Dr. Beachgem: These 6 everyday items can send kids to the ER

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Featured topic and speaker

Pediatric emergency medicine physician Dr. Beachgem (Meghan Martin, MD) shares the household hazards she chooses not to keep in her own home and explains why these common items can be dangerous for children.

Learn about the risks associated with:

- Small magnets
- Coin lithium batteries
- Water beads
- Small beads in ears and noses
- Trampolines
- E-bikes and e-scooters

While it's impossible to remove every risk from childhood, understanding these hazards can help families make safer choices and potentially prevent trips to the emergency room.

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Speaker

- **Meghan Martin, MD/Dr. Beachgem**, pediatric emergency medicine physician

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Transcript

Dr. Beachgem: I'm Dr. Beachgem. I'm a pediatric emergency medicine physician and AMA member for 20 years. I'm also a mom of four, and while it's impossible to remove every risk from childhood, there are some things that we don't keep in our house.

Number one is magnets. These powerful magnets can become a problem if multiple are swallowed. They want to find each other, and even if there's bowel or stomach lining in the middle, they will pull together and they can cause bowel perforations and obstructions. I've taken care of kids that have lost several inches of bowel because of these little guys.

Here are some other things that could be a problem in our home. Coin lithium batteries can be swallowed and get lodged in the esophagus. They can create burns and tissue damage that can be life threatening.

Water beads, similar to magnets, can create bowel obstructions. When they get swallowed, they increase in size and there's no way to really see them on X-ray because they're very similar to tissue density.

Little beads can get stuck in noses and ears. If this happens, don't try to take them out on your own with tweezers or Q-tips. It can push them back further, make them harder to remove or cause injury. Make sure you come to the ER and we'll get them out.

Parents want to talk to me about trampolines all the time. We call it a trampoline fracture for a reason, and that's why it's a no in my house.

E-bikes and e-scooters are on the list. It's important to know what you're buying and have appropriately rated safety equipment. These things go fast, and we've seen a lot of traumatic injuries.

It's impossible to take all the risk out of childhood, but some small changes can avoid some big problems. If you're concerned, come to the ER. But hopefully making these changes you can avoid a visit.

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