

22 February 2019

# Army Public Health Weekly Update

Army Public Health Center



U.S. Military | Global | Influenza | Veterinary/Food Safety | Wellness | Contact Us  
USAFRICOM | USCENTCOM | USEUCOM | USINDOPACOM | USNORTHCOM | USSOUTHCOM

*Approved for public release, distribution unlimited.*

## Contents

### NOTE:

If you are viewing the Army Public Health Weekly Update using Internet Explorer on a government computer with Windows 10, the external hyperlinks will be disabled per the [Security Technical Implementation Guide](#) (V-64927).

As a workaround, opening the Update using **Chrome** will enable the links.

We're sorry for the inconvenience.

### U.S. MILITARY

---

- [Air Force C-17s bring tons of humanitarian aid for Venezuela](#)
- [Judge halts Air Force's efforts to discharge airmen with HIV](#)
- [NATO troops got catfished & honeypotted on social media, revealing serious vulnerabilities](#)
- [Would you take this VA spit challenge?](#)

### GLOBAL

---

- [27 Mumps cases confirmed at ICE facilities in Texas](#)
- [Black snow is falling from the skies in Siberia, and it is toxic](#)
- [Blood disorder research receives \\$2.5 million from the NIH](#)
- [Gene therapy first to 'halt' most common cause of blindness](#)
- [Having anesthesia once as a baby does not cause learning disabilities, new research shows](#)
- [Human diet drugs kill mosquitoes' appetite, too](#)
- [Life really is harder for night owls](#)
- [Medtronic Recalls More Than 13,000 Pacemakers for Possible Circuit Error](#)
- [More than 1 billion people risk hearing loss from loud music](#)
- [Pfizer-Lilly drug shown to help reduce back pain in late-stage trial](#)
- [Powerful magnets can relieve depression](#)
- [Transgender hormone therapy may increase risk of heart attack, stroke and blood clots](#)
- [Worldwide measles spotlight](#)
- [Year in space put US astronaut's disease defenses on alert](#)
- [Zombie deer disease spreading in the US may infect humans, expert warns](#)

### INFLUENZA

---

- [AFHSB: DoD Seasonal Influenza Surveillance Summary](#)
- [APHC: U.S. Army Influenza Activity Report](#)
- [CDC: Flu View - Weekly U.S. Influenza Surveillance Report](#)
- [ECDC: Flu News Europe](#)
- [NHRC: Operational Infectious Diseases - Weekly Surveillance Report](#)

## 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.



- WHO: Influenza Update

### VETERINARY/FOOD SAFETY

---

- Government's Listeria test causes recall of Eat Smart kale bagged salad kits
- Produce importer initiates dukkah recall for potential risk of glass pieces
- Romanian agency clamps down after Listeria in salmon recalls

### WELLNESS

---

- A program to give workforce well-being a boost
- How an anti-inflammatory diet can help tame an autoimmune condition
- Why you should be wary of some digestive enzyme supplements

### USAFRICOM

---

- Africa: Measles in Madagascar, Chikungunya in the Republic of Congo
- Democratic Republic of the Congo: Ebola vaccine to be given to pregnant, lactating women
- Democratic Republic of the Congo: With new cases, Katwa remains epicenter of Ebola outbreak
- Madagascar: Measles vaccination campaign in Madagascar, cases climb to 69,000
- Uganda: Cholera sickens dozens in Kampala area

### USCENTCOM

---

- Syria: UN concerned about some 200 families trapped in IS enclave

### USEUCOM

---

- Ireland: Donegal measles outbreak rises to 7 cases
- Ireland: Urges people not to stockpile medicines ahead of Brexit

### USINDOPACOM

---

- Philippines: Revokes Sanofi's product license for dengue vaccine
- South Australia: Salmonella outbreak rises to 51 cases in South Australia
- Vietnam: Measles, dengue up in Ho Chi Minh City

### USNORTHCOM

---

- Canada: Nunavut- Trichinosis confirmed in Sanikiluaq
- Mexico: Chagas disease- Two dozen cases reported in Yucatan State, Mexico in one week
- U.S.: Top court rejects Maryland bid to revive drug price-gouging law

### USSOUTHCOM

---

- Colombia: 'Dengue epidemic this year could reach 120,000 cases'

## U.S. MILITARY

---

### Air Force C-17s bring tons of humanitarian aid for Venezuela

18 February- The U.S. Air Force airlifted tons of aid to a Colombian town on the Venezuelan border Saturday as part of an effort to both help the Venezuelan people during their humanitarian and political crisis and undermine socialist President Nicolas Maduro. Three C-17 Globemaster III cargo aircraft from Joint Base McGuire-Dix-Lakehurst, N.J., and Joint Base Charleston, S.C., delivered humanitarian aid to Cucuta, Columbia. The cargo planes took off from Homestead Air Reserve Base in Florida. "United States Air Force humanitarian aid missions are the most meaningful missions that we fly," Capt. Susan Jennie, a C-17 pilot with the 6th Airlift Squadron at McGuire, said in an Air Force news release. "The opportunity to fly these kinds of missions was my biggest motivation to train and fly on the C-17. To be able to help out and bring aid to those in need, when needed, is one of the most rewarding opportunities I've been presented in my life and career." [Air Force Times](#)  
[top of page...](#)

#### Follow us!



Facebook



Twitter



YouTube



Instagram

### Judge halts Air Force's efforts to discharge airmen with HIV

16 February- A federal judge in Virginia has ordered the Air Force to halt efforts to discharge service members who are HIV-positive. The ruling came in a case filed by two HIV-positive airmen who are suing to prevent their discharge under the military's "deploy or get out" policy. U.S. District Judge Leonie M. Brinkema in Alexandria issued the preliminary injunction Friday. She ruled that the Air Force's treatment of HIV-positive personnel is "irrational, inconsistent, and at variance with modern science." The Air Force has ruled the airmen's HIV status means they can't deploy around the world without a waiver, and must be discharged, according to the lawsuit filed Dec. 19 in the U.S. District Court for the Eastern District of Virginia. The ruling will keep the two airmen in the Air Force for the time being. They were just days and weeks away from being formally discharged. The airmen argue that these policies are discriminatory, unconstitutional and — because they don't reflect how far HIV treatments have advanced in recent years — anachronistic. [Air Force Times](#)  
[top of page...](#)

