

7 June 2019

Army Public Health Weekly Update

Army Public Health Center



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DoD officials urge troops to seek mental health help without fear

30 May-In 2018, more than 320 active duty service members committed suicide. Among reserve component service members, 144 did the same. One lawmaker called it "an epidemic." One problem that may contribute to suicide numbers is a reticence to seek assistance from mental health providers due to fears that such help may damage careers, especially when it comes to security clearances. But that fear is unfounded, one defense leader told lawmakers May 21. "We absolutely need to get the word out that it's almost impossible to lose your security clearance from endorsing a mental health history on your SF-86 question 21," said Navy Capt. (Dr.) Mike Colston, the Defense Department's director of mental health policy and oversight. "We really have data — [this has happened to] a couple dozen out of nearly 10 million security clearances," Colston said. "So when we look at the process of 'Let's get down to the data,' are we going to kick you out for having a mental health condition? Probably not." Elizabeth P. Van Winkle, executive director of DoD's Office of Force Resiliency, told lawmakers during the joint hearing of the House Armed Services Committee's subcommittee on military personnel and the House Veterans Affairs Committee's health subcommittee that solving suicide is a shared challenge in both the military and civilian societies. "Nationwide, suicide rates are alarming, and increasing," Van Winkle said. "None of us has solved this issue, and no single case of suicide is identical to any other case. The scientific research surrounding prevention of suicides is both complex and ever-evolving. Suicide is the culmination of complex interactions between biological, social and psychological factors, operating at individual, community and societal levels. Our data also tells us it is often a sudden and impulsive act." One effort already underway to help take better care of service members, Van Winkle said, is codification of a framework to more efficiently transition outgoing personnel from active duty to the Department of Veterans Affairs "to make sure service members leave the military with an understanding of, and easy access to, all of the benefits and resources that they require." Colston said as many as 10,000 behavioral health professionals are now embedded in primary care clinics and line units across the Defense Department to assist service members in need. [Health.mil](#)

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Shaw suspends PT testing after two airmen's running-related deaths

3 June- The commander at Shaw Air Force Base in South Carolina has suspended physical fitness assessments in the wake of two airmen's recent deaths after running, and launched an investigation to see if PT caused their deaths. Senior Airman Aaron Hall, 30, of the 20th Component Maintenance Squadron, experienced what the base called health complications last Wednesday during an official physical fitness assessment at one of Shaw's running tracks. He died Saturday morning. His death followed that of Senior Airman Amalia Joseph,

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Residential Indoor Mold and Residential Mold Air Sample Results What Do They Mean?

The term "mold" is used to refer to fungi that are naturally occurring in the environment. Molds are found in virtually every environment and can be detected, both indoors and outdoors, year round. Mold growth is encouraged by warm and humid conditions.



32, who had a medical emergency on Shaw's other running track during her PT assessment May 24 and died early in the morning of May 26. She was from the same squadron as Hall. Col. Derek O'Malley, commander of the 20th Fighter Wing at Shaw, has suspended all PT testing at the base indefinitely while the investigation into their deaths is under way, said Capt. Alannah Staver, the 20th's chief of public affairs. "It's been a devastating couple of weeks here at Shaw, with the loss of our teammates," O'Malley said in a statement released by Shaw. "We don't know what caused these deaths, but we are exploring every possibility to get the answers we need to prevent this from happening again. ... As you can imagine, we are struggling as a team after a very difficult last few weeks, but we will be as transparent as we possibly can as we work through this." [Air Force Times](#)

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GLOBAL

Another tick-borne disease to worry about

1 June- When a tick bores into your skin, anchoring itself for what can be a leisurely meal while often spreading germs, it isn't just Lyme disease that you have to worry about. Various kinds of ticks have been shown to carry at least 16 diseases in the U.S alone that can infect humans, according to the Centers for Disease Control and Prevention. Now add one more to the global list of ills that a tick bite can bring about, according to a study in the May 30 New England Journal of Medicine. The study, identifying a new tick-borne disease, shows that we still don't know how many more diseases ticks can carry. "We continue to discover new viruses," says Dr. Bobbi Pritt, director of the Clinical Parasitology Laboratory and co-director of the Vector-Borne Disease Lab Services at Mayo Clinic. She was not involved in the study. The newly discovered disease was found in Inner Mongolia, an autonomous region of China. In April 2017, a 42-year-old female farmer from the Mongolian town Alongshan went to a county hospital complaining of fever and headache. She had a history of tick bites. In searching for the cause of the patient's fever, researchers ruled out the usual tick-borne diseases found in the area. Using genome sequencing, a process of determining the makeup of an organism's DNA, they isolated a new disease-causing agent, which they called Alongshan virus, or ALSV, after the patient's hometown. Further testing found 86 additional patients in the same Inner Mongolia region who were infected with ALSV. "Neither permanent clinical complications nor death occurred among patients with confirmed infection," wrote the authors, from various universities and laboratories in China, in the journal article. [NPR](#)

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**The Surgeon
General Weekly
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<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.

