

**2019 ACMT Annual Scientific Meeting
Open Mic Competition**

Title: Nefarious Nightshades: Separating Solanum Fact & Fiction

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Abstract: From ancient Incan staple, to peasant fare, to dreamy fried treat, the potato is a humble yet versatile vegetable that has maintained a constant presence on the worldwide dietary stage. These tubers are family members of the Solanum genus, along with the tomato and eggplant. The nightshade family of edible plants has a varied reputation: touted to have medicinal properties, yet also suspected to cause poisonings from the natural toxins found in these plants. This nightshade family has grabbed the attention of some modern American diet theorists, who advocate for a 'nightshade-free' diet for sufferers of gastrointestinal ails. Enjoy the journey as we review the worldwide history of these plants, explore their toxic constituents, and illustrate the toxic syndromes they may produce – and the relevance of this information to the modern fad diet scene.

Objective 1:

Explore the toxicologic history of the consumed nightshade plants.

Objective 2:

Define the members of the edible nightshade family and describe the medical biochemistry.

Objective 3:

Describe the toxic syndrome caused by nightshade ingestion and discuss the implications to the 'nightshade-free' diet.