### NATO troops got catfished & honeypotted on social media, revealing serious vulnerabilities

20 February- A NATO cyber "red team" decided to see if they could infiltrate their forces through social media accounts and learned it was far easier to get data, locations and to sway their troops' behavior than they thought it would be. "Overall we identified a significant amount of people taking part in the exercise and managed to identify all members of certain units, pinpoint the exact locations of several battalions, gain knowledge

## 2018 Health of the Force

The health of the individual Soldier is the foundation of the Army's ability to deploy, fight, and win against any adversary. Health of the Force provides an evidence-based portrait of the health and well-being of the U.S. Army Active Component (AC) Soldier population. Leaders can use Health of the Force data to inform health promotion and prevention measures, as well as drive cultural and programmatic changes necessary to achieve Force dominance.



of troop movements to and from exercises and discover the dates of active phases of the exercises," the NATO report found. "The level of personal information we found was very detailed and enabled us to instill undesirable behavior during the exercise." NATO embedded researchers within a red team already monitoring the exercise. The researchers, from NATO's Strategic Communications Centre of Excellence, targeted troops participating in an exercise in an allied country to not only see how much data they could detect, but also to see "if we would be able to induce certain behaviors such as leaving their positions, not fulfilling duties, etc., using a range of influence activities based on the acquired data." They were able to do just that, however NATO did not specify what "undesirable behavior" they were able to generate. NATO did find that Twitter was not very useful for infiltrating troops. But the researchers were able to mine significant amounts of information from Facebook and Instagram. Facebook also detected fake pages NATO established and shut down some of the false accounts it set up. Facebook has been problematic for military forces, as hackers use personal data to set up spoofing pages impersonating military personnel, even up to current Chairman of the Joint Chiefs Marine Corps Gen. Joseph Dunford. [Military Times](#)  
[top of page...](#)

## Would you take this VA spit challenge?

20 February- Do you chew tobacco? The Department of Veterans Affairs wants you to take the Great American Spit Out challenge on Thursday, Feb. 21. And no — the feds aren't interested in how far you can spit after you dip. They want you to kick the habit for one day, and hopefully for good, using VA health resources at your disposal. These include toll-free access to 855-QUIT-VET, a line veterans can call to speak with a tobacco cessation counselor to make a plan for quitting and to receive ongoing counseling. There's also a texting program called SmokefreeVET, through which veterans can receive multiple texts a day with advice and encouragement to help them stop using tobacco. To access it, veterans should text VET to 47848, and they can also text the number with keywords, such as URGE, STRESS and DIPPED to receive immediate coping tips. [Military Times](#)  
[top of page...](#)

## GLOBAL

---

## 27 Mumps cases confirmed at ICE facilities in Texas

18 February- The Immigration and Customs Enforcement (ICE) agency said as of February 14, 2019, there are 27 confirmed cases of mumps in its facilities across Texas. The largest cluster of mumps cases is located at the South Texas ICE Processing Center, where 10 people are infected. This facility is located in Pearsall, Texas, which is southwest of San Antonio. ICE also confirmed 2 cases at the Rio Grande Detention Center, 1 case at the Laredo Processing Center, and 1 case at the Port Isabel Detention Center in Bayview, Texas. In the Houston area, the Houston Contract Detention Facility confirmed 8 mumps cases and the Joe Corley Detention Facility has 5 cases, reported Houston Public Media. [Precision Vaccinations](#)  
[top of page...](#)

## 2018 Health of the ARNG Force

Individual Soldier medical readiness is critical to building and maintaining the Army National Guard as an operational force that is warfighting-capable and governor-responsive. As part of the U.S. Army Public Health Center's ongoing Health of the Force series, the 2018 Health of the ARNG Force report highlights key ARNG health metrics about our Soldiers. Understanding these statistics allows us to know what we're doing well and where we need to focus to achieve Total Health, Total Readiness.



## Black snow is falling from the skies in Siberia, and it is toxic

15 February- A pall of eerie black snow has covered several towns in the Siberian region of Kuzbass, which is home to 2.6 million people and one of the world's largest coal fields. According to the Guardian and the Siberian Times, the snow is tainted with toxic black coal dust that was released into the air from open coal pits and improperly maintained factories in the region. One coal plant official told the local media that a shield meant to prevent coal powder from escaping out of the factory had malfunctioned — however, toxic black snowfall seems to be a regular phenomenon in the area and it isn't necessarily tied to a single source. [The Frozen North: Stunning Images of Russia from Above] "It's harder to find white snow than black snow during the winter," Vladimir Slivyak, a member of the non-profit environmental action group Ecodefense, told the Guardian. "There is a lot of coal dust in the air all the time. When snow falls, it just becomes visible. You can't see it the rest of the year, but it is still there." Kuzbass (short for Kuznetsk Basin) is one of the largest coalfields in the world, spanning more than 10,000 square miles (26,000 square kilometers), according to Britannica.com. A 2015 report from Ecodefense found that the citizens of Kuzbass have an average life expectancy 3 to 4 years shorter than the Russian national average and have nearly twice the risk of contracting tuberculosis and childhood mental disorders...According to the Guardian, several British groups have proposed boycotting Kuzbass coal until the region enacts stronger environmental protections, The simple fact is, however, that there's no great way to make coal use environmentally friendly. Even if black snow isn't falling in your part of the world, remember — carbon dioxide released by coal plants remains a leading cause of climate change. [Live Science](#)

[top of page...](#)

## Blood disorder research receives \$2.5 million from the NIH

19 February- Associate Professor and anemia expert Lionel Blanc, PhD, received a five-year, \$2.5 million National Institutes of Health (NIH) grant to study improved treatment for erythropoietic disorders, including Diamond Blackfan anemia. Anemia is a condition that develops when blood lacks enough healthy red blood cells, and affects approximately 1.6 billion people worldwide. Diamond Blackfan anemia (DBA) is a rare type of anemia that's caused when bone marrow cannot make enough red blood cells. DBA is usually diagnosed when a child is less than a year old. Dr. Blanc will study how the prescription drugs pomalidomide and dexamethasone act during red blood cell formation and could be combined to provide a superior treatment than currently available for patients living with DBA. His hypothesis is that by combining these drugs, the dosage could be reduced for patients and therefore the toxicity of the drugs would be reduced as well. This would have a positive impact on patients taking this medication because side effects would be less. [New York Business Journal](#)