A pioneering treatment for uncontrollable hunger

3 June- ... Prader-Willi syndrome is caused by the failed expression of several genes on chromosome 15 derived from the child's father. The genes are either missing or inactivated by a mistake that occurs during sperm development or, in some cases, the father's entire chromosome 15 is not inherited by the fetus. The disorder is only rarely inherited, but when a father has Prader-Willi syndrome caused by a deletion in chromosome 15, there's a 50 percent chance each child he fathers will inherit the defective chromosome....Dr. Pullen pointed out that in addition to uncontrollable hunger, the common childhood symptoms of Prader-Willi syndrome suggest that neurological abnormalities may underlie the disorder's most challenging problems. In support of her theory, Dr. Pullen and Maria Picone just published in the Journal of Pediatric Pharmacology and Therapeutics a preliminary report documenting benefits in three Prader-Willi children of the drug pitolisant (Wakix). Pitolisant is licensed in Europe to treat narcolepsy, a neurological sleep disorder. Ms. Picone, founder of TREND Community, a networking platform for those with rare disorders, also has a child with the syndrome. She and Dr. Pullen are co-founders of the Chion Foundation, based in Chicago, which does research in rare diseases. The children in their report are among 10 with Prader-Willi syndrome who have now tried pitolisant. Nine are said to have experienced significant improvements in quality of life, including more normal sleep patterns, increased daytime alertness and better mental functioning. The children were reported to have shown improvements within days of starting on a low dose of the drug that was gradually increased. Several of the children, including Kian, are featured in a video Dr. Pullen produced to show at a professional conference in Canada last month. [New York Times](#)

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Babies born in withdrawal

30 May- Across the US, the number of babies born in drug withdrawal has spiraled. As they become school age, teachers are facing challenges for which there is no steadfast protocol. "They're just these damaged little brains that are not psychologically ready to learn," says Christina Flanders of Woodland Heights School in New Hampshire, attended by scores of children born in withdrawal from opioids and other drugs. But Woodland Heights has deployed behavioral health teams who deliver services like daily check-ins, social work services and mindfulness training. And grades are up. Test scores climbed significantly in 2018—and disciplinary problems dropped 79% since 2013. [Global Health Now](#)

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Dietary supplement ingredient linked to miscarriages, FDA warns

4 June- A widely available dietary supplement ingredient may cause miscarriages or problems with fetal development if used during pregnancy, according to the U.S. Food and Drug Administration (FDA). On Monday (June 3), the agency warned pregnant women and

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those of childbearing age to avoid using supplements containing vinpocetine. Supplements with this ingredient are often marketed for enhanced memory or focus, increased energy or weight loss, the FDA said. In animal studies, scientists found that vinpocetine caused decreased fetal weight and increased risk of miscarriage in pregnant animals. What's more, the levels of vinpocetine measured in the animals' blood were similar to those seen in people after taking a single dose of vinpocetine. "These findings are particularly concerning since products containing vinpocetine are widely available for use by women of childbearing age," the FDA said in a statement. "That's why today we're advising pregnant women and women who could become pregnant not to take vinpocetine." [Live Science](#)

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Drug extends life of younger women with advanced breast cancer, study says

2 June- Younger women suffering from a common form of advanced breast cancer have experienced significantly improved survival rates when treated with a drug that targets cancer cells, according to the findings of an international clinical trial. The study was conducted among 672 women under the age of 59 who received a drug called ribociclib, in combination with a common form of hormone therapy. Seventy percent of the women who took the combination therapy were alive after 42 months according to the findings, compared to 46% for women who were treated with only the hormone therapy and a placebo. This, the researchers said, corresponded to a 29% lower risk of death in patients receiving the combination therapy. The results were presented at the annual meeting of the American Society of Clinical Oncology in Chicago Saturday and will be published Tuesday in the New England Journal of Medicine. The study is the first to show a significant benefit in survival for premenopausal women with metastatic hormone-receptor positive breast cancer, according to lead author Dr. Sara Hurvitz, who directs the Breast Cancer Clinical Research Program at the UCLA Jonsson Comprehensive Cancer Center. [CNN](#)

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Early-life exposure to electronic cigarettes: cause for concern

