



Palmetto Poison Center

For Immediate Release: Please call to schedule interviews

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Get Verbal about your Herbals

The Palmetto Poison Center has information on what herbals may be harmful when combined with medications used to treat Cardiovascular Disease.

More and more people these days are using herbal remedies to treat conditions the “natural way.” Because they are considered dietary supplements, most people neglect to include herbals in their conversation with their physician. What most people don’t know is that some of these “natural” herbal products, when combined with life-saving medications, can result in very dangerous outcomes.

The Journal of the American College of Cardiology published a report in its February 9 issue listing more than 25 herbal products that people with cardiovascular diseases should avoid. A couple of common herbal remedies, including ginseng, ginkgo, garlic, black cohosh, St. John’s wort, hawthorn, saw palmetto, and echinacea, may dilute, intensify, or worsen the side effects of prescription heart drugs such as blood thinner and cholesterol-lowering drugs. Others may even increase heart rate and blood pressure.

Don't hesitate to speak to your health care provider about all of your medications, including those "natural" supplements. If there is ever a question or concern about whether a certain herbal product may interact with your current medications, feel free to contact your local health care provider. The Palmetto Poison Center also provides information about dietary supplements. Never be afraid to be verbal with your herbals!

The Palmetto Poison Center provides poison prevention education around the state to inform parents and youngsters not only about the dangers of household poisonings, but also outdoor exposure to poisonous agents. From medication errors to insect bites, poisonous plants, pesticides and other household chemicals, the Palmetto Poison Center can provide expert advice. The Center provides services to over 4 million residents in all 46 counties of South Carolina. Services are free, confidential and available 24 hours a day, seven days a week. To contact the Palmetto Poison Center, call 1-800-222-1222 or visit our website at <http://poison.sc.edu>