[top of page...](#)

**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.

## Gene therapy first to 'halt' most common cause of blindness

18 February- A woman from Oxford has become the first person in the world to have gene therapy to try to halt the most common form of blindness in the Western world. Surgeons injected a synthetic gene into the back of Janet Osborne's eye in a bid to prevent more cells from dying. It is the first treatment to target the underlying genetic cause of age-related macular degeneration (AMD). About 600,000 people in the UK are affected by AMD, most of whom are severely sight impaired. Janet Osborne told BBC News: "I find it difficult to recognise faces with my left eye because my central vision is blurred - and if this treatment could stop that getting worse, it would be amazing." The treatment was carried out under local anaesthetic last month at Oxford Eye Hospital by Robert MacLaren, professor of ophthalmology at the University of Oxford. He told BBC News: "A genetic treatment administered early on to preserve vision in patients who would otherwise lose their sight would be a tremendous breakthrough in ophthalmology and certainly something I hope to see in the near future." Mrs Osborne, 80, is the first of 10 patients with AMD taking part in a trial of the gene therapy treatment, manufactured by Gyroscope Therapeutics, funded by Syncona, the Wellcome Trust founded investment firm. [BBC News](#)

[top of page...](#)

## Having anesthesia once as a baby does not cause learning disabilities, new research shows

18 February- ...The new study, in the British journal The Lancet, is a randomized controlled trial involving more than 700 infants who needed hernia repairs. The babies, at 28 hospitals in seven countries, were randomly assigned to receive either general anesthesia or regional (spinal) anesthesia for these short operations — the mean duration of general anesthesia was 54 minutes. The study, called the GAS study — for general anesthesia compared to spinal — compared neurodevelopmental outcomes at 5 years of age, and found no significant difference in the children's performance in the two groups. Dr. Andrew Davidson, a professor in the department of anesthesia at the Royal Children's Hospital of Melbourne and one of the two lead investigators on the trial, said that this prospective, randomized design allows researchers to avoid many confounding factors that have complicated previous studies, and answer a very specific question. Preliminary data from testing the children at age 2 had shown no significant differences between the groups, and the children were then evaluated at the age of school entry. "If you have an hour of anesthesia as a child, then you are at no greater risk of deficits of cognition at the age of 5," Dr. Davidson said. "It doesn't increase the risk of poor neurodevelopmental outcome." [New York Times](#)

[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](#)

## Human diet drugs kill mosquitoes' appetite, too

16 February- When researchers fed mosquitoes a drug used to treat people for obesity, the insects were less interested in hunting for their next human meal ticket. Karen Hopkin reports. Believe it or not, mosquitoes don't bite out of spite. Female mosquitoes of the species *Aedes aegypti* need the nutrients present in your plasma to ensure the proper development of their eggs. And though their thirst may seem unquenchable, the ladies actually take time to savor your blood once they've sipped their fill. "After a female bites, she'll double her body weight, and then she'll actually completely lose interest in biting people for several days." Laura Duvall, a postdoctoral researcher at The Rockefeller University in New York City. The insects' postprandial recovery phase made Duvall and her colleagues wonder whether they could essentially trick mosquitoes into thinking they'd already eaten. [Scientific American](#)  
[top of page...](#)

## Life really is harder for night owls

15 February- "Night owls" — people who naturally stay up late and wake up well past sunrise — have different patterns of brain activity compared with "morning larks," a new study finds. And these differences can make life more difficult for night owls, if they're forced to stick to a typical 9-to-5 schedule. When the researchers scanned the brains of people who were classified as either night owls or morning larks, they found that night owls had lower "brain connectivity" — a measure of how "in sync" different brain regions are with each other — compared with morning larks. What's more, this lower brain connectivity in night owls was linked with poorer attention, slower reaction times and increased sleepiness throughout the hours of a typical workday, the researchers said. The findings suggest a possible reason why night owls may have problems with attention and sleepiness when they try to conform to a typical 9-to-5 schedule — something that doesn't match their internal clock, the researchers said. [Live Science](#)  
[top of page...](#)

## Medtronic Recalls More Than 13,000 Pacemakers for Possible Circuit Error

19 February- Medtronic is recalling specific models of its dual-chamber implantable pulse generators used to manage patients with bradycardia because of the possibility of a software error that can result in a lack of pacing, the US Food and Drug Administration (FDA) has announced. The FDA is categorizing the recall as class I, the most serious type. The recall affects 13,440 devices in the United States distributed between March 6, 2017 and January 7, 2019. The affected models are Adapta, Versa, Sensia, Relia, Attesta, Sphera, and Vitatron A, E, G, and Q series. [Medscape](#)  
[top of page...](#)

## More than 1 billion people risk hearing loss from loud music

14 February- U.N. agencies warn that more than 1 billion people ages 12 to 35 risk losing their hearing from listening to loud music on their audio devices. The World Health Organization, and the International Telecommunication Union, are launching new international standards to make smartphones and other devices safer for listening. Listening to music is one of life's greatest pleasures. U.N. health experts say they do not want to deprive younger people of the enjoyable experience of listening to music regularly on their headphones. But they warn listening to loud music is unsafe and can cause permanent damage to hearing. The World Health Organization says it has no clear evidence that 1.1 billion people are at risk of developing hearing problems. However, WHO technical officer for the prevention of deafness and hearing loss Shelly Chadha said the figure is based on a study conducted four years ago. That study, she says, focused on the listening habits of young people and the volume of sound to which they were generally exposed. She said this information has been valuable in working on solutions for preventing hearing loss. "So, our effort through this standard is really to empower the user to make the right listening choice and decision, either to practice safe listening or to take the risk of developing hearing loss and tinnitus down the line. The main recommendations for safe listening include having software on personal audio devices that measures how long and how loudly a user has been listening to music. They also call for automatic volume reduction systems on smartphones and other devices, as well as parental volume control. [VOA News](#)  
[top of page...](#)

