

Subscription or Comments

If you wish to be added to the APH Weekly Update mailing list, removed from the mailing list, or if you have comments or questions about the update, please [contact us](#). We welcome your comments. Please feel free to share this update with others who may be interested.



WELLNESS

- 3 Problems with high-intensity interval training
- Effects of social media on mental health

USAFRICOM

- Nigeria issues Lassa fever Public Health Advisory

USCENTCOM

- Afghanistan reports additional polio case, Nigeria warned against complacency
- Pakistan: Dengue cases top 50,000 through November

USEUCOM

- Greece reports rare diphtheria death
- Latvia investigates suspected rabies death, would be 1st since 2003

USINDOPACOM

- China: Dozens of Brucellosis cases reported at Lanzhou institute
- Polio in Malaysia: 1st case reported in 27 years

USNORTHCOM

- Snakes and rodents identified as the likely source of Canada salmonella outbreak
- U.S.: Wisconsin- Health officials investigate multiple adenovirus cases on college campuses

USSOUTHCOM

- Dengue up dramatically in Ribeirão Preto in São Paulo state

DoD inspector general is looking into recruit deaths at military training

10 December- Recent deaths during initial training across the services is the subject of a new Defense Department inspector general project, according to a Dec. 4 memo. What began as an evaluation of medical resources at basic training, announced Nov. 18, has evolved into a look at medical protocols and their relation to deaths among basic trainees. "The renounced objective is to 'determine the effectiveness of medical protocols at the recruit training centers in the DoD,' " the memo said. Every year, a handful of recruits die at initial military training — some in training accidents, some of illness and others of underlying medical issues. The study will cover all deaths from January 2015 through December 2019. There is not a specific number of deaths the IG is working from, spokeswoman Dwrena Allen told Military Times, but the project will cover all deaths at recruit training, beyond those with solely medical causes. "We will conduct site visits to recruit training centers in the DoD," according to the original Nov. 18 memo. "We will also interview personnel from the education and training commands, the medical departments of the military services, the Defense Health Agency, and the U.S. Military Entrance Processing Command." In 2019, several cases rocked training commands in different services. In January, an outbreak of Group A strep at Fort Benning, Georgia, claimed one life and threatened hundreds of others, as dozens were diagnosed with infections ranging from strep throat to flesh-eating bacteria. A command investigation into the outbreak suggested discipline or further training for some medical personnel, one of whom did not immediately inform Pfc. Dez del Barba's chain of command of a positive strep test. The following day, he collapsed in his barracks room, and is still recovering from a leg amputation because of the flesh-eating disease he had been fighting for weeks. Then, in February and April, two seaman recruits at Naval Station Great Lakes, Illinois, died during physical fitness tests. Autopsies attributed the deaths to rhabdomyolysis and irregular heartbeat, respectively. A "medical emergency" also claimed the life of an Army trainee at Fort Jackson, South Carolina, in September. [Military Times](#)

[top of page...](#)

Hundreds of Military Families will be displaced during Christmas due to moldy, decrepit homes

6 December- This Christmas, hundreds of military families will be displaced due to their military base homes being filled with mold, pests, or other toxins that have sickened their children and cost those thousands of dollars in new belongings. "We've lost all of our possessions," said one Navy spouse whose family of six was forced to leave their military base home in Monterey, California, in July. "They're sitting in the home, we are displaced. We've been displaced." "We have to decide whether we're going to buy our kids beds — or toys," she told Breitbart News. So far, she said, they have not been reimbursed for their

Follow us!



Facebook



Twitter



YouTube



Instagram

An Ergonomic Overview on Exoskeletons, Orthosis, and Prosthesis: Potential Impacts and Future Research Directions

For over 100 years, researchers and inventors have attempted to create devices that work in parallel with the body's muscles and tendons in order to augment them. The potential impact of recent Exoskeleton technology on decreasing Work Related Musculoskeletal Disorder (WMSD) injuries and their associated reduction of monetary costs is encouraging. With any new technology however, there are potential user risks involved with bionic exoskeletons that need to be addressed, specifically physical ergonomic and psychological human factor risks. This paper offers an overview on ergonomic risks on the future use of exoskeletons in an industrial environment.



losses. Just in the Army alone, 182 military families are currently displaced from their homes, according to officials who testified at a Senate Armed Services Committee hearing on Tuesday. Army Secretary Ryan McCarthy said the Army has tracked the displacement of 2,265 families overall. The other services did not provide numbers, although Air Force Secretary Barbara Barrett testified that last week she met families at Keesler Air Force Base in Mississippi who had been displaced from their privatized homes as many as four times in recent years. Although problems have been plaguing military base housing for more than a decade, they received nationwide attention this year after a series of stories by Reuters revealed military homes poisoned by lead, mold, rodent infestations, gas and carbon monoxide leaks, and repeated sewage leaks. [Breitbart](#)

[top of page...](#)

