



Poison HOTLINE

Partnership between Iowa Health System and
University of Iowa Hospitals and Clinics

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Did you know

The Jimson Weed plant was named because of a series of human poisonings in Jamestown, VA, in the 1670's. British soldiers ate the plant in a salad and were delirious for several days.

During the Autumn, the ISPCC receives an increase in calls regarding teenagers intentionally abusing Jimson Weed. Jimson Weed, also known as Angel's Trumpet and Moon Weed, causes anticholinergic symptoms: flushed skin, urinary retention, tachycardia, decreased GI motility, dilated pupils, and hallucinations or delirium. Effects occur after ingestion of the plant's seeds or after drinking tea brewed from the seeds. For treatment recommendations after Jimson Weed exposures, call the ISPCC at 1-800-222-1222.

Is Grande Your Middle Name? Caffeine...How Much is Too Much

In North America, 90% of adults consume caffeine on daily basis. Caffeine is a central nervous system stimulant and causes alertness, wakefulness, and increased focus. The most common sources of caffeine are coffee, teas, colas, energy drinks and chocolate. Caffeine's herbal forms are guarana and yerba mate. Caffeine is widely used as an appetite suppressant, a diuretic, and a sleep suppressant. Many OTC headache/migraine medications include caffeine because it helps make the pain relievers more effective. Caffeine is also used to treat apnea in newborns.

Caffeine Content of Some Common Foods and Beverages

Substance	Amount
Brewed Coffee	100 mg / 6 oz
Decaf Coffee	4 mg / 6 oz
Caffeinated soda	35-72 mg / 12 oz
Energy Drinks	40-200 mg / serving
Dark Chocolate	20-25 mg / oz
Milk Chocolate	6 mg / oz

For most people, moderate doses of caffeine—200-300 mg, or about 2-4 cups of brewed coffee a day—aren't harmful. **Acute** ingestions of large amounts of caffeine most commonly results in mild toxicity. Symptoms include nausea, vomiting, anxiety, tremors, jitteriness, tachycardia and agitation. Serious caffeine intoxication can result in seizures, delirium, supraventricular and ventricular tachyarrhythmias, hypokalemia and hyperglycemia. Hypotension can result from excessive beta-2-mediated vasodilation. **Chronic** caffeine intake can lead to "caffeinism", a constellation of nervousness, irritability, tremulousness, muscle twitching, insomnia, palpitations and hyperreflexia.

Withdrawal symptoms—including headache, irritability, inability to concentrate, and drowsiness—may appear within 12-24 hours after discontinuing caffeine intake, peaking at approximately 48 hours, and usually lasting one to five days.

Call the ISPCC at 1-800-222-1222 for assistance in treating caffeine overdose.

*Tammy Noble, RN, BSN, CSPI
Certified Specialist in Poison Information*



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