31 May- Electronic nicotine delivery systems, or ENDS, are devices that heat and aerosolise a solution of propylene glycol, glycerine, nicotine, and flavourings. They have only achieved widespread use in the past 5 years or so, and therefore evidence around their potential to affect health is scarce. Importantly, they are often viewed as safer than tobacco cigarettes, meaning that at-risk populations, including pregnant women, might be more inclined to use them. No human studies, however, have assessed the potential for maternal ENDS use to affect the health of a developing baby. Experimental research suggests that nicotine alone is likely to adversely affect the fetus. Further, there is a misconception that ENDS do not produce second-hand aerosols. This misconception might put infants and young children at risk because their parents are more likely to use ENDS around them than they are to use

tobacco cigarettes. Emerging evidence also proposes that nicotine and other substances produced by ENDS can deposit on surfaces, and subsequently be exposed to infants and children; a process known as third-hand exposure. Finally, ENDS are often refillable, and instances of accidental poisonings of children who drink nicotine-containing refills have occurred. Thus, there are a multitude of ways that, with respect to early-life exposures and health, ENDS are a cause for concern. [The Lancet](#)

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First US human bite from worrying longhorned tick noted

3 June- In a report last week, researchers described the first human in the United States known to be bitten by an Asian longhorned tick, a rapidly spreading invasive species that the US Centers for Disease Control and Prevention (CDC) warned about last year. Though the 66-year-old man did not get sick, scientists know that *Haemaphysalis longicornis* can harbor bacteria that can cause human and animal diseases—possibly including Lyme disease—and an investigation into areas where the man lived found the tick in locations other ticks aren't typically found, which could lead to changes in public health risk messaging. A team from the CDC, New York, and New Jersey reported the findings on May 31 in *Clinical Infectious Diseases*. The tick was found in the United States for the first time in 2017 on a sheep in New Jersey, and since then, the species has been found in at least 10 states, mainly in the eastern states but also Arkansas. It's still not known how widespread Asian longhorned ticks are in the United States, but health officials are worried, because they are aggressive biters. Females can produce massive numbers of offspring without mating, and in some parts of the world—such as New Zealand and Australia—the species have reduced production in dairy cattle by 25%. [CIDRAP](#)

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Game-changing heart patches set for human trials

4 June- A healing, pumping patch could be the secret to mending a "broken" heart, according to researchers in the United Kingdom. The British Heart Foundation (BHF) said the patch could provide an off-the-shelf treatment for people who have suffered heart attacks. Grown in a lab, the 3cm by 2cm patch is developed from the patient's own cells, which are then converted into stem cells. Extremely adaptable, stem cells can change into other types of cells and reproduce more of the same. When sewn into the patient's heart, the patch will eventually form part of it. It is designed to physically support the muscles damaged by heart attacks and help the heart pump more efficiently. The patch also releases chemicals to help with the regeneration of existing cells. [Al Jazeera](#)

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Genetic mutation in “CRISPR Babies” may shorten lifespan

3 June- When Chinese scientist He Jiankui edited the genes of twin baby girls last year, he said he was doing it to protect them against HIV infection; their father was HIV-positive. The now-disgraced scientist has said he did not want the girls to get the virus, which causes AIDS, because of a severe stigma against it in China. But a new study suggests that he may have subjected them to a danger separate from the risk of catching HIV. The intended gene mutation appears to shorten people’s lives by nearly two years, according to a study published Monday in Nature Medicine. “JK was foolish in choosing this gene to mutate, because he may have compromised lifespan in the two girls,” says British stem cell scientist Robin Lovell-Badge of the Francis Crick Institute, referring to He by his nickname. Lovell-Badge was not involved in the new study. [Scientific American](#)

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Pathophysiology, prevention, and treatment of medication overuse headache

4 June- Regular or frequent use of analgesics and acute antimigraine drugs can increase the frequency of headache, and induce the transition from episodic to chronic headache or medication overuse headache. The 1-year prevalence of this condition in the general population is between 1% and 2%. Medication overuse headache is more common in women and in people with comorbid depression, anxiety, and other chronic pain conditions. Treatment of medication overuse headache has three components. First, patient’s need education and counselling to reduce the intake of medication for acute headache attacks. Second, some patients benefit from drug withdrawal (discontinuation of the overused medication). Finally, preventive drug therapy and non-medical prevention might be necessary in patients at onset of treatment or in patients who do not respond to the first two steps. The optimal therapeutic approach requires validation in controlled trials. [The Lancet](#)

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Scientists edit chicken genes to make them resistant to bird flu

3 June- Scientists in Britain have used gene-editing techniques to stop bird flu spreading in chicken cells grown in a lab - a key step towards making genetically-altered chickens that could halt a human flu pandemic. Bird flu viruses currently spread swiftly in wild birds and poultry, and can at times jump into humans. Global health and infectious disease specialists cite as one of their greatest concerns the threat of a human flu pandemic caused by a bird flu strain that makes such a jump and mutates into a deadly and airborne form that can pass easily between people. In the latest study, by editing out a section of chicken DNA inside the lab-grown cells, researchers from Imperial College London and the University of