Senate holds hearing on rise in military suicides

10 December- A new U.S. Department of Defense report shows a steady increase in the number of military and veteran suicides in the last six years. A total of 541 service members committed suicide in 2018. U.S. Senator Kirsten Gillibrand of New York led a hearing last week on the report's findings. She says combat missions and PTSD are often named as reasons for suicide, but other factors within military life can lead to emotional challenges. "It's often impossible to maintain a healthy work-life balance, and frequently our service members are expected to sacrifice the needs of their families to accomplish a mission." She says the unique burdens of military life can lead to mental health problems like anxiety and depression. Experts at the hearing said procedures need to be set up to identify these issues early. [WSHU](#)

[top of page...](#)

GLOBAL

Bluebird bio, Bristol-Myers' multiple myeloma therapy shows promise in early study

9 December- Bluebird bio Inc. and Bristol-Myers Squibb Co on Monday reported encouraging initial data from an ongoing early-stage study testing their experimental therapy for multiple myeloma in patients who did not respond to prior treatments. The lowest dose of the therapy, bb21217, had a median duration of response of 11.1 months and an overall response rate of 83% in heavily pre-treated patients with at least three prior lines of therapy, according to data presented at the American Society of Hematology Conference. Bb21217 belongs to a class of drugs called CAR-T therapies that involve drawing white blood cells from a patient, processing them to target cancer cells, and infusing them back into the patient. Typically with CAR-T cell therapy, after around six months of receiving the treatment, the presence of CAR-T cells available to fight the tumor cells diminishes to levels that are no longer measurable, bluebird Chief Medical Officer Dave Davidson told Reuters. With bb21217, the companies are looking to prolong the persistence

The Surgeon General Weekly Read Book

The Surgeon General Weekly Read Book is available with articles classified up to the **SECRET** level on the APHC SIPRNet site:

<https://intelshare.intelink.sgov.gov/sites/medcom-g2/SitePages/Home.aspx>

To access this version, you will need a **SECRET** clearance and a SIPRNet account.

of CAR-T cells in the body, which could translate into more durable clinical responses following treatment, he added. Bluebird and Bristol-Myers on Friday reported positive results from a mid-stage trial for another CAR-T therapy, Ide-cel, for multiple myeloma. The safety profile of bb21217, which targets a protein linked to multiple myeloma known as BCMA, was consistent with the known toxicities of CAR-T therapies, regardless of dosage, the companies said. [Reuters](#)

[top of page...](#)

British Columbia's vaping crackdown could offer a roadmap for the rest of the world

9 December- ...In Canada, the government of British Columbia is cracking down on vaping products. The plan is to reduce nicotine content, limit access to flavored pods, mandate plain packaging with health warnings and raise the tax on vaping products to 20 per cent. The rationale is simple. E-cigarettes have exploded in popularity around the world in recent years, especially among teens. Between 2011 and 2018, the proportion of high school students in the United States that use e-cigarettes increased more than 10-fold to 20.8 per cent from 1.5 per cent. With all the cases of vaping-related lung disease in the U.S. and Canada, it's not surprising to hear this described as "an epidemic that begs for an urgent response." [Scientific American](#)

[top of page...](#)

Four more Ebola cases reported as outbreak marches on

9 December- The World Health Organization's (WHO's) Ebola dashboard reflects 4 new cases today, raising the outbreak total to 3,324, including 2,206 deaths, a sign that the violence of November has indeed extended the outbreak in the Democratic Republic of the Congo (DRC), which is now in its 16th month. A total of 391 suspected cases are still under investigation. In an update yesterday, the DRC's technical committee on Ebola response (CMRE) said response activities are still "paralyzed in Beni, Mangina, and Biakato sub-coordination for security reasons." [CIDRAP](#)

[top of page...](#)

More than a watchdog- Study in mice shows nerves in the gut prevent Salmonella infection

5 December- New research by scientists at Harvard Medical School has found that nerves in the guts of mice do not merely sense the presence of Salmonella but actively protect against infection by this dangerous bacterium by deploying two lines of defense. The study, published today in Cell, casts in a new light the classic view of the nervous system as a mere watchdog that spots danger and alerts the body to its presence. The results show that by directly interfering with Salmonella's ability to infect the intestines, the nervous system is both a detector of danger and a defender against it. "Our results show the nervous system

is not just a simple sensor-and-alert system,” said neuro-immunologist Isaac Chiu, the study’s lead investigator and assistant professor of immunology in the Blavatnik Institute at Harvard Medical School. “We have found that nerve cells in the gut go above and beyond. They regulate gut immunity, maintain gut homeostasis and provide active protection against infection.” [The Harvard Gazette](#)

[top of page...](#)

Links

[A-Z Index](#)

[About APHC](#)

[Army Public Health](#)

[Weekly Update Archives](#)

[Medical Surveillance](#)

[Monthly Report](#)

[Medical Threat Briefings \(AKO\)](#)

[Request APHC Services](#)

[APHC Resource Materials](#)

[APHC Homepage](#)

[APHC Training](#)

[Contact APHC](#)

