Did you know ……
Many garden flowers and wild plants that bloom in the spring may be toxic.

Mushrooms are the most common plant exposure reported to the IPCC in the spring. Accurate identification of a mushroom is often difficult and some edible species closely resemble some poisonous species.

We recommend calling the IPCC at 1-800-222-1222 for all children who ingest a wild mushroom and for adults who develop symptoms after ingesting a wild mushroom.

Spring flowers such as lily-of-the-valley and oleander are known to be cardio-toxic.

The IPCC has a list of toxic and non-toxic plants available HERE or you can order our plant guide HERE.

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BISPHENOL A (BPA)

**WHAT IS IT AND WHAT IS THE CONCERN?**

BPA is a substance used in the making of beverage bottles and metal can linings; in the past it had been used in baby bottles, pacifiers, and baby formula cans. BPA has been used in food packaging since the 1960’s and recently there has been concern for its absorption into the packaging material and then into the food. The Food and Drug Administration is responsible for assessing packaging products and to assure that the chemicals used in manufacturing are not being absorbed into the food. However, if the chemicals are being absorbed, the FDA needs to make sure the levels in the food are safe to humans. Major companies that make baby bottles, sippy cups and baby formula cans have discontinued BPA products sold in the U.S after public concerns of safety have been voiced.

The FDA has sponsored studies and monitored research in regards to long and short term effects of BPA in animals but no human studies have been carried out until recently. The results of this study should be released in 2018. Some previous studies have raised questions about the safety of ingesting low levels of BPA and the chronic absorption of this chemical in our food products. The FDA and National Toxicology Program have partnered in carrying out an in-depth research project to answer the key questions regarding BPA and toxicity with absorption.

Concerns from previous animal studies have suggested some of the following effects may occur in humans:

- Subtle chemical and genetic changes in mammary glands, reproductive organs, and nervous systems.
- BPA could mimic hormones in the body and interfere with the human endocrine system.
- Passage from mother to fetus. This chemical could affect the brain and thereby affect behavior.
- Chronic exposure to BPA could increase the risk of certain cancers.

Research in this area continues and as results are published more information will be available to help determine the safety of this chemical in humans. However, until further information is published, one should utilize safety measures with the use of plastics in and with food products.

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