

FEBRUARY 2025

THE POISON PREVENTION SCRIPT

February is National Heart Health Month

On brand with Valentine's Day, February is also National Heart Health Month. There are small things you can do in your day-to-day to take care of your heart health: going for a walk, cuddling with a pet, or choosing a nutritious meal. But what about poisoning related to your heart health?

Heart Medications

One of the best ways to prevent poisoning is to practice safety when taking medications. If you are prescribed heart medications, it is important to carefully read the label to best follow dosing directions. Always talk to your doctor about any supplements, herbals, or homeopathic remedies that you are taking as these may cause drug interactions with your heart medications. With any prescription medications, you should never share them with anyone else, as they are dosed specifically for you and your health condition.

Caffeine Use

It isn't uncommon for most people to start their day with a cup of coffee or an energy drink. However, too much caffeine can cause serious health issues, especially affecting your heart. Be cautious when using powdered caffeine products, as these usually have much higher levels of caffeine than what the average person can handle. Too much caffeine can lead to an irregular or fast heartbeat, chest pain, or drug interactions.

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Cannabis Edibles & Safe Storage

You may find that you have more treats in your home this month due to Valentine's Day: chocolates, pastries, gummy candies, and more. Edible marijuana products tend to look very similar to regular treats, coming in packs of chocolate, gummies, brownies and more

A mix-up could cause poisoning if accidentally ingested, especially if cannabis products are eaten by children or pets. To avoid these products getting into the wrong hands, keep all cannabis products in their original, child-locked containers and store in a high-up, locked place, like a cabinet or safe.

Never eat cannabis edibles in front of children as they may be enticed to get ahold of them. Something that has child-locked packaging does not automatically mean it is "child-proofed", so having extra means of protection is necessary.

Cannabis Poisoning & Poison Control

Poison Control is a free, confidential, and 24/7 service. Our priority is always safety. This means you can entrust poison control staff to help you with a cannabis poisoning, no matter the situation. You can call poison control from wherever you are located by dialing (800) 222-1222 if you are seeing signs of poisoning, such as:

- Slow or fast heart rate
- Nausea or vomiting
- Dizziness or confusion

Cannabis is Poisonous for Pets, too!

Common cannabis toxicity symptoms in pets includes sedation or lethargy, dilated pupils or glossy eyes, difficulty walking and vomiting. More severe symptoms may include seizures, incontinence, and coma.

If you are noticing any of these symptoms in your pets or think they may have ingested cannabis, take them to a veterinarian as soon as possible.

AZMEDMJ: Your Cannabis Safety Information Source



www.azmedmj.com

Scan the QR Code or visit the website above for more information related to safe cannabis use.





Plant Poisons for Pets

Are you planning on gifting your loved one with a flower bouquet to share your love this Valentine's Day? Well, you may want to think about leaving out certain plants and flowers due to the risk of pet poisoning!

Some examples of common bouquet flowers that are toxic to pets include:

- Lilies
- Daisies
- Tulips
- Marigolds
- Lavendar
- Amaryllis
- Daffodil
- Carnation

If you suspect a poisoning in your pet, you can call the Pet Poison Helpline at (855) 764-7661. Please note that this is a separate organization from the Arizona Poison Center and that there is a fee associated with calling.

Pesticide Awareness Month



February is also Pesticide Awareness Month!

Here at Poison Control, we receive several calls throughout the year regarding pesticide exposures. To avoid a pesticide poisoning, here are some easy tips.

Keep all pesticides in their original, labeled containers.

Keep pesticides out of reach of children and pets.

Always carefully follow the instructions on the product label.

Never mix products together. This may cause the formation of a dangerous chemical.



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Staff Spotlight: Meet the Director of the Arizona Poison Center!

Steven Dudley, PharmD DABAT



Steve Dudley is a board-certified clinical toxicologist who graduated with a PharmD from the University of Arizona College of Pharmacy in 2015, and completed a toxicology fellowship with the Arizona Poison and Drug Information Center in 2017. Dr. Dudley's job focuses on how the poison center can best serve Arizona. This means attending meetings with county and state health departments, hospital and health agencies, emergency planning committees, and community organizations to learn about emerging trends and share our experiences and expertise. In addition to his administrative duties, he is also a clinical toxicologist and provides patient care for hospitalized patients across the state through the poison center.