Newly approved test can diagnose MRSA in 5 hours

11 December- A newly approved diagnostic test uses a bacteriophage technology based on bioluminescence to detect the presence of methicillin-resistant *Staphylococcus aureus* (MRSA) within 5 hours, as opposed to the 24 to 48 hours it takes conventional cultures to do the same. The US Food and Drug Administration (FDA) authorized marketing of the cobas vivoDx MRSA diagnostic test from Roche Molecular Systems last week. About 5% of hospital patients carry the MRSA bacteria. Although many who carry the bacteria do not develop MRSA, the bacteria can still cause serious illness and death, according to the US Centers for Disease Control and Prevention (CDC), which defines it as a serious antimicrobial threat. There were more than 323,000 MRSA cases in hospitalized patients in the US and more than 10,000 deaths in 2017, according to the CDC. [Infection Control Today](#)

[top of page...](#)

New therapies help patients with dementia cope with depression

8 December- Anne Firmender, 74, was working with her psychologist to come up with a list of her positive attributes. “I cook for others,” said Ms. Firmender. “It’s giving,” encouraged the psychologist, Dimitris Kiosses. “Good kids,” continued Ms. Firmender, who has four grown children and four grandchildren. “And great mother,” added Dr. Kiosses. Ms. Firmender smiled. Dr. Kiosses typed up the list and handed a printout to Ms. Firmender to take home. “When you’re feeling down and hard on yourself, you can remind yourself of your strengths,” he told her. Ms. Firmender, who has a history of mental health problems, was in therapy for depression. But she also has mild cognitive impairment and can have trouble remembering what day it is. So Dr. Kiosses was treating her with a novel approach called Problem Adaptation Therapy, or PATH. The therapy, developed at Weill Cornell Medicine in New York City and White Plains, N.Y., focuses on solving tangible problems that fuel feelings of sadness and hopelessness. It incorporates tools, like checklists, calendars, signs and videos, to make it accessible for people with memory issues. A caregiver is often involved. The approach is one of several new psychotherapies to treat anxiety and depression in people with cognitive impairments, including early to moderate dementia. Another, the Peaceful Mind program, developed by researchers at Baylor College of Medicine and elsewhere for patients with anxiety and dementia, simplifies traditional cognitive behavioral therapy and focuses on scheduling pleasurable activities and skills, like deep breathing. Therapy sessions are short and take place in patients’ homes. A program designed by researchers at University College London gives cards to patients to take home

to remind them of key strategies. One that says "Stop and Think" prompts them to pause when they have panicky and unhelpful thoughts to help keep those thoughts from spiraling and creating more anxiety. [The New York Times](#)

[top of page...](#)

No single e-cigarette brand linked to vaping-related lung injuries, CDC says

6 December- No single product or brand is responsible for the thousands of vaping-related lung illnesses reported across the United States, according to a report released Friday by the US Centers for Disease Control and Prevention. "Nationally, Dank Vapes were the most commonly reported THC-containing product by hospitalized EVALI patients, but a wide variety of products were reported, with regional differences," the CDC said in its report. The agency uses the term EVALI as shorthand for "e-cigarette, or vaping, product use associated lung injury." While the CDC report also suggested the outbreak of illnesses may have peaked in September, it is still recommending that users avoid vaping any products that contain THC, "especially those acquired from informal sources like friends, family members, or in-person or online dealers." Although investigators have linked vitamin E acetate, a thickener used in some vaping products, to many of the lung injuries, the CDC said in its latest report that "many substances and product sources are being investigated, and there might be more than one cause." The agency on Thursday reported 2,291 confirmed cases of lung injury in the US related to vaping as of December 4 across all 50 states, the District of Columbia, Puerto Rico and the US Virgin Islands. The CDC has also reported 48 confirmed death in 25 states and the District of Columbia. [CNN](#)

[top of page...](#)

Only a quarter of U.S. childcare centers require kids to have flu shots

12 December- Only a quarter of childcare centers in the United States require children in their care to get a flu shot, and even fewer require childcare workers to be vaccinated, U.S. researchers reported on Thursday. Young children are at increased risk of serious complications such as hospitalization and even death from seasonal influenza, but few centers charged with caring for young children require them to be immunized, Dr. Timothy Shope of UPMC Children's Hospital of Pittsburgh and colleagues report in the Journal of the Pediatric Infectious Diseases Society. In the United States, nearly 1 in 4 children under age 5 attend large group childcare or preschool programs. According to Shope, flu spreads quickly among these children, and methods that can protect older children, such as frequent handwashing, isolating sick children or urging them to cough or sneeze into their elbow or shoulder, don't work for young children. Dr. Deborah Lehman, a professor of clinical pediatrics at the David Geffen School of Medicine at the University of California, Los Angeles, and an infectious disease expert who was not involved in the study, agreed. "Young children are the shedders and the spreaders," Lehman said in a telephone interview.

"They don't always have the best personal hygiene. Flu is spread through secretions and touches of hands. As you can imagine, in a daycare setting, it allows the virus to spread."