## Pfizer-Lilly drug shown to help reduce back pain in late-stage trial

19 February- A non-opioid painkiller developed by Pfizer Inc and Eli Lilly and Co succeeded in reducing chronic low back pain when used in a stronger dose, results from a late-stage study showed on Tuesday. But a lower dose of the drug, tanezumab, failed to alleviate pain when compared with a placebo, the companies said in a statement. The drug was being tested in patients who had already used three different classes of painkillers but had not experienced enough relief or were intolerant to those treatments. Tanezumab belongs to a category of pain medications that target the nerve growth factor, a protein involved in the growth of nerve cells. U.S. health regulators have been encouraging the development of such pain medicines rather than opioids, as the United States faces an epidemic of opioid use and abuse. Chronic low back pain affects an estimated 33 million Americans and is a leading cause of disability, Pfizer and Lilly said. Treatment often requires painkillers such as codeine, in cases where over-the-counter medication does not help. Last year, the two companies reported positive results from a late-stage study testing tanezumab in patients with osteoarthritis pain of the knee or hip. [Reuters](#)  
[top of page...](#)



## Powerful magnets can relieve depression

19 February-... Soyna Kibbee likes playing pickleball. It's a game that is similar to tennis only the rackets are smaller and the ball is different. Kibbee is a physical therapist in Columbia, Missouri. She is normally active, but last year, because of severe depression, she had trouble making simple decisions... Depression affects eating habits and can interfere with sleep. Even with medication and therapy, Kibbee thought about suicide and was hospitalized several times. Then she heard about Transcranial Magnetic Stimulation, or TMS. It doesn't involve surgery, and it doesn't require anesthesia. TMS uses a coil to deliver powerful magnetic pulses to the brain. Doctor Muaid Ithman runs the TMS program at University of Missouri Health Care. "These pulses will stimulate neurotransmitters which are the chemical signals which will improve the communication between different regions of the brain that are responsible for mood regulations. And over time, this will improve the symptoms of depression," Ithman said. During the procedure, patients feel like someone is gently tapping on their head, which can cause a headache. Kibbee took a non-prescription pain reliever before her treatments. After just one week, she noticed a real difference. "I just felt so much better," Kibbee said. After more than 30 treatments, her symptoms of depression almost disappeared. Ithman says the therapy can help when other methods don't. "Basically 50 or 60 percent of people who suffer from treatment resistant depression will see a clinically meaningful response to TMS. And one third of those people will go into remission, which means their symptoms completely go away," Ithman said. The U.S. National Institute of Mental Health says two large studies on the safety of TMS found that most side effects, such as headaches or scalp discomfort, were mild or moderate. Because the treatment is relatively new, however, long-term side effects are unknown, and more studies are needed. As for Kibbee, it worked. She returned to work and picked up pickleball and her other activities once again. [VOA News](#)

[top of page...](#)

## Transgender hormone therapy may increase risk of heart attack, stroke and blood clots

19 February- Individuals who undergo hormone therapy during gender transition treatment could be at greater risk for heart disease, researchers of a new study have warned. Nienke Nota, from the department of endocrinology at the Amsterdam University Medical Center, and colleagues reviewed the medical records of more than 2,500 transgender women and nearly 1,400 transgender men, who received hormone treatment while undergoing gender transition. The researchers then looked at the incidence of cardiovascular issues such as strokes, blood clots, and heart attacks among transgender people and compared this to cisgender men and women. Cis people are those whose gender matches their biological sex at birth. After following the transwomen for an average period of nine years and the transmen for an average of eight years after starting hormone therapy, researchers found increased cardiovascular problem risks in transgender people. They found that transwomen had more than twice the risk of suffering from stroke than cis women. They were also nearly

twice as likely to suffer from stroke as cis men. Nota and colleagues also found that deep vein clot risk among transwomen were five times higher than in cis women. Transmen also have more than thrice the risk of suffering from heart attack than cis women. [Tech Times top of page...](#)

## **Worldwide measles spotlight**

17 February- According to mid-February 2019 reports by various health organizations, the worldwide measles outbreak continues to expand in over 40 countries. The World Health Organization (WHO) issued a warning on February 14, 2019, that efforts to halt the spread of measles were 'backsliding'. "Our data are showing that there is a substantial increase in measles cases, in all WHO regions," said Katherine O'Brien, MD, WHO's Director of Immunization. "We're having outbreaks that are protracted, that are sizable, and growing. We're backsliding because of the failure to vaccinate," said Dr. O'Brien. Dr. O'Brien also pointed out in an AFP article, that 'less than 10 percent of measles cases are actually reported.' As an example of the worldwide measles outbreak, one of the most significant expansions was reported by the Philippines, with a total of 6,921 measles cases confirmed from January 2019 through February 13, 2019. [Precision Vaccinations top of page...](#)

## **Year in space put US astronaut's disease defenses on alert**

15 February- Nearly a year in space put astronaut Scott Kelly's immune system on high alert and changed the activity of some of his genes compared with those of his Earth-bound identical twin, researchers said Friday. Scientists don't know if the changes were good or bad, but results from a unique NASA twins study are raising new questions for doctors as the space agency aims to send people to Mars. Tests of the genetic doubles gave scientists an opportunity, not available before, to track details of human biology, such as how an astronaut's genes turn on and off in space differently than at home. One puzzling change announced Friday at a science conference: Kelly's immune system was hyper activated. "It's as if the body is reacting to this alien environment," somewhat like the way a body would react with "a mysterious organism" inside, said geneticist Christopher Mason of New York's Weill Cornell Medical College, who helped lead the study. He said doctors were now looking for that in other astronauts. [VOA News top of page...](#)

## **Zombie deer disease spreading in the US may infect humans, expert warns**

19 February- More than 20 states across the United States have already reported cases of a brain-wasting animal disease that currently has no vaccine or treatment. As the chronic wasting disease spreads among deer, elk, and moose in 24 states and two Canadian province, health officials are worried that humans may also be at risk of the infection. The disease spreads through contact with contaminated body fluids and tissues. Animals may

also get infected through indirect exposure to CWD in the environment such as in food and drinking water. No case of CWD has yet been reported in humans, but research suggests there is potential risk. The U.S. Centers for Disease Control and Prevention cited a 2017 study that found evidence that monkeys that ate infected deer meat contracted the disease. "Animal studies suggest CWD poses a risk to some types of non-human primates, like monkeys, that eat meat from CWD-infected animals or come in contact with brain or body fluids from infected deer or elk," the CDC said. "These studies raise concerns that there may also be a risk to people." [Tech Times](#)  
[top of page...](#)

## **INFLUENZA**

---

### **AFHSB: DoD Seasonal Influenza Surveillance Summary**

For Week 6:

-NORTHCOM: Influenza activity remained relatively stable compared to the prior week. Activity ranged from minimal to high (Utah, Texas, Georgia, Virginia, and Massachusetts).

