prescription does not mean it is risk-free. Over-the-counter (OTC) drugs can be dangerous when misused.

The National Council on Patient Information and Education promotes "The 3-Rs to Be MedWise".

- **Respect** - OTC's are serious medicines that must be taken with care
- **Risk** – It is important to recognize that all medicines (OTC and prescription) have risks as well as benefits
- **Responsibility** – It is your responsibility to understand and use OTC medicine safely. Follow this important rule: when in doubt, ask first. Ask your pharmacist, doctor or call the Poison Center to get the facts you need to select and use OTC medicine correctly



Keeping Warm and Safe

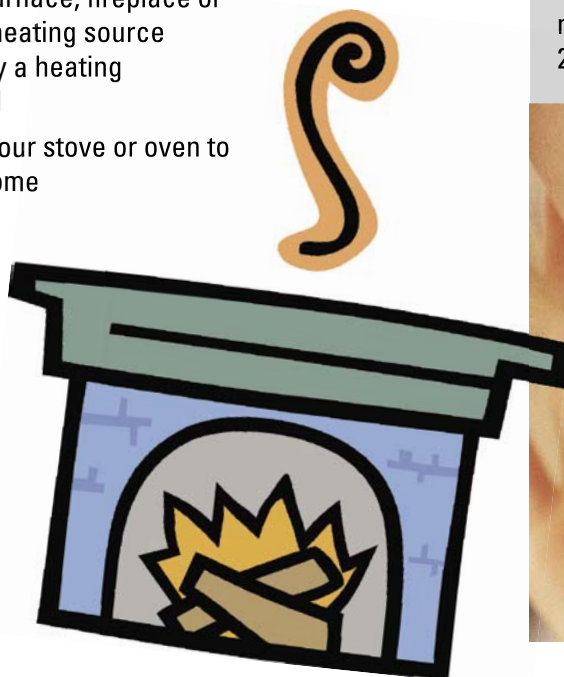
With the concerns over the high costs of heating fuel this year people are looking to alternative sources for heating their homes. Safety and awareness of the potential dangers of carbon monoxide poisoning go hand-in-hand.

Wood, coal and kerosene are common alternatives. No matter which is used, all require proper ventilation. Even if the manufacture promotes "efficient burning and no outside ventilation required", the potential for carbon monoxide exposure is possible.

Be aware of the dangers of carbon monoxide poisoning and follow these safety tips to keeping warm and safe this winter.

- Properly install at least one carbon monoxide detector in or near the sleeping area
- Have your furnace, fireplace or alternative heating source inspected by a heating professional
- Never use your stove or oven to heat your home

For more information on safety questions call your energy provider or local Fire Department.



The Dangers of Carbon Monoxide Poisoning

Carbon monoxide is an odorless, colorless gas that comes from incomplete burning of fuel. It is one the leading cause of poisoning deaths in the United States.

The symptoms of carbon monoxide poisoning are:

- Headache
- Vomiting
- Sleepiness
- Nausea
- Dizziness
- Trouble breathing

If you even think you are being exposed to carbon monoxide poisoning call your Poison Center at 1-800-222-1222.



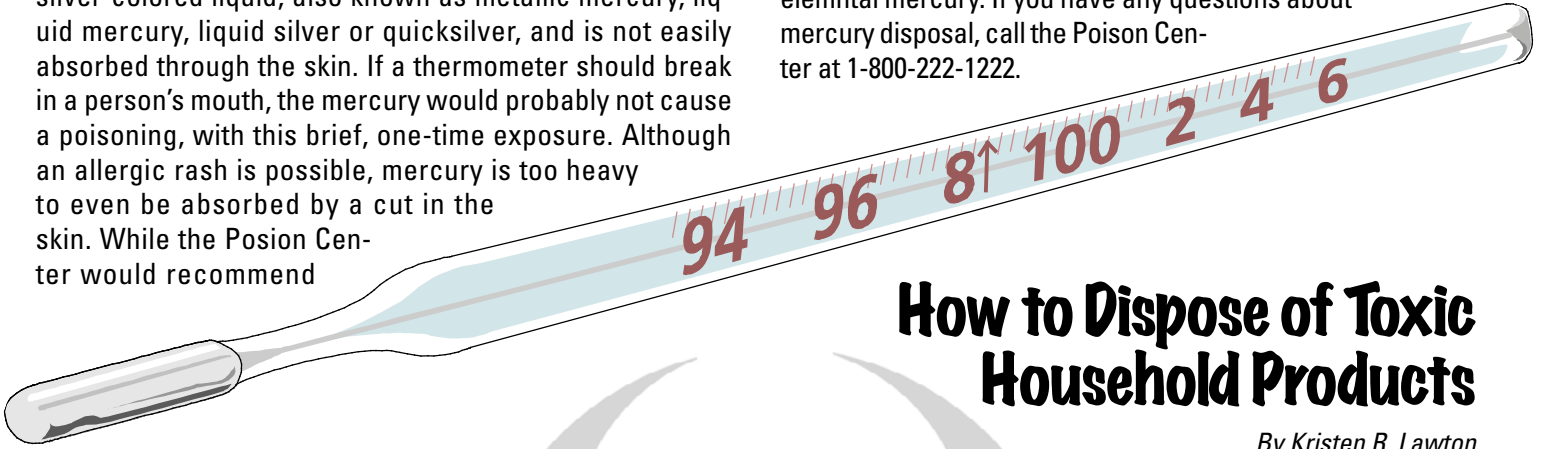
Elemental Mercury

A broken thermometer often triggers a call to the Poison Center. While the most common mercury exposure is a result of a broken thermometer, most thermometers found in the home today do not contain elemental mercury. Simply stated, thermometers with a silver line DO contain mercury. Those with a red or blue liquid do NOT.