[Reuters](#)

[top of page...](#)

Toxic metal, leached from e-cigarette coil, permanently scars woman's lung

4 December- Doctors have discovered yet another way vaping -- and vaping THC [the psychoactive compound in marijuana], in particular -- can damage the lungs: when the metal coils of electronic cigarettes heat up to turn e-liquids into aerosols, toxic metals can leach into the liquid, leading to a rare condition usually only seen in industrial metal workers. A case report published [Wed 4 Dec 2019] in the European Respiratory Journal describes a 49-year-old California woman who had symptoms now known to be associated with the more than 2000 cases of vaping illnesses nationwide: shortness of breath, coughing, and wheezing. But when pathologists took a close look at the woman's lung tissue, it didn't look like a typical case of EVALI (e-cigarette or vaping product use associated lung injury). Instead, they saw damaged cells having engulfed other lung cells, creating giant cells -- a pattern typically found in an illness called hard-metal lung disease. "It has a distinctive and unusual appearance observed in other diseases," said case report co-author Dr. Kirk Jones, a professor of pathology at the University of California, San Francisco. "When we diagnose it, we are looking for occupational exposure to metal dust or vapor, usually cobalt, as a cause." The patient -- a dog walker by trade -- had no such exposure. What she did have was the ZenPen brand vape pen she'd been using for 6 months prior to getting sick. ZenPens do not come with pre-filled cartridges, so users must purchase their e-liquid elsewhere. ZenPen did not respond to NBC News' request for comment. When the doctors tested the e-liquid left in the device, they found several metals: nickel, aluminum, manganese, lead, cobalt, and chromium. Inhalation of cobalt, in particular, has been implicated in the kind of lung damage seen in the California case, Jones said. He'd treated a similar case in a mill worker several years before. Jones and his co-authors hypothesize the metals found in the e-liquid leached from the heating coil in the vape pen.

[NBC News](#)

[top of page...](#)

INFLUENZA

APHC: U.S. Army Influenza Activity Report

Week ending 20 November 2019 (week 48) - Flu activity currently remains low in the Army population. A significant decrease (14.8%) in the number of positive respiratory specimens when compared to the previous week was noted; There were 213 positive specimens in week 48 and 250 in week 47. Data from all regional health command were not received. About 4.2% of 869 specimens tested for influenza A were positive. The majority of the

influenza A-positive specimens are reported from RHC-A (n=9[34%]) and RHC-C (n=13[50%]). No hospitalizations were reported in week 48, bringing the season total to thirteen. Out of the 1,914 clinical specimens tested, 11.1% were positive. Influenza A and B accounted for 12.2% and 58.6%, respectively. The majority of positive specimens were in younger populations; those under 18 years of age accounted for 76% overall of positive respiratory illness specimens in week 48 while Active Duty Soldiers, 18 to 29 years, accounted for 70.8% of positive specimens. [APHC](#)

[top of page...](#)

China reports two human H9N2 avian flu cases

10 December- Taiwan health officials reported today on two human H9N2 avian influenza on Mainland China. The cases, from November 12th and 22nd, are the first reported in China this season. The two unrelated cases include—A 4-year-old girl from Sanming City, Fujian Province. She developed symptoms on October 26 this year, and her condition was mild. The other was a 5-year-old girl from Fuyang City, Anhui Province. She has recovered, and both cases had a history of poultry or poultry slaughterhouse exposure before onset. Since 2013, there has been 39 human H9N2 cases, primarily reported from China. One death has been reported. Cases have also been reported from Hong Kong, Bangladesh, Oman and Egypt. WHO said that since the virus is still detected in poultry and the environment, cases are expected to occur, but the risk of human-to-human transmission is low because the virus has not been capable of continuous transmission among humans.

[Outbreak News Today](#)

[top of page...](#)

U.S. flu season off to its earliest start in more than 15 years

6 December- The U.S. winter flu season is off to its earliest start in more than 15 years. An early barrage of illness in the South has begun to spread more broadly, and there's a decent chance flu season could peak much earlier than normal, health officials say. The last flu season to rev up this early was in 2003-2004 — a bad one. Some experts think the early start may mean a lot of suffering is in store, but others say it's too early to tell. "It really depends on what viruses are circulating. There's not a predictable trend as far as if it's early it's going to be more severe, or later, less severe," said Scott Epperson, who tracks flu-like illnesses for the U.S. Centers for Disease Control and Prevention. There are different types of flu viruses, and the one causing illnesses in most parts of the country is a surprise. It's a version that normally doesn't abound until March or April. That virus generally isn't as dangerous to older people — good news, since most flu hospitalizations and deaths each winter occur in the elderly. However, such viruses can be hard on children and people younger than 50. Louisiana was the first state to really get hit hard, with doctors there saying they began seeing large numbers of flu-like illnesses in October. Children's Hospital New Orleans has already seen more flu cases this fall than it saw all of last winter, said Dr. Toni Gross, the hospital's chief of emergency medicine. Last month was the busiest ever at

the hospital's emergency department. Officials had to set up a triage system and add extra shifts, Gross said. "It is definitely causing symptoms that will put you in bed for a week," including fever, vomiting and diarrhea. But the hospital has not had any deaths and is not seeing many serious complications, she said. Health officials tend to consider a flu season to be officially underway when — for at least three weeks in a row — a significant percentage of U.S. doctor's office visits are due to flu-like illnesses. That's now happened, CDC officials said this week. [STAT News](#)

[top of page...](#)

WHO: Influenza Update

09 December 2019 - Update number 356, based on data up to 24 November 2019:

-In the temperate zone of the northern hemisphere, respiratory illness indicators and influenza activity started to increase in most countries. Influenza activity was elevated across the countries in Western Asia.

