

# THE YUK REPORT

Expert Poison Information 24/7

Washington Poison Center

1-800-222-1222

Spring 2009

## Help Your Poison Center -- Act Now!

Greetings Friends,

As many of you may know from the newspapers or other media outlets, Governor Christine Gregoire recently offered a proposed two-year budget that cut funding to several non-profit organizations in Washington State, including the Washington Poison Center (WAPC).

The new budget proposal calls for a **50% percent cut in funding to WAPC**, which will dramatically impact our ability to offer critical, live-saving services to people throughout the state.

It is vital that we get the Washington State legislature to **reinstate funding** for WAPC during the 2009 legislative session -- currently in session. Right now, **we are asking for your support via phone calls, letters and e-mails to the legislature to help secure the future of the WAPC.**

*Everyone* has a voice and we ask our families and friends of the community to speak out so the

### Did you know . . .

- . . . the WAPC is a free service available to everyone 24/7?
- . . . Calls to the WAPC about seniors has increased 61 percent over the past three years?
- . . . More than 85 percent of poisoning cases can be managed over the telephone by the WAPC staff?

WAPC can *continue* to serve as a statewide provider of immediate, free expert treatment advice and assistant in cases of poisonous and toxic substance exposure.

***Timing is crucial and we need your support today.***

On our website, you will find a sample phone script as well as a letter template to help you create a letter or e-mail of your own.

Call the **Legislative Hotline at 1-800-562-6000** or to identify your district legislators, visit:

<http://apps.leg.wa.gov/DistrictFinder/Default.aspx>

Please let others know and encourage them to support the WAPC. Thank you for your help.

Sincerely,

Jim Williams  
Executive Director

### From the Files

## FOOD POISONING?

Calls concerning food poisoning are one of the top ten calls handled each year at the Washington Poison Center. Recently, a concern relative called to ask if her 60 year old brother was experiencing food poisoning. Her brother fell ill after eating some peanut butter and was having stomach pains and trouble talking.

Vicki, one of the Poison center staff determined that the peanut butter was unrelated and he was probably having a heart attack! Once at the emergency room, it was quickly determined that he did indeed have a heart attack.

Upon checking up on this patient's outcome, his sister said "Please tell your supervisor that you saved his life!"

# Medication Management (and Answers)

You are enjoying a day out with your family. You just realize you forgot to take your medicine before leaving. Can you wait until the next scheduled dose? Will you become light headed and be at a higher risk for falling.

You take your medicine. Then you remember you already took it ten minutes ago. Who can you ask if you need to be worried? Will it make you sick or dizzy?

It's late at night. You want to take an over-the-counter medication but you don't know if it will interact with your new prescription medication. Who would be open this late that could tell you if there will be any negative interactions?

It's Sunday morning. You've made a nice breakfast for you and your spouse. You get out the medications and vitamins you each need to take. You accidentally take your spouse's medication. Can you get a hold of anyone to tell you if you're going to become ill? Can you still take your prescribed medications?

There is a resource that you can turn to for help with all your medication, vitamin and supplement questions. That resource is free and only a phone call away – 24/7.

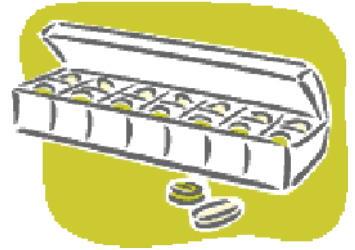
**It's your Washington Poison Center:  
1-800-222-1222.**

## Why Call?

- Specially-trained nurses, pharmacists and poison specialists answer 24/7.
- Poison help is always free and confidential.
- Services are available for people with hearing problems and for non-English speakers.
- Most calls are managed over the phone, reducing the stress and cost of an ER or urgent care visit.
- The poison specialist will remain in frequent phone contact with you to ensure your safety.

## Stay Safe!

- Get a medication review to identify and minimize side effects and interactions, such as dizziness or drowsiness, which can increase the risk of falls.
- Call about medication mistakes:
  - taking the wrong medicine,
  - the wrong amount,
  - in the wrong way, or
  - at the wrong time.
- If needed, fall precautions will be a part of your medication error plan.



**Look for this winning Poison Prevention Week Poster on a billboard near you:**



## Support Mr. Yuk

The Washington Poison Center is a nonprofit, charitable organization relying on community support. To make a tax-deductible donation, send a check or money order to:

**Washington Poison Center  
155 NE 100<sup>th</sup> Street, #100  
Seattle, WA 98125-8007**

Or, call 1-800-572-4104 x2367 to donate by credit card.

*Mr. Yuk thanks you for your help!*

WAPC is an Equal Opportunity Employer