-EUCOM: Influenza activity was minimal across EUCOM, with the exception of Germany which had low activity.

-PACOM: Influenza activity remained low in Japan and was minimal in the Republic of Korea, Guam, and Hawaii.

-CENTCOM: Influenza activity increased across CENTCOM countries with available data.

-AFRICOM: In Djibouti, influenza activity remained minimal.

-SOUTHCOM: Influenza activity remained minimal in Honduras and Cuba during week 06.

[DHA -Armed Forces Health Surveillance Branch](#)

[top of page...](#)

### **APHC: U.S. Army Influenza Activity Report**

For the week ending 9 February 2019 (Week 6): A significant increase (32%) in the number of positive respiratory specimens when compared to surveillance week 5 was noted; there were 921 positive specimens in week 5 and 1214 in week 6. In week 6, the number of positive influenza A specimens increased by 40%, with 1098 positive specimens reported during week 6 compared to the 787 reported during week 5. Influenza A continues to be the most frequently resulted respiratory pathogen, accounting for 90% of all positive specimens. Ten influenza associated hospitalizations with an onset date in week 6 were reported in the Disease Reporting System internet. Of those ten cases, four were Active Duty (AD) Service Members. 2538 outpatient visits for influenza-like-illness were reported into the Electronic Surveillance System for the Early Notification of Community-based Epidemics (ESSENCE) for week 6, a 4% increase when compared to the number of visits reported in week 5. [APHC](#)

[top of page...](#)

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

2018-2019 Influenza Season Week 6 ending February 9, 2019

-Viral Surveillance: The percentage of respiratory specimens testing positive for influenza viruses in clinical laboratories increased. Influenza A(H1N1)pdm09 viruses have predominated in most areas of the country, however influenza A(H3) viruses have predominated in the southeastern United States (HHS Region 4). In the most recent three weeks, influenza A(H1N1)pdm09 and influenza A(H3) viruses were reported in approximately equal numbers in HHS Regions 6 and 7.

-Pneumonia and Influenza Mortality: The proportion of deaths attributed to pneumonia and influenza (P&I) was below the system-specific epidemic threshold in the National Center for Health Statistics (NCHS) Mortality Surveillance System.

-Influenza-associated Pediatric Deaths: Six influenza-associated pediatric deaths were reported to CDC during week 6. [CDC](#)

[top of page...](#)

## ECDC: Flu News Europe

Week 6/2019 (4-10 February 2019)

-Influenza activity is widespread in the European Region. Specimens collected from individuals presenting with ILI or ARI to sentinel primary health care sites yielded an influenza virus positivity rate of 53%, slightly lower than in the previous week (58%).

-Influenza type A virus detections dominated with A(H1N1)pdm09 viruses and A(H3N2) viruses co-circulating. Very few influenza B viruses were detected.

-46% of specimens from patients hospitalized with severe acute respiratory infection (SARI) collected in week 6/2019 were positive for influenza virus, and all were type A.

-Pooled data from 24 Member States and areas reporting to the EuroMOMO project indicated excess mortality mostly among elderly aged 65 years and above, but also in adults in the age group of 15-64 years. [European Center for Disease Prevention and Control/WHO](#)

[top of page...](#)

## NHRC: Operational Infectious Diseases - Weekly Surveillance Report

14 February - For Epi Week 5, 2019

-Military Recruits – 66 received

-DoD Beneficiaries – 25 received

-CDC Border Infectious Disease Surveillance – 46 received

[Naval Health Research Center](#)

[top of page...](#)

## WHO: Influenza Update

18 February - In the temperate zone of the northern hemisphere influenza activity continued to increase.

- In North America, influenza activity continued to be reported, with influenza A(H1N1)pdm09 predominating.

- In Europe, influenza activity increased and in most of the countries was above the epidemic threshold. Influenza A viruses co-circulated.

- In North Africa, influenza A(H1N1)pdm09 detections sharply increased.

- In Western Asia, influenza activity remained elevated with increased activity in Cyprus, Israel, Jordan and Lebanon and appeared to have peaked in most countries of the Arabian Peninsula.

- In East Asia, influenza activity appeared to have peaked already, with influenza A(H1N1)pdm09 virus predominating.

- In Southern Asia, influenza detections remained elevated overall. Influenza activity appeared to decrease in Iran (Islamic Republic of) with influenza A(H3N2) the predominant circulating virus.

- In the temperate zones of the southern hemisphere, influenza activity remained at inter-seasonal levels, with the exception of some parts of Australia where influenza activity remained above inter-seasonal levels.