-In the Caribbean and Central American countries, influenza activity was low overall, except for Jamaica and Honduras. In tropical South American countries, influenza activity remained low

-In tropical Africa, influenza activity remained elevated in some countries of Western Africa.

-In Southern Asia, influenza activity was low across reporting countries, but continued to increase in Iran (Islamic Republic of).

-In South East Asia, influenza activity continued to be reported in Lao PDR and Viet Nam.

-In the temperate zones of the southern hemisphere, influenza activity returned to inter-seasonal levels.

-Worldwide, seasonal influenza A(H3N2) viruses accounted for the majority of detections.

[WHO](#)

[top of page...](#)

VETERINARY/FOOD SAFETY

Company recalls fresh fruit from hospitals, schools, etc., amid Salmonella Javiana outbreak

9 December- As promised, a New Jersey company is recalling pre-cut fresh fruit from hospitals, schools and other institutions because of a link to a Salmonella outbreak that has sickened more than 30. Tailor Cut Produce is recalling its Fruit luau, cut honeydew, cut cantaloupe and cut pineapple products, according to a company notice posted by the Food and Drug Administration. Pennsylvania officials announced on Saturday, Dec. 7, that the company's fruit had been linked to an outbreak of Salmonella Javiana. At least 31 people have been confirmed sick. The company reports distributing the implicated fruit in Pennsylvania, New Jersey, New York and Delaware between Nov. 15 and Dec. 1. Tailor Cut

Produce officials say the recalled products could be in restaurants, banquet facilities, hotels, schools, and institutional food service establishments. "The product comes in 2/1 gallon cases with a date of production stamped on the side," according to the Tailor recall notice posted on the FDA website. "Distributors who have purchased the cut fruit products dated November 15 – December 1 are urged to quarantine them and to call for further instructions. "The potential for contamination was noted after several patients fell ill in four hospitals in Pennsylvania. Production of the product has been suspended while FDA and the company continue their investigation as to the source of the problem. "According to the Pennsylvania Department of Health, the epidemiologic evidence collected thus far indicates that this fruit mix is a potential source of the illnesses. The state's review of invoices shows that a common food eaten by many confirmed outbreak patients was the fruit mix from Tailor Cut Produce. The FDA activated a team to coordinate its outbreak investigation. On Dec. 6, the FDA and the Pennsylvania health officials told company officials about the results of the investigation thus far. At that time the firm's leaders said they would work with FDA to implement a recall. [Food Safety News](#)

[top of page...](#)

E. coli O157:H7: Multistate outbreak investigated, linked to Fresh Express Sunflower Crisp chopped salad

10 December- Federal and state public health and regulatory officials in the US and Canada report investigating a multistate outbreak of E. coli O157:H7 infections linked to Fresh Express Sunflower Crisp chopped salad kit. The outbreak consists of eight E. coli O157:H7 infections in three states: Minnesota, North Dakota, and Wisconsin. Three people have been hospitalized, including one person who developed hemolytic uremic syndrome, a type of kidney failure. No deaths have been reported. Canada has reported 16 people infected with the same strain. The Centers for Disease Control and Prevention says the investigation is ongoing to determine what ingredient in the salad kit was contaminated. Romaine lettuce is one of the ingredients in the salad kit, but we do not know yet if this outbreak is related to a current outbreak linked to romaine lettuce from the Salinas, California, growing region. Preliminary information indicates that romaine lettuce in the salad kits eaten by some of the sick people likely came from the Salinas growing region. [Outbreak News Today](#)

[top of page...](#)

Risk of exploding bottles prompts chili sauce recall

6 December- A brand of hot chili sauce from the United States has been recalled from countries across Europe due to a risk of the bottles exploding. The implicated Sriracha Hot Chili Sauce has a best-before date of March 2021, batch code H9TMKA 44 33, and comes in a pack size of 740 ml. Tuong Ot Sriracha brand hot chili sauce is produced by Huy Fong Foods Inc. based in California. An alert was prompted by a consumer complaint in Ireland. There is a risk the contents may explode once the bottle is opened. This poses a risk of hot chili sauce irritating eyes or skin, according to the Food Safety Authority of Ireland (FSAI). The chili sauce came from the United States, via the Netherlands, and was distributed to

Austria, Czech Republic, Denmark, Finland, France, Germany, Iceland, Ireland, Poland, Slovakia, Spain, Sweden and the United Kingdom. [Food Safety News](#)

[top of page...](#)

White Castle frozen burgers, cheeseburgers recalled over listeria concerns

9 December- White Castle has issued a recall for select frozen products sold at select retailers over concerns that they may be contaminated with listeria. The alert, which was issued on Friday, pertains to select frozen 6-pack cheeseburgers, frozen 6-pack hamburgers, frozen 6-pack jalapeno cheeseburgers, 16-pack hamburgers, and 16-pack cheeseburgers. According to the recall notice, impacted products are marked with best-by dates ranging from Aug. 4, 2020, to Aug. 17, 2020. While there have been no instances of illness related to the recall, the company is advising customers to dispose of recalled products or return them to the place of purchase for a refund. The issue was found after a third party tested a frozen sandwich from one manufacturing facility and found the presence of *Listeria monocytogenes*. The company immediately halted shipments from the facility and began sanitation and cleaning procedures, as well as comprehensive testing to ensure there was no listeria at the facility. [Fox News](#)

