

CHP investigates suspected ciguatoxin poisoning case

The Centre for Health Protection (CHP) of the Department of Health is today (August 15) investigating a suspected ciguatoxin poisoning case affecting one person.

The affected 63-year-old female developed symptoms of ciguatoxin poisoning including abdominal pain, diarrhoea, dizziness, generalised weakness, limb numbness, nausea and vomiting about five hours after consuming fish for dinner at home on August 13. She attended the Accident and Emergency Department of Queen Elizabeth Hospital on August 14 and was admitted for treatment. She is in a stable condition.

Initial enquiries revealed that the fish consumed was bought from a restaurant in San Po Kong on August 13.

Ciguatera fish poisoning is not uncommon in tropical areas. It is mainly associated with the consumption of large coral reef fish which have accumulated the toxin in the body, particularly in internal organs, through eating small fish that consumed toxic algae in coral reef seas.

A larger fish is therefore more likely to carry higher amounts of the toxin. However, it is not easy to tell from the appearance of the fish whether it contains the toxin.

People affected may have symptoms of numbness of the mouth and limbs, vomiting, diarrhoea, alternating sensations of coldness and hotness, and pain in the joints and muscles.

"Most people affected by ciguatoxin will recover without long-term health effects, but if excessive toxins are consumed, the circulatory and nervous systems can be affected. The toxin cannot be destroyed by cooking," a spokesman for the CHP said.

To prevent ciguatera fish poisoning, the public should:

- Eat less coral reef fish;
- Eat small amounts of coral reef fish at any meal and avoid having a whole fish feast in which all dishes come from the same large coral reef fish;
- Avoid eating the head, skin, intestines and roe of coral reef fish, which usually have a higher concentration of toxins;
- When eating coral reef fish, avoid consuming alcohol, peanuts or beans as they may aggravate ciguatoxin poisoning;
- Seek medical treatment immediately should symptoms of ciguatoxin fish poisoning appear; and
- Coral reef fish should be purchased from reputable and licensed seafood

shops. Do not buy the fish when the source is in doubt.