-Worldwide, seasonal influenza A viruses accounted for the majority of detections. [WHO top of page...](#)

## **Government's Listeria test causes recall of Eat Smart kale bagged salad kits**

19 February- For the second time in two months, kale salad kits packaged under the Eat Smart brand are under recall because government sampling testing returned positive results for *Listeria monocytogenes*. Canadian officials did not report how many individual salad kits are affected by the recall. They also did not report how many pounds total are included in the recall, per the policy of the Canadian Food Inspection Agency (CFIA). Curation Foods, known until this year as Apio, recalled its Eat Smart "Sweet Kale Vegetable Salad Bag Kits" because of CFIA testing. Curation distributed the kale salad kits to retailers in New Brunswick, Newfoundland and Labrador, Ontario, and possibly other Canadian provinces, the government reported. Consumers are urged to check their homes for unused portions of the recalled salad and throw it away. The recalled Eat Smart "Sweet Kale Vegetable Salad Bag Kits" are packaged in 340-gram (12-ounce) bags. They have the UPC number 7 09351 89145 8 and any of the following codes: FEB 16 2016; 2019 FE 16; 2 01B 032; 2 01A 032; or 2 000 32. [Food Safety News](#)

[top of page...](#)

## **Produce importer initiates dukkah recall for potential risk of glass pieces**

20 February- An importer in Massachusetts is recalling cans of dukkah from retailers nationwide because they may contain pieces of glass. The company, Sid Wainer & Son, did not report how the problem was discovered. The New Bedford, MA, company notified the Food and Drug Administration of the recall in recent days. Officials with Sid Wainer & Son said that had not received any reports of injuries in relation to the recalled product. Consumers are urged to check their homes for opened and unpenned cans of the recalled dukkah. It has a best-by date of Aug. 28, 2020, and could be stored in cabinets. "Consumers who have purchased 2.5 ounce packages of Jansal Valley Dukkah, or your if company is in possession of it please destroy the above mentioned product," the company warns in its recall notice. Dukkah is a dip in Egyptian cuisine made from a mixture of herbs, nuts and spices. It is common for it to be served with bread or fresh vegetables. Sid Wainer & Son's recall is limited to 2.5-ounce containers of Jansal Valley brand dukkah. The product is packaged in circular tin cans with clear lids labeled as Jansal Valley Dukkah. The cases of the product contain six 2.5-ounce containers each. Consumers and retailers can determine whether they have the recalled dukkah on hand by looking for the lot code L2034198 on individual cans and the lot code L2033968 on cases. [Food Safety News](#)

[top of page...](#)

## Romanian agency clamps down after Listeria in salmon recalls

19 February- The Romanian food safety agency has stepped up controls after repeated recalls of fish products because of Listeria. Eight recalls have been issued since the start of this year for Listeria in salmon involving retailers such as Auchan, Kaufland and Carrefour. The National Sanitary Veterinary and Food Safety Authority (ANSVSA) commissioned enhanced controls following the incidents. The agency has not reported any related illnesses. During these checks, samples were taken from different batches of finished items and from areas of production and packaging of finished products with processed samples sent to laboratories for analysis. Results showed the presence of Listeria monocytogenes in smoked salmon fillet finished product samples from two unnamed fish processing units. Health inspection teams went to these establishments and ordered the suspension of the smoked salmon fillet production lines. They detained 134 kilograms of products and imposed sanctions totaling 42,000 Romanian Leu (\$10,000 U.S.). [Food Safety News top of page...](#)

### WELLNESS

---

## A program to give workforce well-being a boost

19 February- ...“Unless people are flourishing, they’re not going to care about the environment,” said McNeely, an instructor in the Harvard T.H. Chan School of Public Health’s Exposure, Epidemiology and Risk Program. “That’s always been a challenge for the environmental movement: How do you make a distant reality pertinent for the present? Flourishing is really [about] the quality of life every day.” To find a solution, four years ago McNeely and her colleague Greg Norris, now at MIT, decided to investigate how to improve health and wellness for people around the world. Their project would focus on the workplace, an area that is not only where many people spend much of their waking time, but that is also important to how businesses operate around the world — and hence to sustainability. [Harvard Gazette top of page...](#)

## How an anti-inflammatory diet can help tame an autoimmune condition

18 February- ...Studies suggest that a healthy lifestyle can help keep the immune system balanced while less healthy situations can trigger the immune system to overreact. For instance, low vitamin D levels have been shown to be a risk factor for multiple sclerosis. Obesity has been linked to many autoimmune diseases, including MS, rheumatoid arthritis and psoriasis. Stress and anxiety have been shown to cause all kinds of autoimmune flares. On the other hand, anti-inflammatory dietary choices can lessen rheumatoid arthritis. Getting the right nutrients, maintaining a healthy weight, managing stress and sleeping

regularly can help prevent an autoimmune flare. "It is current knowledge that nutrition, the intestinal microbiota, the gut mucosal immune system, and autoimmune pathology are deeply intertwined," reads a 2014 study, entitled "Role of 'Western Diet' in Inflammatory Autoimmune Diseases" and published in the journal Current Allergy and Asthma Reports. In other words, what we eat and the health of our digestive tract are directly connected to our autoimmune system. Other studies suggest that autoimmune issues can be managed by healing a damaged gut. [Washington Post](#)  
[top of page...](#)

## **Why you should be wary of some digestive enzyme supplements**

19 February- Does your digestion leave something to be desired? If you often experience discomfort after eating, you're not alone. According to the National Institutes of Health, 60 million to 70 million Americans are affected by digestive diseases. Many are trying a fairly new but growing category of supplements called digestive enzymes, which may help the body break down compounds in food. These supplements typically contain a variety of digestive enzymes such as amylases, lipases and proteases. A report by Transparency Market Research estimates that the global market for digestive enzyme supplements, worth \$358 million in 2016, is expected to grow to more than \$1 billion by 2025. Promotions for some of these supplements do more than promise they will cure digestive ailments. They also claim the supplements will help people lose weight, think more clearly and even give people the ability to eat foods they're allergic to. [Washington Post](#)  
[top of page...](#)

### **USAFRICOM**

---

## **Africa: Measles in Madagascar, Chikungunya in the Republic of Congo**

18 February- ...To date, officials have reported 66,000 cases since the outbreak began last September. In addition, at least 922 measles-related fatalities have been reported among children and young adults. In the Republic of Congo, an epidemic declaration has been issued in the Kouilou and Pool regions, with at least 1043 validated cases. [Outbreak News Today](#)  
[top of page...](#)

## **Democratic Republic of the Congo: Ebola vaccine to be given to pregnant, lactating women**

20 February- Today the Democratic Republic of the Congo (DRC) announced its plans to include pregnant and lactating women in the current Ebola vaccine protocol. The World Health Organization's (WHO's) Strategic Advisory Group of Experts (SAGE) on Immunization endorsed this action. "Noting that these experimental vaccines are non-replicating or



replication deficient, pregnant and lactating women should be included into the clinical trial protocol. The protocol must include provisions for safety monitoring and for documentation of EVD cases among vaccinees, including follow-up of pregnant women and their offspring," SAGE said today in its interim recommendations on vaccinations against Ebola. Currently Merck's unlicensed rVSV-ZEBOV vaccine has been used on 81,702 people in the DRC and surrounding countries in a ring vaccination campaign targeting case contacts and healthcare workers, the DRC said in an update today. According to SAGE, as of Feb 13, 57% of the confirmed and probable cases are females of which 61% (35% of total cases) are of childbearing age (15 to 49 years). [CIDRAP](#)