[top of page...](#)

WELLNESS

3 Problems with high-intensity interval training

6 December- ...HIIT involves alternating brief bouts of high-intensity exercise (30 seconds to five minutes) with shorter rest periods during a single exercise session. For most people, the allure of this type of training is that it promises shorter workouts, which still provide results that are equal to (or greater than) more traditional moderate-intensity training. HIIT is versatile enough to be used in all types of settings. It also packs a punch that can take some extra time to recover from. Arguably, the most popular form of HIIT is the Tabata method. I wrote about that in an article called *How to Use Tabata Training for More Than Just HIIT Workouts*. Although the article you're reading right now may seem like it's putting HIIT down, I stand by my previous claims. Tabata training, if done correctly (and that's a big if), is very demanding. The body responds to the stress of this workout by rapidly increasing its capacity to increase oxygen uptake, which is an important measure of fitness. As I hinted at earlier, you do not need to do HIIT more often than once or twice per week. Doing it more often than two or three times a week can actually be counterproductive. If you are doing these workouts correctly, your body will need time to recover between sessions. The key to making any interval training effective is in the intensity. Which leads me back to the problems with HIIT. Cardiovascular fitness based on one particular activity is not the same as cardiovascular health in everyday life. In biomechanist Katy Bowman's book, *Move Your DNA*, she explains that "cardiovascular health comes when the entire circulatory system is

used in a variety of ways to deliver oxygen to 100 percent of all cells of the body.” So, with that in mind, let’s think about this bike. A stationary cyclist’s cardiovascular fitness may allow them to pump a lot of blood to their legs for several hours (or just a few minutes on this device.) But at the same time, that cyclist’s body may be providing lower blood supply to other parts of the body that remain still and supported during this short-but-intense exercise session. And that’s a problem. [Scientific American](#)

[top of page...](#)

Effects of social media on mental health

10 December- Today's generation is very dependent on social media. It's the first thing on our mind in the morning and the last thing at night. Some may argue that we are not paying enough attention to our surroundings. We are missing out on precious moments of our lives. I am going to discuss how we are addicted to social media and it's affecting us.

Lack of communication skills- Talking to someone has never been easier. We stay connected with family and friends, even if they are in different countries. Social media helps us retain a robust long-distance relationship with our significant other. You can adequately express your emotions and thoughts and also post them for everyone to see. However, we can be caught up in all this so much that we lose time for what is around us. People have problems concentrating at work, interacting with people at social gatherings. All this makes us anti-social. If none of your friends is online, you might feel depressed and lonely.

Lowers your self-esteem- Seeing different celebrities and their glamorous lifestyles on the internet might lower your self-esteem. You could start to think you aren't good enough. You don't dress well enough. Your clothes and accessories don't look right just because they don't have the names of expensive brands on them. You might spend all your time and money to get a good picture for more likes. Feeling this way can have horrible effects on your mental health. In a few years, you will realize there is no one around you. You only have digital friends and followers, which could lead to depression.

Feelings of jealousy- Seeing your spouse or partner with other people might raise some questions in your mind. Are they just friends? Are they colleagues? How do they know each other? Or maybe your significant other isn't paying as much attention to you. You may even want to spy on them using certain apps like mspylite. Being always jealous and being in doubt is very unhealthy for your mind. You won't be able to focus on work or other essential things. All of this can lead your relation to a downward spiral.

Constant need for validation- A friend of yours has four thousand followers. Another one has five thousand. You only have a couple of hundred. You try to do things they do, go out of your way to get a few more followers and likes. No matter how many followers you have, they will never be enough. You will always want more. You will be addicted to getting other people's approval. When in reality, you will fail to make the people closest to you happy. These likes and comments might give temporary satisfaction but will never make you truly happy. Having good social media standing is not a bad thing. Communicating with people more often is excellent; it makes them feel closer to you. But, if you let social media affect

the way you think and how you live, you can never be happy. [Tech Times](#)

[top of page...](#)

USAFRICOM

Nigeria issues Lassa fever Public Health Advisory

9 December- Nigerian health officials have reported 785 confirmed Lassa fever cases in 23 states through November 24, including 160 deaths among the confirmed cases, giving it a 20 percent fatality rate. This prompted officials to issue a Lassa Fever Public Health Advisory as more cases are reported during the dry season, which began in November. Authorities remind the public that Lassa fever is spread through:

1. Direct contact with urine, feces, saliva or blood of infected rats.
2. Contact with objects, household items and surfaces or eating food, contaminated with urine, faeces, saliva or blood of infected rats.
3. Person to person transmission by contact with blood, urine, feces, vomitus, semen, vaginal secretions, breast milk or other body fluids of an infected person. [Outbreak News Today](#)

[top of page...](#)

