

FEBRUARY 2026

# THE POISON PREVENTION SCRIPT

## February is Heart Health Awareness Month

February is heart health awareness month! A time to focus on your cardiovascular health and the ways in which you can prevent heart disease.

Lifestyle changes such as exercise, diet, monitoring blood pressure, and quitting smoking are great ways to prevent heart disease. In some cases, medication is needed to manage your cardiovascular health. Be sure to practice safe usage, storage, and disposal of these medications.



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## Heart Medication Safety and More

As we head into February take some time to show yourself some love and practice the tips listed in this issue to protect you and your family.

### Heart Disease Medications

- Medications can be a healthful tool for the management of cardiovascular disease symptoms. In 2025 the Arizona Poison and Drug Information Center managed 280 cases relating to Beta Blockers.

### High Blood Pressure (Hypertension) & Beta Blockers

- High blood pressure can be a contributing factor for heart attack, stroke, and other health problems. Hypertension can often be managed through lifestyle changes such as diet and exercise, but some may need additional support through medication usage.
- Beta Blockers can lower high blood pressure through the blocking of stress hormones which relax blood vessels and cause the heart to beat slower. This improves blood flow and reduces the heart's workload. With any medication there are potential side effects associated with use.
- Some potential side effects for Beta Blockers can include the following:
  - Fatigue
  - Dizziness
  - Slow heart rate
  - Sleep problems
  -

### Talk to your Doctor

- When starting a new medication or changing medications it is important to be vigilant for any possible side effects.
- Be sure to talk with your doctor about any medications you are already taking as these may interact with other prescription medications. Additionally, do not start or stop any medication without talking to your doctor first.

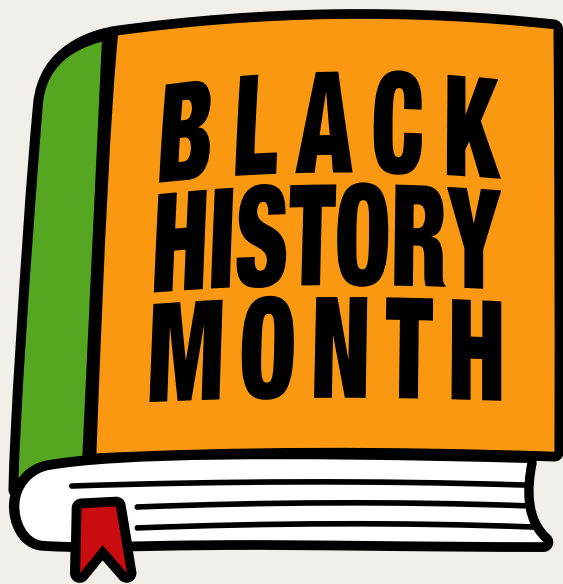
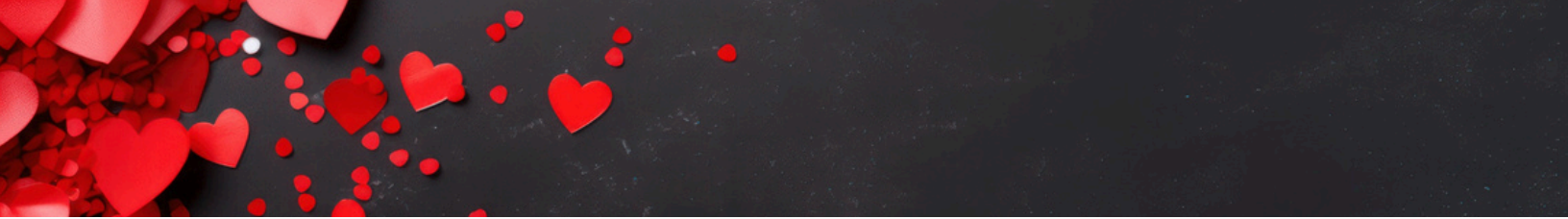
## Medication Safety



**Calling the Poison Control line is a great way to receive expert advice on possible side effects and safe medication usage.**

**You can also check out our website at [azpoison.com](https://www.azpoison.com) for more tips.**





## Black History Month

Black History Month is an opportunity to honor the contributions, achievements, and struggles of Black and African Americans in the United States. This year (2026) marks 100 years since the first national observance.

Here at the Arizona Poison and Drug Information Center we honor the contributions of Black and African Americans in the US and abroad and continue to strengthen health, safety, and care for all.

## In the Community: Justice and Care Collective



**Cochise County**  
Health and Social Services

Our educator Taylor had the opportunity to attend the Cochise County Justice and Care Collective at the beginning of this month.

This was a free event offering the community help with non-felony warrants, access to medical services (such as immunizations) and supportive care from community organizations.

Through this event we were able to distribute poison prevention information including information on Narcan use, rattlesnake safety, and general household poison safety to members of the Cochise County community.



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<https://azpoison.com/education-outreach/poison-prevention-script>

## Staff Spotlight: Denise Holzman, CSPI, PharmD



**Denise Holzman, CSPI, PharmD**, has worked at the Arizona Poison and Drug Information Center for over 30 years. She has enjoyed seeing the changes in antidotes that have been introduced over the years. From the introduction to the “treasure trove of antidotes” of Anascorp, to AnaVip, to hydroxocobalamin, to intravenous n-acetylcysteine, the world of toxicology continues to be dynamic and ever changing. Even the sources of concern continue to unfold: such as methanol-contaminated hand sanitizer that showed up unexpectedly during the COVID-19 pandemic, e-cigarette or vaping product use-associated lung injury that appeared with “vaping” products, edible THC infused products that fall, sadly, into unintended “young” hands and mouths, and the challenging opiate crisis. Working at the Arizona Poison and Drug Information Center continues to offer new twists and mysteries to be explored as our world continues to evolve.