Edinburgh's Roslin Institute prevented the bird flu virus from taking hold in the cells and replicating. The next step will be to try to produce chickens with the same genetic change, said Mike McGrew of the Roslin Institute, who co-led the research. The findings were due to be published in the scientific journal eLife on June 4. "This is an important advance that suggests we may be able to use gene-editing techniques to produce chickens that are resistant to bird flu," McGrew said in a statement. [Reuters](#)

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Three cases of brain-infecting parasite recently confirmed in Hawaii

31 May- Last December, a tourist in Hawaii ate a slug on a dare — not realizing, of course, a wiggly brain-loving parasite was along for the ride. After accidentally ingesting the larvae of the parasitic rat lungworm (*Angiostrongylus cantonensis*) that was hiding inside the slug, the person contracted angiostrongyliasis, or rat lungworm disease, becoming one of three recently confirmed cases of the infection, according to a May 23 statement from the Hawaii Department of Health. This brings the total number of confirmed cases of this parasitic infection to 10 in 2018 and five in 2019. This parasite typically lays eggs in a rodent's pulmonary arteries — passageways for blood traveling from the heart to the lungs — and once those eggs hatch, the resulting larvae can travel up to the rodent's throat area; the rodent then swallows them and poops them out, according to the Centers for Disease Control and Prevention. This parasite-packed poop becomes a meal for slugs and snails. When the accidental host — a human — comes along and eats a raw or undercooked snail or slug, the parasite larvae can make their way up to the person's brain (they also do this in rodents), where they mature into young adults. Some people infected with this parasite don't have any symptoms, whereas others can develop a rare form of meningitis called eosinophilic meningitis. Symptoms include severe headache, stiff neck, low-grade fever, tingling or pain and vomiting. The symptoms usually begin one to three weeks after exposure to the parasite, according to the Hawaii Department of Health. In Hawaii, most people get exposed to the parasite through eating a snail or a slug infected with the larvae. But people can also become infected through eating raw produce infected by the snails or slugs or even crabs, shrimp or frogs infected by the parasite. [Live Science](#)

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Universal flu vaccine: Vaccitech initiates Phase 2b clinical studies for vaccine candidate

5 June- Vaccitech Ltd. announced that it has administered its pandemic universal influenza A vaccine MVA-NP+M1 (VTP-100) to the first participants in a Flu 010 study – a Phase 2b, randomised, double-blind, placebo controlled, influenza challenge study being conducted in Antwerp, Belgium. In this trial, approved by both the U.S. Food and Drug Administration and Belgium Regulatory Authority, 155 participants in total will randomly receive either VTP-100 or placebo and 134 of those vaccinated will be challenged with the A/Belgium/4217/2015 (H3N2) influenza virus strain. The study will be conducted on an inpatient basis at the SGS Life Sciences quarantine facilities to assess the protective capabilities of VTP-100 as a standalone influenza vaccine for future use in pandemic or pre-pandemic situations. Results of the study are expected in early 2020. Vaccitech, through its wholly-owned subsidiary Vaccitech Australia Limited Pty, has also completed the vaccination of the planned 2,200 participants in the first year of the Flu 009 study, a double-blind, randomised, placebo-controlled phase 2b field trial in Australia. The trial has rapidly enrolled the planned target group in less than two months. Flu 009 will test the additive protective efficacy that VTP-100 may provide against influenza-like illness when administered as an adjunct to current licenced quadrivalent influenza seasonal vaccines (QIV). Nine clinical sites across Australia, under the leadership of Clinical Network Services Pty Ltd, recruited outpatients who had already received the standard of care QIV earlier in the influenza season, which typically peaks between July and October in the Southern Hemisphere. Influenza has been particularly prevalent in Australia so far this year, with a record number of viral infections confirmed to date. Vaccitech will assess, by rates of laboratory confirmed influenza illness, whether VTP-100 + QIV offers improved efficacy over QIV given alone, and therefore represents a novel and needed add-on to underperforming seasonal influenza vaccination options. Depending on the interim results of the Flu 009 study, expected early 2020, Vaccitech will continue the trial for a second season in Australia and recruit up to 6,000 participants overall. [Outbreak News Today](#)

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U.S. drug agency to ask Congress to classify illicit fentanyl like heroin

4 June- Illicit chemical knock-offs of the extremely potent opioid fentanyl would be put permanently in the same legal class as heroin to boost prosecutions of traffickers and makers of the drugs, under a proposal to be unveiled on Tuesday by the U.S. Drug Enforcement Administration. The new classification is meant to help fight a proliferation of chemical look-alikes of fentanyl, known as analogues that are fueling the U.S. opioid drug epidemic. It comes more than a year after the start of an emergency ban, due to expire in February 2020, which helped the DEA to expedite investigations of new analogues without first having to chemically analyze and classify each one. Fentanyl analogues resemble fentanyl and have similar physical effects. Chemists had been tweaking molecular structures

to evade the DEA scheduling regime. DEA Acting Chief Operations Officer Greg Cherundolo is set to go before a Senate committee on Tuesday to propose that Congress make the measure permanent so that cases against various analogues will not be undercut when the temporary ban lapses, a senior DEA official told Reuters ahead of the hearing. In 2017, more than two-thirds of about 70,200 drug overdose deaths in America involved an opioid, such as fentanyl, government data shows. [Reuters](#)

