



CIGUATERA POISONING in a nutshell

- **Definition:** **seafood poisoning** due to the consumption of marine products contaminated with toxins produced by a microalgae named **Gambierdiscus**.
- Development of ciguatoxic areas promoted by natural or anthropogenic disturbances in coral reef environments.
- **Symptoms:** digestive, cardiovascular, neurological, muscular and/or articular.
- **Severity:** possible occurrence of severe cardiovascular and neurological manifestations. Rarely fatal.
- **Evolution of symptoms:** usually disappear after a few weeks. May last for months or years in some patients.
- It is impossible to visually identify a toxic species. Homemade tests are unreliable.
- **Elimination of toxins:** toxins cannot be removed or destroyed by cooking, freezing or smoking.
- In doubt, avoid eating large specimens, head and viscera.

Toxic species

Any marine species exposed to the toxic microalgae, or having ingested other contaminated species, must be considered at risk. Toxic species vary from one region to another, however, some families present higher risk than others:

Snapper



Emperor



Parrotfish



Grouper



Jack and Pompano



Giant-clam



Moray eel



Barracuda



Sea urchin



Wrasse



Surgeonfish



Trochus



WHAT TO DO AFTER A CIGUATERA POISONING?

1. SEE A DOCTOR

especially elderly, persons suffering from heart diseases and pregnant women.

2. REPORT POISONING

to veille.ciguatera@ilm.pf or www.ciguatera-online.com

3. FOLLOW RECOMMENDATIONS

on diet and lifestyle, during the month following the poisoning and as long as the symptoms persist. Indeed, most patients develop hypersensitivity to certain foods, beverages or situations likely to revive symptoms, especially neurologic ones. During this period, keep an eye on/avoid:



Any marine and fresh water product as well as byproducts (dietary supplements, sauces and flavors, ...).



Beef, pork meat, chicken, eggs, soya, protein powder.



Alcohol, coffee, "energy" drinks.



Nuts (peanuts, ...), high-fat foods, dairy products, histamine -rich or -releasing products, glutamic acid.



Intense physical activity, contact with cold water/objects, temperature variations, exposure to sun, altitude and pressure variations, stress.



Heavy meals. Split meals.

4. BREASTFEEDING

Suspend breastfeeding for several weeks. See a physician for advice.

FOR ADDITIONAL INFORMATION:

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www.ciguatera.pf



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