Elemental mercury is an extremely heavy, odorless, silver-colored liquid, also known as metallic mercury, liquid mercury, liquid silver or quicksilver, and is not easily absorbed through the skin. If a thermometer should break in a person's mouth, the mercury would probably not cause a poisoning, with this brief, one-time exposure. Although an allergic rash is possible, mercury is too heavy to even be absorbed by a cut in the skin. While the Poison Center would recommend

washing the area well with soap and water, the chance of poisoning is minimal. Elemental mercury can be dangerous if a large one-time exposure occurs or if exposed over a long period of time.

The Center also cautions that vacuuming elemental mercury causes it to heat, producing fumes that can be potentially dangerous. The Poison Center can help with proper disposal of elemental mercury. If you have any questions about mercury disposal, call the Poison Center at 1-800-222-1222.



How to Dispose of Toxic Household Products

By Kristen R. Lawton

Toxic products lurk in every household. Harmful items like cleaning supplies, auto products, insecticides, pesticides, herbicides, gasoline, kerosene, paint, turpentine, mothballs, lighter fluid, etc., may be explosive, flammable or corrosive, and must be disposed of properly.

Consult your local solid waste authority for guidelines on how to dispose of these products. Most organizations offer collection days or locations that accept the products for a minimal charge or even for free.

OCRRA, the Onondaga County Resource Recovery Agency, has several (free) Household Hazardous Waste Drop-Off

Days throughout the year. If you reside in Onondaga County, please contact OCRRA and make a reservation to drop off your household hazardous waste! We can help you rid your home of harmful products.

OCRRA's next Household Hazardous Waste Drop-Off Day is Saturday, May 20th, 2006. The event will be held at Ley Creek Transfer Station in North Syracuse. (Route 81, Exit 25 off 7th North Street – across from the Pilot Travel Center.)

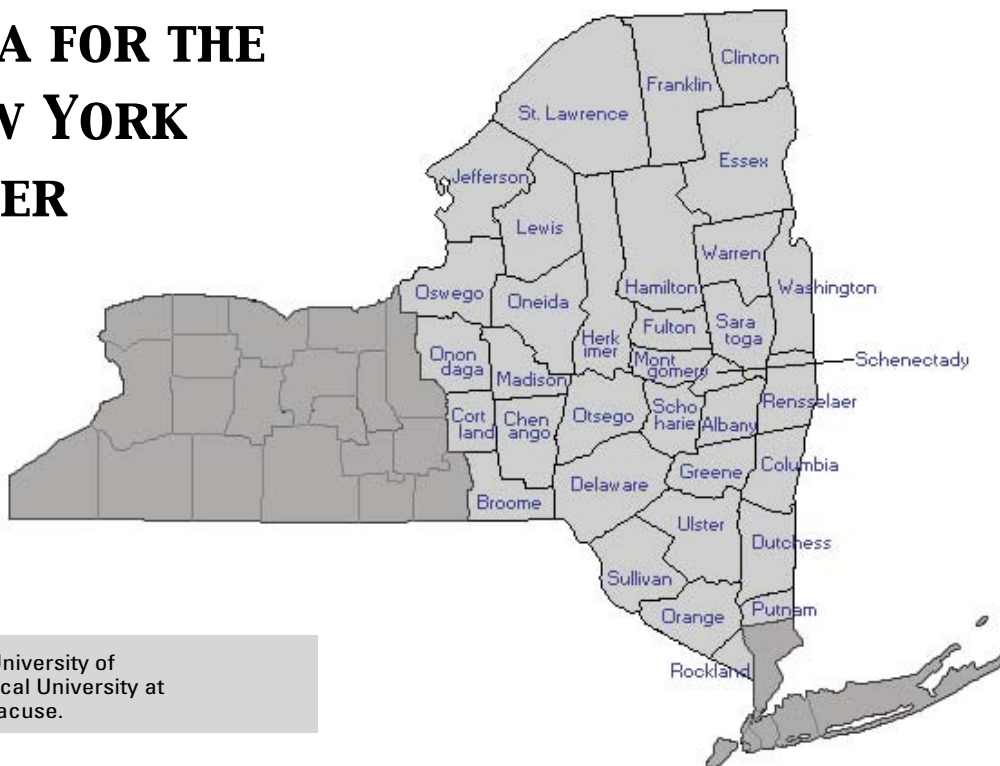
Call 315.453.2866 or visit our website at: www.ocrra.org for an appointment or to receive additional information.

OCRRA



If you have any questions or comments on these articles or have ideas for topics, contact the Health Educator at the Central New York Poison Center by dialing 1-800-222-1222 or dial direct to 315-464-5375.

CALLING AREA FOR THE UPSTATE NEW YORK POISON CENTER



A Service of the State University of
New York Upstate Medical University at
University Hospital, Syracuse.

Unintentional Poisoning Can Happen To You..At Any Age!

To receive your **FREE** telephone stickers, magnets, and information brochures, dial 1-800-222-1222 ask for the Health Educator at The Upstate New York Poison Center.