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INFLUENZA

CDC: Flu View - Weekly U.S. Influenza Surveillance Report

2018-2019 Influenza Season Week 21 ending May 25, 2019:

-U.S. Virologic Surveillance: WHO and NREVSS collaborating laboratories, which include both public health and clinical laboratories located in all 50 states, Puerto Rico, Guam, and the District of Columbia, report to CDC the total number of respiratory specimens tested for influenza and the number positive for influenza by virus type. In addition, public health laboratories also report the influenza A subtype (H1 or H3) and influenza B lineage information of the viruses they test and the age or age group of the persons from whom the specimens were collected.

-Pneumonia and Influenza Mortality: Based on National Center for Health Statistics (NCHS) mortality surveillance data available on May 30, 2019, 5.4% of the deaths occurring during the week ending May 18, 2019 (week 20) were due to P&I. This percentage is below the epidemic threshold of 6.5% for week 20.

-Influenza-associated Pediatric Mortality: Two influenza-associated pediatric deaths were reported to CDC during week 21. Both deaths were associated with an influenza A (H3) virus and occurred during weeks 12 and 19 (the weeks ending March 23, 2019 and May 11, 2019, respectively). A total of 113 influenza-associated pediatric deaths occurring during the 2018-2019 season have been reported to CDC. [CDC](#)

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ECDC: Flu News Europe

Week 20/2019 (13-20 May 2019)

-For week 20/2019, all countries reporting ILI or ARI thresholds reported activity at or below baseline levels, indicating a return to interseason levels.

-Few countries reported influenza virus detections in non-sentinel specimens. Of 81 sentinel specimens tested, none was influenza virus positive.

-For week 20/2019, one of the 54 specimens from patients hospitalized with severe acute respiratory infection (SARI) tested positive for an influenza virus.

-Pooled data from 23 Member States and areas reporting to the EuroMOMO project indicated that all-cause mortality was at expected levels.

-This is the last weekly report during the season 2018-19. During the summer, influenza reports will be published on 27 June, 15 August and 3 October. The weekly reporting will resume on 11 October 2019, for the 2019-2020 season. [European Center for Disease Prevention and Control/WHO](#)

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VETERINARY/FOOD SAFETY

Air France warning after Listeria detected in sandwich

3 June- Air France has issued a warning after Listeria was detected in tuna sandwiches served on certain flights in May. Servair, the supplier of the airline's on-board catering service, reported the pathogen was found in the sandwiches from self-service on-board buffets. It was revealed during quality check procedures on foodstuffs distributed aboard Air France flights. The sandwich was available in the economy and premium economy cabins of nine long-haul flights departing Paris Orly and Paris Charles de Gaulle between May 21 and 24. Servair withdrew all products, provided by Air Food, from the services on board Air France flights. Air France and Servair have as yet not been informed of any cases of illness. Servair, a Gategroup subsidiary, is active at 31 airports in 19 countries and has 10,500 employees. [Food Safety News](#)

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Benjamint chocolate bars recalled for milk and raisins recalled for sulfites

5 June- Two products are being recalled; Divvies Benjamint Chocolate Bars are recalled for undeclared milk, one of the major food allergens, and Deep Golden Raisins are recalled for undeclared sulfites. You can see pictures of the product labels at the FDA web site. The first recalled product is Divvies Benjamint Crunch Chocolate Bars for undeclared milk. Anyone who is allergic to milk or who is lactose intolerant could have a serious reaction if they eat

this product. No adverse reactions have been reported to the company to date. This recall is limited to the bars that were sold online through the Divvies website. The recalled product is Benjamint Chocolate Bars, with UPC number 8550011001389. The purchase dates for this candy are February 22, 2018 through May 18, 2018. The problem was discovered through routine testing of ingredients. The second recall is for Deep Foods Deep Golden Raisin for undeclared sulfites. Anyone who is sensitive to sulfites could have a reaction if they eat this product. No allergic reactions have been reported to date. The Deep Golden Raisins were sold nationwide in retail stores. The recalled product is sold in clear plastic bags. The product package sizes are: 7 ounce packages, with UPC number 01143313432; 14 ounce packages, with UPC number 011433133449; and 28 ounce packages, with UPC number 011433433457. [Food Poisoning Bulletin](#)