USCENTCOM

Afghanistan reports additional polio case, Nigeria warned against complacency

7 December- The global wild poliovirus type 1 (WPV1) case count increased by one this past week as Afghanistan reported its 22nd case of the year. The latest case was reported from Kandahar district. To date, the number of WPV1 cases reported stands at 113 (Pakistan has reported 91 cases to date), up from 29 this time last year and 33 reported in all of 2018. The number of circulating vaccine-derived poliovirus cases reported this year is now 195 after 16 circulating vaccine-derived poliovirus type 2 (cVDPV2) cases were reported in Angola. The cases were reported as follows: one each from Benguela, Luanda and Huila provinces, four from Cuanza Sul, five from Huambo and two each from Moxico and Malanje provinces. Angola has reported 60 cVDPV2 cases this year, the most of any country. Lastly, Nigeria has achieved the milestones of being three years' wild polio-free and the African Regional Certification Commission (ARCC) for Polio Eradication certification will start conducting field verification and reviewing documentation of interruption of wild polio virus (WPV) . If the ARCC is satisfied with the national documentation and field verification, the WHO African Region could be certified to have eradicated WPV by mid-2020. [Outbreak News Today](#)

[top of page...](#)

Pakistan: Dengue cases top 50,000 through November

11 December- Health officials in Pakistan have reported more than 50,000 dengue fever cases in 2019 to date. The Ministry of National Health Services, Regulations and Coordination (MNHSR&C) of Pakistan says there has been 52,485 dengue cases through Dec.1, including 91 dengue related deaths. Cases reported from Islamabad and Rawalpindi now stand at 20,980 – 40% of the national tally, while Karachi has reported 14,443 cases. The highest number of deaths during 2019 have been reported from Sindh (42, CFR 0.27%) followed by Punjab (23, CFR 0.22%) and Islamabad (22, CFR 0.16%). The good news is MNHSR&C data show a declining trend in the number of new dengue cases over the past month. [Outbreak News Today](#)

[top of page...](#)

USEUCOM

Greece reports rare diphtheria death

7 December- The Greece National Public Health Agency reported this week (computer translated) on a rare diphtheria fatality. The case is an eight-year-old child who died on Nov. 26 at the General Children's Hospital of Athens where the child was treated for a severe respiratory infection with positive culture of *C. diphtheriae* in bronchial secretions. Additional testing showed the diphtheria strain was toxigenic. The ECDC reports that the last recorded death from diphtheria in Greece was in an imported pediatric case in 1994, while the last lethal autochthonous case was in the 1970s. The immunization coverage for the diphtheria-tetanus vaccine in Greece is high at 95 percent. Diphtheria is an acute bacterial infection of respiratory system which can cause mild to severe illness. Symptoms, develop 2 – 5 days after infection, include fever, sore throat, and swollen lymph glands in the neck. Severe illness presents with swollen neck and thick gray or white patch of dead tissue in the throat and tonsils caused by the bacterial toxin. Complications are blocking of the airway and absorption of the toxin into the blood stream that may cause damage to the heart, kidneys and peripheral nerves and thus can lead to death. The severely ill patient must visit a hospital for a special medical care immediately to save life. [Outbreak News Today](#)

[top of page...](#)

Latvia investigates suspected rabies death, would be 1st since 2003

7 December- The Latvian Center for Disease Prevention and Control reports investigating the death of a woman from Daugavpils, which is suspected from being due to rabies, according to a Baltic News Network report. If the death turns out to be due to rabies, this would be the first human rabies fatality in 16 years. Health officials say that lab tests are being conducted in collaboration with the Institute for Food Safety, Animal Health and Environment (BIOR) and that initial results suggest the patient had rabies. It is not clear if she contracted the infection locally or outside the country. Pending confirmatory testing will help identify the virus and determine the geographical place of origin of the virus. Epidemiologists have been identifying persons who had had contact with the patient, and 60 people are being vaccinated against rabies. [Outbreak News Today](#)

[top of page...](#)

USINDOPACOM

China: Dozens of Brucellosis cases reported at Lanzhou institute

7 December- Health officials in the city of Lanzhou in Gansu Province in Northwest China are reported dozens of brucellosis cases at a veterinary research institute in the city, according to a China.com report. In late November, a technical team at the Lanzhou Veterinary Research Institute of the Chinese Academy of Agricultural Sciences reported that four students were serologically positive for brucellosis. After receiving the report, the Lanzhou Veterinary Research Institute immediately sent people to accompany the students to the hospital for treatment, and at the same time established an investigation team to close the related laboratories and conduct investigations. As of Friday, 263 people at the institute had been tested, of which 65, mainly laboratory staff, were confirmed antibody-positive by the Gansu Provincial Center for Disease Control and Prevention. Some of the seropositive individuals felt physically uncomfortable, and the others did not show obvious clinical symptoms. The patients have been under medical observation and will be given standard treatment if necessary, the commission said. [Outbreak News Today](#)

[top of page...](#)

