



Poison HOTLINE

1-800-222-1222

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Did you know

The classic reference to a "speedball" is the combination of cocaine and heroin. Other depressant drugs used may include benzodiazepines, fentanyl, or barbiturates; other stimulant drugs used include methamphetamine.

The co-administration of drugs with opposite effects, such as in a speedball, reportedly provides an intense, longer-lasting high that combines the "positive" effects of both drugs, while excluding the negative effects. The heroin negates the palpitations, anxiety, and paranoia caused by cocaine, while the cocaine negates the sedation and drowsiness caused by heroin.

This combining of drugs can lead to a confusing clinical picture in overdose.

Salt Poisoning Can Happen

Salt, sodium chloride, is present in foods, beverages, condiments, and is used to preserve foods. It is essential for our bodies to work properly and most of us know that too much sodium in our diet can be harmful (e.g. HTN). However, most people do not realize that too much salt by itself can be poisonous nor how much salt is in what we eat and drink.

People with metabolic or renal disorders are at higher risk for hypernatremia. Children can be accidental victims because even a small amount of high-salt foods, like soy sauce or table salt, can be dangerous. Also, some non-food items, like homemade play dough, have enough salt in them to cause problems if enough is eaten.

Sodium content of table salt and soy sauce:

Standard Table Salt, sodium (mg)				
Note: "Sea salt" and other salt products may have different values.				
Table salt	1 teaspoon	2,370 mg	1 tablespoon	7,110 mg
Soy sauce, sodium (mg) per 15 mL				
Kikkoman	Regular	920 mg	Low Sodium	575 mg
LaChoy	Regular	1,160 mg	Low Sodium	550 mg

Infants have died of salt poisoning when, in one case, a 5 week old child was given concentrated (high sodium) baby formula that was not properly diluted and, in another case, a 17 month old was given 1 teaspoon of salt. There are also dangerous salt ingestion practices demonstrated on the internet, such as drinking whole bottles of soy sauce, that people may follow not understanding the risk involved.

Hypernatremia causes cell damage by drawing water out of the cells to dilute the sodium in the blood. The shifting of fluid can lead to fluid accumulation in the brain, lungs and other organs. This fluid retention can cause pulmonary and cerebral edema, and can lead to brain damage and death. Symptoms of hypernatremia can include nausea, vomiting, diarrhea, abdominal discomfort and excessive thirst. Severe toxicity is manifest by restlessness, seizures, mental status depression, coma, hypotension, and respiratory arrest. Acute ulcerative gastritis has been reported after ingestion of large quantities of salt.

For specific treatment recommendations call the IPCC at **1-800-222-1222**.

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