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FDA food testing finds contamination by 'forever chemicals'

3 June- The Food and Drug Administration's first broad testing of food for a worrisome class of nonstick, stain-resistant industrial compounds found substantial levels in some grocery store meats and seafood and in off-the-shelf chocolate cake, according to unreleased findings FDA researchers presented at a scientific conference in Europe. The FDA's disclosure is likely to add to concerns raised by states and public health groups that President Donald Trump's administration is not acting fast enough or firmly enough to start regulating the manmade compounds, called "forever chemicals." A federal toxicology report last year cited consistent associations between very high levels of the industrial compounds in peoples' blood and health risks but said there was not enough evidence to prove the compounds as the cause. [Fox News](#)

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Risk of cyanide poisoning spurs recall of apricot pits, seed meal

4 June- A Canadian company is recalling Apricot Power brand apricot pits and seed meal because they contain the toxin amygdalin, which can cause cyanide poisoning. Ecoideas Innovations Inc., which has offices in British Columbia and Ontario and identifies itself as a health food company, does not appear to have any of the recall information on its website. However, product pages for the apricot "seeds" and meal on the site were not operational as of Monday evening. "Consumers should not consume the recalled products described below as they have incorrect dosage information and excessive consumption may cause cyanide poisoning," according to the recall notice posted by the Canadian Food Inspection Agency. "Check to see if you have recalled product in your home. Recalled products should be thrown out or returned to the store where they were purchased." Consumers can use the labeling information in the chart below to determine whether they have any of the recalled products. Ecoideas distributed the recalled products to retailers nationwide in Canada. [Food](#)

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UK: Cadbury Dairy Milk desserts recalled due to Listeria risk

2 June- Müller UK is recalling Cadbury Dairy Milk Cheesecake and Cadbury Dairy Milk Caramel Cheesecake dessert products as a precaution due to the possible presence of *Listeria monocytogenes* in the products. No other Müller UK products are known to be affected. Müller are recalling the above products. Müller produces these products under license from Cadbury and has stressed that this does not impact any other products it produces for Cadbury; or Cadbury Cheesecake variants in the UK or other markets. Point-of-Sale notices will be displayed in all stores that are selling these products. These notices explain to customers why the products are being recalled and tell them what to do if they have bought the products. Symptoms caused by *Listeria monocytogenes* can be similar to flu and include high temperature, muscle ache or pain, chills, feeling or being sick and diarrhea. However, in rare cases, the infection can be more severe, causing serious complications, such as meningitis. [Outbreak News Today](#)

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WELLNESS

Deadly falls in older Americans are rising- Here's how to prevent them

4 June- As the population ages, the number of older Americans who die following a fall is rising. A study published Tuesday in the medical journal JAMA found that for people over 75, the rate of mortality from falls more than doubled from 2000 to 2016. Researcher's analyzed information obtained from death certificates maintained by the federal government's National Center for Health Statistics. In 2016, the rate of death from falls for people 75 and older was 111 per 100,000 people, they found. In 2000, that rate was 52 per 100,000 people. Elizabeth Burns, a health scientist at the Centers for Disease Control and Prevention, who was an author of the study, said the reason for the increase was unclear. "The most likely reason is that people are living longer with conditions that in the past they might have died from," she said. In addition, she continued, older adults are on medications that increase their risk of falling. Women are slightly more likely to fall than men, but men are slightly more likely to die as a result of a fall. [New York Times](#)

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How binge-watching is hazardous to your health

3 June- Binge-watching, otherwise known as the act of streaming many television episodes in one sitting, is more common and doable than ever. New and buzzy series are constantly added to Netflix, Hulu, etc. You can stream the entire multiseason backlog of shows such as “Game of Thrones,” “Billions” and “Big Little Lies” on HBO or Showtime anytime you’d like. Though that might sound glorious to TV fans, it’s a bit worrisome to health experts across the country. With so much content available, and so much screen time becoming the norm — replacing hours devoted to fitness, socializing and sleeping — the potential health implications of binge-watching are becoming more obvious. The research on the health effects of binge-watching is still in its infancy, but a few studies have raised concerns. According to a 2017 study published in the Journal of Clinical Sleep Medicine, avid binge-watchers reported poor sleep quality, increased fatigue and more insomnia symptoms. Michigan State University researchers presented a link between binge-watching and poor lifestyle choices such as opting for unhealthy meals, unhealthy snacks and sedentary behaviors at the 67th Annual Conference of the International Communication Association in 2017. Though there’s still more research to be done on the effects of our culture’s shift toward multihour TV sessions, here’s what experts believe can happen to a person’s health if binge-watching remains the norm. [Washington Post](#)