Polio in Malaysia: 1st case reported in 27 years

8 December- Malaysia health officials are reporting a confirmed polio case in a three-month-old boy from Tuaran, Sabah who had a fever followed by a weak limb and was admitted to the intensive care unit of the hospital. He was confirmed to be infected with the vaccine-derived poliovirus type 1 (VDPV1) on December 6, 2019. According to a validation test conducted by the World Health Organization (WHO) Polio Regional Laboratory in Australia, the virus is linked to the polio virus detected in the Philippines. This is the polio

case reported in Malaysia since 1992. Malaysia was declared polio-free in 2000. The patient is currently being treated in an isolation ward and is in stable condition but still needs respiratory assistance. As of December 5, 2019, a survey of polio-infected children in Sabah has found that 23 out of 199 (11.6%) people between the two (2) months of age to 15 years did not receive polio vaccine. This is a very troubling situation as the spread of cVPDV infection can only be terminated by polio immunization. In light of the importance of polio immunization in preventing polio infection, the parents of all the children agreed to be given polio vaccine. [Outbreak News Today](#)

[top of page...](#)

USNORTHCOM

Snakes and rodents identified as the likely source of Canada salmonella outbreak

11 December- Officials with the Public Health Agency of Canada reported this week that their investigation into a Salmonella outbreak, that has affected six provinces, is linked to exposure to both snakes and rodents. Many of the individuals who became sick reported having direct or indirect contact with snakes, pet rats and feeder rodents (used as reptile food) before their illnesses occurred. The investigation is ongoing, and it is possible that other sources could be identified. As of December 10, 2019, there are 92 confirmed cases of Salmonella Typhimurium illness in the following provinces: British Columbia (4), Ontario (16), Quebec (52), New Brunswick (9), Nova Scotia (5) and Newfoundland and Labrador (6). Individuals became sick between April 2017 and October 2019. Six individuals have been hospitalized. No deaths have been reported. In Canada, Salmonella Typhimurium is a common strain with an average of 750 cases reported per year to the Public Health Agency of Canada. Both reptiles and rodents can carry Salmonella bacteria even though they appear healthy and clean and show no signs of illness. Even having indirect contact with these animals or their environments can put you at risk for developing a Salmonella infection.

[Outbreak News Today](#)

[top of page...](#)

U.S.: Wisconsin- Health officials investigate multiple adenovirus cases on college campuses

7 December- Wisconsin state health officials report investigating multiple cases of adenovirus infection on college campuses around the state. "Adenovirus infection is easily spread, which is why we tend to see it in places where large groups gather, like college dormitories and classrooms," said State Health Officer Jeanne Ayers. "While symptoms vary, the virus can be especially hard on people with weakened immune systems or who have lung or heart problems." CDC says adenoviruses are common viruses that cause a range of illness. They can cause cold-like symptoms, sore throat, bronchitis, pneumonia, diarrhea, and pink eye (conjunctivitis). You can get an adenovirus infection at any age. People with

weakened immune systems or existing respiratory or cardiac disease are more likely than others to get very sick from an adenovirus infection. [Outbreak News Today](#)

[top of page...](#)

USSOUTHCOM

Dengue up dramatically in Ribeirão Preto in São Paulo state

5 December- Municipal health officials in Ribeirão Preto, São Paulo state, Brazil are reporting a huge increase in dengue fever cases in 2019, according to a G1 Globo report. To date in 2019, Ribeirão Preto has reported 13,903 dengue cases. This compares to 233 cases report during the same period in 2018—a 5,866 percent increase. According to health department data, three deaths due to the disease were recorded throughout the year. The victims were a 73-year-old man and two 44- and 53-year-old women. The Aedes aegypti Rapid Index Survey (LIRAA), conducted by agents of the Endemics Control Superintendence (Sucen), puts Ribeirão Preto on the list of cities in the region on alert for the proliferation of the Aedes aegypti mosquito , dengue transmitter. According to the index, each house in the municipality has, on average, 3.9 outbreaks of the insect. Also according to the survey, the proliferation of larvae generally occurs in places such as attics and basements, potted plants, PET bottles, plastic pots, gutters, slabs, pools, tires, awnings, rubble and scrap.

[Outbreak News Today](#)

[top of page...](#)

[U.S. Military](#) | [Global](#) | [Influenza](#) | [Veterinary/Food Safety](#) | [Wellness](#) | [Contact Us](#)

[USAFRICOM](#) | [USCENTCOM](#) | [USEUCOM](#) | [USINDOPACOM](#) | [USNORTHCOM](#) | [USSOUTHCOM](#)

The *Army Public Health Update* is a collection of articles taken from public sources to offer awareness of current health issues and the media coverage given to them. The articles do not necessarily represent U.S. Army Medical Command opinions, views, policy, or guidance, and should not be construed or interpreted as being endorsed by the U.S. Army Medical Command.

The *Army Public Health Weekly Update* does not analyze the information as to its strategic or tactical impact on the U.S. Army and is not a medical intelligence product. Medical intelligence is available from the [National Center for Medical Intelligence](#).

External Links: The appearance of external hyperlinks does not constitute endorsement by the U.S. Army of the website or the information, products, or services contained therein. For other than authorized activities such as military exchanges and MWR sites, the U.S. Army does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this product.

Although we avoid links to sites that may be blocked, all sites may not be accessible from all locations. While we verify the links at the time of publication, we cannot guarantee that they will be active in the future.

The *Army Public Health Weekly Update* is published by the Public Health Communication Directorate, Army Public Health Center.

