



Dr Lynn Crisanta R. Panganiban

Dr. Lynn Crisanta R. Panganiban

is a family medicine specialist and a clinical toxicologist. She is a full professor and was former Chair of the Department of Pharmacology & Toxicology, UP College of Medicine (UPCM) and a clinical toxicology consultant and was the former Head of the National Poison Management & Control Center, UPCM-Philippine General Hospital (PGH). She is the current President of the Philippine Society of Clinical & Occupational Toxicology, Inc.

She finished her degree in Medicine at the UP College of Medicine.

She has completed several researches, a number of which have been published in peer-reviewed journals. She has written and co-authored 9 books notable of which is the "black book" in toxicology entitled "Algorithms of Common Poisonings."

She is currently involved in quality improvement and patient safety initiatives, notable of which, is the conduct of the research project entitled "Assessment of Performance Measures and Indicators of Patient Safety in Select Government and Private Hospitals in the Philippines."

Aside from her clinical practice and academic responsibilities, Dr. Panganiban serves as a consultant to government agencies such as the Department of Health, international agencies such as the World Health Organization, as well as non-governmental organizations such as Pure Earth and Ecowaste Coalition in the areas of pharmacology & toxicology.

Emerging Poisoning Cases from Natural Toxins

Lynn Crisanta R. Panganiban, MD, FPSCOT, DPAFP

Toxins are naturally occurring substances that are inherently found in plant and animal species for prey-incapacitating purpose or for defense mechanism from attacks of predators. The effects of toxin exposure can result to serious toxic effects on human beings affecting vital organ systems such as the nervous, cardiovascular and gastrointestinal systems. The commonly encountered poisoning cases from toxin exposures include snake bites, jelly fish stings, poisoning from marine toxins (paralytic shellfish) and plant toxins (mushrooms, *Jatropha curcas*, *Datura metel*). Incidence of poisoning from natural toxins is low compared to toxicity from pharmaceutical and chemical agents. However, failure to recognize these poisoning cases can result to life-threatening conditions and serious outcomes.

With existing environmental changes, emerging poisoning cases from natural toxins are encountered in the clinical settings. The lecture aims to (1) describe the emerging poisoning cases from natural toxins; (2) identify the circumstances of poisoning (accidental, recreational use, chemical warfare); (3) discuss factors that drive the emergence of these poisoning cases (such as global warming, food preferences, law enforcement on illicit drug use, advanced biotechnological procedures); and (4) present approaches to address poisoning from natural toxins (extensive environmental mapping, proper history taking to include environmental and personal/social history, toxidromic approach, availability of diagnostic tools).