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USAFRICOM

Anthrax outbreaks in Lesotho, dozens of cattle killed

1 June- Three anthrax outbreaks have been reported in the Maseru district of Lesotho, which have affected dozens of cattle, prompting warnings from South Africa authorities. Lesotho is a landlocked country encircled by South Africa. Last week, Dr Gerard Relebohile Mahloane, Director General of Veterinary Services, Livestock Services, Ministry of Agriculture and Food Security, Maseru, Lesotho reported to the World Organisation for Animal Health of at least 24 cattle deaths and another 106 susceptible. Maseru Central Veterinary Laboratory confirmed the anthrax by culture. The outbreak is ongoing and authorities in Lesotho have initiated control measures to contain the spread of the disease, namely: quarantine and restriction of movement of cattle within Lesotho, surveillance within the quarantine area, official disposal of carcasses, by-products and waste, zoning, disinfection, and vaccination of animals. While government officials in Lesotho confirmed anthrax, skepticism among farmers abound in the country. According to an Eyewitness News report, Lesotho wool and mohair farmers allege that their government is faking an anthrax outbreak to scare South African and international markets from buying their products.

[Outbreak News Today](#)

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USCENTCOM

Karachi likely to face water crisis during Eid holidays

5 June- Karachi is likely to face yet another water crisis during the Eid holidays. Already, the water supply in various areas of the city has become severely affected and many people have taken to the streets to protest against it. The most affected areas in Karachi include Gulistan-e-Johar, Korangi, Malir, Surjani Town, Nazimabad, Baldia Town, Orangi Town, Bufferzone and North Karachi. The residents of Murad Baloch Goth, including women and children, staged a protest outside the office of Karachi Water and Sewerage Board (KWSB) near Garden Chowk on Tuesday for the restoration of the water supply. They said that for about a month, the supply of water in their area remained suspended. Despite having complained several times, no efforts have been made yet in this regard. [Tribune](#)

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USEUCOM

Iceland: Pertussis vaccine recommended for pregnant women

1 June- The Iceland Chief Epidemiologist now recommends vaccinating pregnant women for pertussis, or whooping cough. The vaccine is a combination vaccine with diphtheria and tetanus. Vaccination should be free of charge for women, such as influenza vaccination during pregnancy. Pertussis is quite common in Iceland, despite the fact that it is part of the general vaccinations. It is diagnosed here to some extent for most years, but every two to five years. For the past 10 years, children under the age of 6 months have been diagnosed with whooping cough the most, over half of them under the age of 3 months when they fell ill, including some who were seriously ill in hospital. The last dose of pertussis vaccine administered in general vaccinations in Iceland is at the age of 14. The currently used vaccine generally provides 5 to 10 years of protection and therefore most adults in Iceland are susceptible to infection and may carry the infection to newborns who have not themselves been vaccinated. [Outbreak News Today](#)

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Sex diseases on the rise in England

4 June- Cases of sexually transmitted infections are increasing in England. In 2018, there were 447,694 new diagnoses of STIs, a 5% increase on the 422,147 in 2017. Gonorrhoea increased the most - by 26% to 56,259 cases, the largest number since 1978. There were 7,541 cases of syphilis - a 5% increase on 2017. High-risk groups include young people and men who have sex with men...The number of gonorrhoea cases has been increasing for years among both men and women, despite repeated warnings from public health doctors about the risks of unprotected sex. [BBC](#)

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USINDOPACOM

India: Nipah virus confirmed in Kerala

4 June- India health officials have confirmed a Nipah virus case in Kerala state, almost exactly a year after an outbreak sickened 18 and killed 17 in 2018. Reports note that the 23-year-old college student is the patient and some 80 contacts are under surveillance. Union Minister of Health and Family Welfare, Dr. Harsh Vardhan announced that a Central Team with six officers has been deployed to perform an epidemiological investigation protocol, contact tracing for early detection of suspects, testing protocols for suspects and review of isolation facilities. [Outbreak News Today](#)

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Singapore: School of the Arts students contract chikungunya on Thailand trip

3 June- Fourteen people, 13 students and one teacher, from the School of the Arts (SOTA) in Singapore contracted the mosquito-borne viral infection, chikungunya, while in Thailand, according to a Straits Times report. They were on an overseas service learning trip to Thailand's Ratchaburi province. After being treated at the provincial hospital, some students were transferred to a Bangkok hospital where the diagnosis of chikungunya was made. Thailand has seen an increase in chikungunya in 2019 with the Bureau of Epidemiology reporting 3379 chikungunya cases in 23 provinces through May 13. Chikungunya is a viral disease transmitted to humans by infected mosquitoes. It causes fever and severe joint pain, which is often debilitating. Other symptoms include muscle pain, headache, nausea, fatigue, and rash. [Outbreak News Today](#)

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Thailand: Dengue outbreak- 'Increased risk of dengue as rainy season begins'

