

November 25, 2013

## Special Interest Articles:

- National Prematurity Awareness Month
- Princeton University: Meningitis Outbreak

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## Safely Prepare Your Holiday Meal

Food safety is important as you prepare a holiday meal, even if you are a seasoned chef or preparing your first holiday meal. Here are some turkey basics to help you safely prepare your holiday meal. The four main safety issues with turkey are thawing, preparing, stuffing, and cooking to adequate temperatures. When thawing a turkey make sure it is kept at a safe temperature. Three safe ways to thaw food are in the refrigerator, cold water, or in a microwave oven. Prepare the turkey safely by cleaning hands, utensils, and work surface before you prepare the turkey. Also, after working with raw poultry wash your hands, utensils, and work surfaces before they touch other foods. Cooking the stuffing outside the turkey in a casserole dish can help prevent the turkey from being undercooked. However, if you place the stuffing inside the turkey, do so just before cooking and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F. When setting the oven for cooking the turkey, make sure the temperature is no lower than 325°F and be sure the turkey is completely thawed. Cooking times will vary but the food thermometer must reach a safe minimum internal temperature of 165°F. The turkey should also stand for 20 minutes before removing all stuffing and carving the meat. By following these guidelines you can prepare a safe holiday turkey for all to enjoy.



For more information on food safety, visit <http://www.foodsafety.gov/>

## National Prematurity Awareness Month

Premature or preterm birth is a birth at least three weeks before a baby's due date – full term is 40 weeks. If a baby is born early it increases the likelihood of severe health problems. More infants die from preterm-related problems than from any other single cause. Some risk factors include:

- Having a previous preterm birth
- Carrying more than one baby
- Chronic health problems in the mother
- Cigarette smoking

Warning signs of preterm labor include:

- Contractions every 10 minutes or more often
- Change in vaginal discharge (leaking fluid or bleeding)
- Pelvic pressure – the feeling that the baby is pushing down
- Abdominal cramps with or without diarrhea

Things women can do to lower their risk of having a premature baby include:

- Quit smoking
- See your health care provider for a medical checkup
- Talk to your health care provider about things such as a healthy diet, controlling diabetes and high blood pressure

For more information, go to:

<http://www.cdc.gov/features/PrematureBirth/index.html>



## Hand Washing

The best way to reduce disease transmission is by washing your hands. Viruses and bacteria that often cause disease can get on your hands by simple activities like blowing your nose, using the restroom, and twisting a door knob. Remember using hand sanitizer should never take the place of washing your hands.



### When you should wash your hands:

- After using the restroom, changing a diaper, after blowing your nose or, after touching an animal,
- Before you prepare food, before eating, and before cleaning a wound.

### Here are the proper steps to washing your hands.

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

For more information on hand washing go to <http://cdc.gov/Features/HandWashing/>

## Princeton University: Meningitis Outbreak

New Jersey health officials declared an outbreak at Princeton University after three cases of meningitis were confirmed. Since March of this year, there have been seven reported cases of bacterial meningitis. To reduce the risks posed by cup-sharing, the university distributed thousands of plastic cups with the phrase "Mine, not Yours" on them, and students report frequent emails from deans and health-services staff reminding them to be careful. Federal health officials have approved a meningitis vaccine previously unavailable in the United States to help contain the outbreak. The Food and Drug Administration agreed to expedite Bexsero's, a vaccine approved in Australia and Europe that fights off strain B of the disease, approval in order to offer it as an optional vaccine to students on campus. The university hadn't decided whether or not to use the vaccine, which would presumably be voluntary for the 8,000 undergrads and grad students on campus.



To read further, log on to: <http://healthland.time.com/2013/11/18/fda-approves-meningitis-vaccine-for-princeton-outbreak/>

## Food and Drug Administration Takes On Trans Fats

Trans fat can be found in processed foods including desserts, microwave popcorn products, frozen pizza, margarine and coffee creamer. Numerous studies have shown that consumption of trans fats can have adverse health events including raising bad cholesterol and lowering good cholesterol. The Food and Drug Administration made a preliminary determination that a major source of trans fats, partially hydrogenated oils, is no longer generally recognized as safe. If the preliminary determination is finalized, then partially hydrogenated oils will become food additives that could not be used in food without approval. Foods with unapproved additives cannot legally be sold. In recent years, many food manufacturers have taken steps to limit or eliminate trans-fat from their products. Many companies began taking trans-fat-containing ingredients out of their products over 10 years ago, when health concerns about them surfaced and when cities, including New York and San Francisco, banned their use in restaurants.



For more information, log on to: - <http://www.cnn.com/2013/11/07/health/fda-trans-fats/index.html>

## Lung Cancer Awareness

Lung cancer is the leading cancer killer in both men and women in the United States. Lung cancer causes more deaths than the next three most common cancers combined (colon, breast and prostate). An estimated 160,340 Americans were expected to die from lung cancer in 2012, accounting for approximately 28 percent of all cancer deaths. Lung cancer risk factors include:

- Smoking
- Secondhand smoke
- Radon gas in the home
- Medical exposure to radiation to the chest
- Chronic lung disease such as emphysema or chronic bronchitis

Lung cancer symptoms include:

- Shortness of breath
- Coughing that doesn't go away
- Wheezing
- Coughing up blood
- Repeated respiratory infections such as bronchitis or pneumonia

For further information, log on to:

<http://www.cdc.gov/cancer/dcpc/resources/features/LungCancer/>



## National Diabetes Awareness Month

Nearly 26 million children and adults in the United States have diabetes. Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes. Type 1 diabetes, previously called insulin-dependent diabetes mellitus, may account for about 5% of all diagnosed cases of diabetes. Type 2 diabetes, previously called non-insulin-dependent diabetes mellitus or adult-onset diabetes, may account for about 90% to 95% of all diagnosed cases of diabetes. Gestational diabetes is a type of diabetes that only pregnant women are at risk for. Gestational diabetes develops in 2% to 10% of all pregnancies but usually disappears when the pregnancy is over. Pre-diabetes is an elevated blood glucose level that is not quite high enough to be diagnosed as diabetes, but is higher than normal. You are at increased risk for developing pre-diabetes and type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than three times per week
- Ever gave birth to a baby that weighed more than 9 pounds
- Ever had diabetes while pregnant



To learn about diabetes awareness month, log on to:

<http://www.cdc.gov/features/LivingWithDiabetes/index.html>



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We Want Your Input

Holding a training and want others to know about it? Have something you want to share – information from a conference, a presentation you will be conducting, or an interesting article? Send us the details and we will be happy to include it in the next issue of the newsletter. Your feedback is also welcomed!



Don't Forget to Like Us on Facebook at [www.facebook.com/tlchd](http://www.facebook.com/tlchd)



Facebook page navigation and likes section. Includes 'Wall', 'Hidden Posts', 'Info', 'Photos', 'EDIT', '64 like this', '4 talking about this', and a list of likes from CDC, APC, CDC Emergency Preparedness and Response, Ohio Department of Health, and Healthy Ohio.

Toledo-Lucas County Health Department

Main Facebook post content. Includes 'Government Organization · Toledo, Ohio · Edit Info', a 'Wall' section with a post about CDC's graphic novel 'Preparedness 101: Zombie Pandemic', and a post about handwashing. The zombie post includes a link to 'www.cdc.gov' and a photo of the graphic novel cover.

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