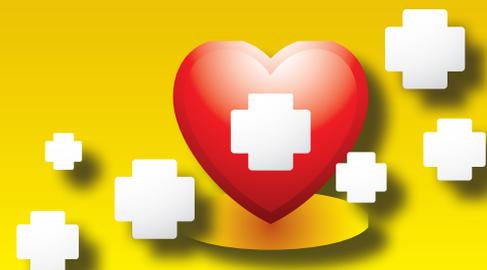


Nurse's Notes



Small Batteries Can Pose Big Risks for Children and the Elderly

The small, disc-shaped 'button' batteries used in cameras, watches, key fobs and some remote-control units and toys– can pose a risk to anyone who swallows (or almost swallows) them.

Last year, more than 3,100 people nationwide swallowed or almost swallowed button batteries from:

- remote-controls: 25%
- lights: 15%
- flameless candles: 14%
- other sources: 46%



Most cases resulted from a small child putting the battery in their mouth.

In Iowa

According to the Iowa Poison Control Center, the problem is also growing in Iowa.

2017:

- 19 calls:
 - 11 calls were for children (baby through age five)
 - Three calls were for ages six through teenagers
 - Five calls were for adults



2018 (as of Nov. 28):

- 34 calls:
 - 19 calls were for children (baby through age five)
 - Four calls for ages six through teenagers
 - 11 calls were for adults

What You Need to Know

The culprit is usually a lithium cell that is 20 millimeters across (slightly larger than a penny, or bigger). - (continued on back) -

Check Alarm Batteries

Everyone should have smoke alarms and carbon monoxide detectors in their homes. Carbon monoxide, or CO, is an odorless, colorless gas that can cause sudden illness and death.

About 4 out of 10 home fire deaths occur in homes without smoke alarms. The main reason smoke alarms fail to work during home fires is missing or disconnected batteries.

Take a few minutes to make sure your alarms will sound in an emergency:

- Install a battery-operated carbon monoxide detector near bedrooms, and make sure smoke alarms are near all sleeping rooms.
- Check or change the batteries in your carbon monoxide detectors at least twice a year.
- Install smoke alarms on each floor of your home.
- Test smoke alarms each month to make sure they work properly. For smoke alarms that use:
 - alkaline batteries — replace the batteries at least once a year.
 - lithium (long-life) batteries — replace the entire smoke alarm according to the manufacturer's instructions.

Make and practice an escape plan in the event of a fire or emergency. *Source: www.cdc.gov*

"A jug fills drop by drop"
~ Buddha



Batteries (continued)

The battery produces three volts of electricity (twice as much as most smaller button batteries), causing damage to occur more quickly. The current from the battery triggers a chemical reaction that can burn through the throat or cause other serious injuries.

The object must be removed endoscopically within about two hours to prevent damage to soft tissue, mainly burns in the throat. Damage is not always apparent right away. There can be damage that sets in months down the road, but usually within the first month.

Typically with hearing aid and small batteries, if the patient is not passing it or is not sure, doctors can do an X-ray and will go in and try to remove it. If you believe someone swallowed something but you're not sure what, take them to the emergency room for an X-ray.

Less powerful batteries take longer to cause damage, but cannot be left inside someone's body indefinitely. If an X-ray shows that the battery is in the stomach and still intact, a doctor might wait a couple days to see if the patient passes it.

Tips

- Look for toys that have a safety mechanism where you have to use a screwdriver to get the battery loose.
- Adult cases may involve the elderly swallowing hearing aid batteries. They may not see very well and think it's a pill and swallow it.
- Never take a battery out and leave it on a plate.

If you suspect someone has swallowed a battery or experienced some other kind of poisoning, call the 24-hour, toll-free poison hotline at (800) 222-1222, the National Battery Ingestion Hotline at (202) 625-3333, or take the person to the emergency room.

For more information:

www.poison.org or www.iowapoison.org

Source: www.iowapoison.org

HAPPY NEW YEAR

Know the 3 S's of Mindful Eating

Discover simple secrets that can be good for your waistline!

Eating on autopilot — most of us have done it. We've mindlessly flown through our food, maybe a whole plateful, without realizing just how much we were eating or really enjoying our meal.

But there's a healthier way: mindful eating. It means waking up your senses and putting yourself in control. This tuned-in approach may help you get to or maintain a healthy weight — all while enjoying your food more.

The 3 S's of Mindful Eating

Get started at your next meal by remembering these three simple strategies:

1. Savor. Notice and delight in what you're eating. For example, notice the cold crunch of a raw carrot; the bright red of a tomato; and the sweet taste and aroma of a juicy peach.

What's one of the best ways to do this? Resist the urge to multitask during your meals. Set aside your tablet or smartphone and turn off the TV.

2. Slow down. Eating without rushing helps you be more aware of your food and avoid overeating. So pace yourself. You might:

- Put your fork or spoon down between bites.
- Take small nibbles and chew each one completely; remember to savor!

3. Stop. Move away from the table when you're satisfied — not stuffed. Pay attention to your body's signals of fullness. And just like driving a car, it's easier to come to a stop when you're going slowly.

Another good pointer: Wait 10 minutes before going back for seconds. You may find you're not still hungry after all. *Source: UnitedHealthcare*

Contacts:

McKayla Bellis, Nurse
Readlyn Elementary School
(319) 279-3323

Amanda Ramthun, CWC, CHES
Community Health Specialist
Waverly Health Center
(319) 483-1361