2 June-The Thailand Department of Disease Control (DDC) reports that from January 1st to May 27th, 23,622 dengue fever cases, including 30 deaths have been recorded, local media reports. This compares with 17,302 patients and 21 confirmed deaths reported during the same period last year. Most patients were in the central region followed by the northeastern and the southern regions respectively. Nakhon Ratchasima province has the highest number of patients, 1,424 cases, followed by Ubon Ratchathani province (1,267). [Outbreak News Today](#)

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Thailand: Influenza and chikungunya situation

6 June- Since the beginning of the year, the Thailand Department of Disease Control (DDC) reports 159,845 influenza cases, including 11 deaths through May 23. The highest incidence has been reported in Bangkok, Rayong and Chiang Mai, respectively. DDC officials report the occurrence of influenza is likely to increase with the rainy season. Officials strongly advise people at risk of severe influenza to get vaccinated—pregnant women, young children, the elderly and those with underlying health conditions. Through June 3, the Bureau of Epidemiology reports 3592 patients from 25 provinces. Pattani, Phuket, Songkhla, Ranong and Phang Nga provinces have been hit the hardest. [Outbreak News Today](#)

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USNORTHCOM

Canada: New Brunswick- Saint John measles outbreak spreads to 2nd high school

1 June- In a follow-up on the measles outbreak in Saint John region, New Brunswick, health officials report there have been 12 confirmed cases of measles in the Saint John region as of June 1, 2019. In addition, a case of measles is in the Hampton High School community and linked to a previous confirmed case at Kennebecasis Valley High School. [Outbreak News Today](#)

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U.S.: Mumps reported at Eastern Washington University

2 June- Officials with the Spokane Regional Health District (SRHD) confirmed two cases of mumps in Eastern Washington University students on Thursday and a third case was identified Friday in a student who had been in close contact with one of the other confirmed cases. Two of the three students were fully immunized against mumps. Individuals who may have been exposed to the virus through contact or association with

any of these three cases have been notified and are monitoring for symptoms. Symptoms of mumps include: Muscle aches/pains, loss of appetite, malaise, headache, low grade fever; facial swelling, pain, or tenderness (usually in front of the lower part of the ear, extending downward and forward along the jawline, face and neck); discomfort with swallowing; testicular pain in males and pelvic discomfort in females. Prior to seeking health care, individuals are encouraged to FIRST call the clinic or hospital, to avoid potentially spreading mumps to others. If an individual is confirmed to have mumps, or even if they think they have mumps, they need to stay home and avoid contact with others to avoid spreading this very contagious virus. [Outbreak News Today](#)

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U.S.: Rat-bite fever- S. California girl recovering, contracted from rat saliva

2 June- A 8-year-old girl from Southern California is recovering from a bacterial infection called rat-bite fever, something she likely contracted via her pet rat's saliva. The girl named Cali was treated at Rady Children's Hospital in San Diego, according to a CBS-8 report. Her mom said that Cali came down with high fever and a horrible painful rash all over her body the Friday before last. By Sunday, she could barely use her arms and legs. She has two pet rats, which hospital officials believe are the source of the serious infection. She contracted the disease when the rat's saliva came into contact with an open wound. Cali has eczema on her fingers which may have contributed to the situation, a doctor said. Cali was treated with antibiotics and is expected to make a full recovery. [Outbreak News Today](#)

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USSOUTHCOM

Brazil: Mad Cow disease detected in Mato Grosso beef COW

3 June- In Brazil, the Agricultural Defense Secretariat of the Ministry of Agriculture, Livestock and Supply reports the confirmation of an atypical case of Bovine Spongiform Encephalopathy (BSE), or Mad Cow disease, in Mato Grosso. This disease occurs spontaneously and sporadically, and is not related to the ingestion of contaminated food. It was found in a 17 year old beef cow. All BSE-specific risk material was removed from the animal during emergency slaughter and incinerated at the slaughterhouse itself. Other products derived from the animal were identified, located and seized preventively, with no product entering the human food chain or ruminants. There is therefore no risk to the population. The Map and the Institute of Agricultural Defense of Mato Grosso (INDEA / MT) immediately initiated field investigations, with the prohibition of ownership of origin. All sanitary risk mitigation actions were completed prior to the final outcome being issued by the World Organization for Animal Health (OIE) reference laboratory. Following confirmation on Friday (31), Brazil officially notified the OIE and importing countries, as

provided by international standards. [Outbreak News Today](#)

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Honduras: Dengue epidemic tops 8,000

31 May- The number of dengue fever cases in Honduras has exploded in 2019 with the numbers as of May 11 topping the total for all of 2018. Year-to-date, Honduras has reported 8017 total dengue cases, including 24 deaths during the first 4 1/2 months. In all of 2018, 7942 cases and 3 deaths were reported. [Outbreak News Today](#)

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