

## Miscellaneous

### St. John's Wort

It is a wild growing flowering plant. It is thought to contain many different chemicals such as serotonin, dopamine, GABA and nor adrenaline. Like prescription antidepressants it takes 2-4 weeks for the beneficial effects of St. John's wort to be felt. Possible side effects include dry mouth, dizziness, diarrhoea/constipation and tiredness. It should not be taken with warfarin, oral contraceptives, anticonvulsants and selective serotonin reuptake inhibitors.

### Street names of common drugs of misuse

LSD: Acid, blotter acid.

Marijuana: Cannabis, hash, dope, grass, weed, pot, hashish.

PCP: Angel dust, crystal, hog, peace pill.

MDMA: Ecstasy, adam, love drug, "E", disco biscuits.

Heroin: Smack, scag, dust, black tar.

Cocaine: Charlie, coke, blow, snow, rock.

Amphetamines: Crystal, speed, bennies, diet pills, whiz, eye openers.

### Normal reference ranges

Sodium: 132-144 mmol/l

Potassium: 3.5-5.0 mmol/l

Urea: 2.7-7.5 mmol/l

Creatinine: 50-120  $\mu$ mol/l

Calcium: 2.10-2.65 mmol/l

Albumin: 33-49 g/l

ALT: 5-45 IU/l

ALP: 25-110 IU/l

GGT: <65 IU/l

CK: <150 IU/l

QT/QTc: 420 ms/440 ms (metabolic disturbances which can cause QTc prolongation include hypokalaemia, hypomagnesaemia, and hypocalcaemia)

WBC: 4.0-11.0 x 10<sup>9</sup>/l

Neutrophils: 2.0-7.5 x 10<sup>9</sup>/l

Lymphocytes: 1.5-4.0 x 10<sup>9</sup>/l

Platelets: 150-400 x 10<sup>9</sup>/l

MCV: 80-97 fl

Haemoglobin (females): 11.6-16.5 g/dl

Haemoglobin (males): 13.0-17.0 g/dl

Amylase: 10-87 IU/l

pH: 7.38-7.42

Cholesterol: <5.2 mmol/l