[top of page...](#)

## **Democratic Republic of the Congo: With new cases, Katwa remains epicenter of Ebola outbreak**

18 February- More cases recorded today and over the weekend underscore that Katwa, a city in the eastern reaches of the Democratic Republic of the Congo (DRC), remains the current epicenter of the 7-month-long Ebola outbreak in North Kivu and Ituri provinces. On Saturday and Sunday, the DRC's health ministry said there were two new Ebola cases in Katwa, and one new case in Vuhovi. Today, the ministry reported two new cases, one each in Katwa and Butembo. The new cases raise the outbreak total to 840 cases, of which 775 are confirmed and 65 are probable. There have been 537 deaths during the outbreak, and 185 suspected cases are still under investigation. Seven deaths were recorded over the last 3 days, including three community deaths in Katwa, Butembo, and Vuhovi. Community deaths, which occur outside of a hospital or Ebola treatment center, raise the risk of Ebola transmission. [CIDRAP](#)

[top of page...](#)

## **Madagascar: Measles vaccination campaign in Madagascar, cases climb to 69,000**

21 February- The measles outbreak in Madagascar has grown to a total of 68,912 cases since October, including 926 deaths, the World Health Organization in Madagascar reports (computer translated). This has prompted health officials to stage a planned three-phase vaccine response that targets more than 5 million children from 6 months to 9 years of age. After the first phase of vaccination campaign organized from 14 to 18 January 2019, in which 2,110,633 children were vaccinated, the second phase started on Monday. Nearly 1,100,000 children from 6 months to 9 years targeted by the second phase of measles response vaccination campaign. While the current immunization campaign aims to respond to the country's never-ending measles epidemic for a decade, it is important to remember that routine immunization remains the key strategy to effectively combat measles and all other preventable diseases. Vaccination. Also, a vaccination revitalization plan is being finalized and will be implemented in all regions. [Outbreak News Today](#)

[top of page...](#)

## Uganda: Cholera sickens dozens in Kampala area

18 February- ...As of Feb. 10, 53 cholera cases, including three fatalities ave been reported across Kampala City and two other districts, Wakiso and Luwero. According to WHO, a number of public health actions have been put in place to include the placement of a cholera rapid response team (RRT) and solid waste management is ongoing with 65 clean ups carried out in all areas, with particular attention to hot spots, along with intensified rubbish collections, among others. The good news is it appears to be a break in transmission since no new cases have been reported since 10 February 2019. [Outbreak News Today](#)  
[top of page...](#)

### USCENTCOM

---

## Syria: UN concerned about some 200 families trapped in IS enclave

19 February- The U.N. High Commissioner for Human Rights says she is concerned about the condition of some 200 families trapped in the last remaining area held by the Islamic State group in eastern Syria. Michelle Bachelet says in a statement Tuesday that the extremists are actively preventing civilians, including women and children, from leaving the tiny area near the border with Iraq, which is currently besieged by U.S.-backed Syrian fighters. Some 300 militants are mixed in with hundreds of civilians and are refusing to surrender while trying to negotiate an exit with the U.S.-backed forces surrounding them. The Syrian Observatory for Human Rights, a Britain-based war monitor, said some 50 trucks entered the IS-held area, apparently to bring out some of the people trapped inside. [Fox News](#)  
[top of page...](#)

### USEUCOM

---

## Ireland: Donegal measles outbreak rises to 7 cases

19 February- In a follow-up on the measles outbreak in Donegal, the Ireland Health Service Executive (HSE) says the outbreak total has risen to seven. Measles is very infectious and the illness can have serious complications, especially for infants under 12 months and those with weakened immune systems. That's why it is so important for anyone who has symptoms of measles to try to avoid spreading the infection to others. We advise anyone who is worried that they may have measles to call their GP first and inform them. This is because you might be infectious to others at the GP surgery. Your GP will be able to make special arrangements for you to come in and see him or her and do tests to confirm your diagnosis. [Outbreak News Today](#)  
[top of page...](#)

## Ireland: Urges people not to stockpile medicines ahead of Brexit

19 February- Ireland's deputy prime minister on Tuesday called on people not to stockpile medicine before Britain quits the European Union, saying the country had at least eight weeks of supply and was moving to source medicines from other EU countries. Despite its large pharmaceutical industry, Ireland relies on Britain for many medicines. Some of them may not be approved for use in the EU if Britain leaves on March 29 without a deal, Simon Coveney told RTE radio. Ireland has eight to 12 weeks' supply of virtually all medicines in Ireland, Coveney said. "There aren't any medicines that are on any kind of risk list in terms of not being supplied after the end of March, but we will continue to monitor that very closely to make sure there is no delay in supply," he said. "Pharmacists and people in general should not be stockpiling medicines because actually stockpiling in itself sometimes causes problems with supply," he added. Britain has told its residents the same thing. Stockpiling "risks shortages ... if everyone does what they are supposed to, we are confident the supply of medicines will continue uninterrupted," said Stephen Hammond, the health minister responsible for Brexit. Coveney was speaking before a meeting of the Irish cabinet to approve legislation preparing for the possibility Britain will be forced to leave the EU with no agreement on the terms of its departure, even though the Irish government has said repeatedly that it does not expect this outcome. "While we have a huge amount of contingency planning in place ... I wouldn't like to give the impression that we could easily manage a no-deal Brexit," Coveney said. "It would put huge strain on the Irish economy." Britain is supposed to leave the EU on March 29, but it still has no deal in place on the terms. Last week, the British parliament defeated Prime Minister Theresa May's latest effort to gain approval for her Brexit strategy. [Reuters](#)

[top of page...](#)

### USINDOPACOM

---

## Philippines: Revokes Sanofi's product license for dengue vaccine

19 February- The Philippines has permanently halted the sale, distribution and marketing of Sanofi's dengue vaccine in the country after the French drug maker failed to meet the directives of regulators. Food and Drug Administration (FDA) Director General Nela Charade Puno said on Tuesday registration certificates for Dengvaxia products have been revoked because of Sanofi's "brazen defiance" of the agency's directives. The FDA said Sanofi failed to comply with post marketing authorization requirements as of December last year. Sanofi said it disagreed with the FDA's findings. "Sanofi Pasteur respectfully disagrees with the conclusions stated in the order and considers that the Philippines FDA has taken this decision despite our diligence, including the submission of documents from completed post-approval commitments and regular updates on the status of post-marketing studies," the company said in a statement. Sanofi, which filed a motion for reconsideration, said the

agency had not questioned the safety and efficacy of Dengvaxia. The product registration was first suspended in December 2017 after Sanofi warned that the Dengvaxia dengue vaccine could worsen the disease in some cases. [Reuters](#)  
[top of page...](#)

## **South Australia: Salmonella outbreak rises to 51 cases in South Australia**

21 February- In a follow-up on the salmonella outbreak linked to three Angkor Bakery stores in South Australia, health officials report today that the number of cases of Salmonella linked to this outbreak has risen to 51, including 19 people who required hospitalization. In addition, the investigation into the outbreak reveals the likely source of contamination was related to handling of raw egg products. SA Health's Acting Director of Public Health Services, Dr. Fay Jenkins, said a number of food and environmental samples collected from all stores last week returned positive results for Salmonella. [Outbreak News Today](#)  
[top of page...](#)

## **Vietnam: Measles, dengue up in Ho Chi Minh City**

19 February- Officials with the Ho Chi Minh City (HCMC) Preventive Medicine Center are reporting increases in two infectious diseases in 2019—measles and dengue fever. Since the beginning of the year, the city has reported 6,733 cases of dengue, up by 249 percent compared to the same period last year with 1,931 cases. One death from dengue fever has been reported in HCMC. Concerning measles, the city saw two measles cases in the first six weeks of 2018. During the same period this year, 926 hospitalized cases have been recorded. The increases in these two serious diseases has prompted the Preventive Medicine Centre to advise the public to vaccinate children against measles, while applying measures to prevent dengue fever. [Outbreak News Today](#)  
[top of page...](#)

### **USNORTHCOM**

---

## **Canada: Nunavut- Trichinosis confirmed in Sanikiluaq**

17 February- Nunavut health officials reported on a trichinosis case in a resident of Sanikiluaq, prompting a health warning for that community. Trichinosis is an infection often caused by eating the roundworm in raw or undercooked polar bear meat. Health officials say if you have eaten any uncooked polar bear recently and are experiencing stomach pain, muscle pain, diarrhea, swollen eyelids, sweating and weakness, you might be infected with trichinella and should go to the health centre. Since trichinella cannot be killed by freezing, polar bear meat should be cooked until there is no pink or red left in the meat. Trichinosis is a parasitic disease caused most commonly by the roundworm *Trichinella spiralis*. If someone ingests undercooked or raw meat with the encysted larvae, the stomach acid

releases the larvae which mature to adults in the intestine. [Outbreak News Today](#)  
[top of page...](#)

## **Mexico: Chagas disease- Two dozen cases reported in Yucatan State, Mexico in one week**

21 February- ...In Yucatan state, Mexico, health officials are reporting an increase in the parasitic disease during the month of Feb. 2019. According to the epidemiological bulletin, between the Feb. 3rd and 9th, 24 new cases of Chagas disease have been confirmed in the state. In the month of February, 27 cases have been reported in total to date. January 2019 saw just three cases and in all of 2018, 62 Chagas cases were reported in Yucatan. According to the World Health Organization (WHO), Chagas disease, also known as American trypanosomiasis, is a potentially life-threatening illness caused by the protozoan parasite, *Trypanosoma cruzi* (T. cruzi). It is found mainly in endemic areas of 21 Latin American countries. About 7 million to 8 million people worldwide are estimated to be infected with the parasite. [Outbreak News Today](#)  
[top of page...](#)

## **U.S.: Top court rejects Maryland bid to revive drug price-gouging law**

19 February- The U.S. Supreme Court on Tuesday rejected Maryland's bid to revive a law aimed at preventing price gouging by pharmaceutical companies, dealing a setback to the power of states to rein in prescription drug costs. The justices declined to take up Maryland's appeal of a 2018 federal appeals court ruling that struck down the state's law, That ruling held that Maryland had regulated wholesale pricing by the companies in violation of the U.S. Constitution's bar on state-level regulation of interstate commerce. The Association for Accessible Medicines, a trade group representing generic drug manufacturers such as Teva Pharmaceutical Industries Ltd and Mylan NV, filed the legal challenge against the anti-price gouging law. Maryland enacted the measure in 2017 after a series of high-profile price hikes by drug makers including a 2015 increase by Turing Pharmaceuticals of its anti-parasitic drug Daraprim from \$13.50 to \$750 per pill. The law prohibited what it termed "unconscionable" price increases for essential drugs no longer covered by patents or generic drugs that are sold in the state. Growing public anger over drug prices and a lack of federal action has led several U.S. states to take the fight against rising prescription drug prices into their own hands. [Reuters](#)  
[top of page...](#)

## Colombia: ‘Dengue epidemic this year could reach 120,000 cases’

16 February- Because of several factors to include the El Niño phenomenon, geographical conditions of the country and the natural cycle of the disease, Colombian health officials foresee continuing increases in dengue fever that started in October. Minister of Health and Social Protection, Juan Pablo Uribe Restrepo said, “You have to cut off the wings of dengue”. He is warning the country to strengthen dengue prevention, care, and surveillance and control actions. In January of this year, 6,310 cases of dengue -210 per day were reported. Of the total cases this year, 58.6 percent comes from Norte de Santander, Meta, Antioquia, Tolima, Córdoba, Cesar, Huila and Santander. 50.4 percent of the events come from 26 municipalities, with Cúcuta having the highest number: 526 (with 8.4%); Villavicencio, 274 (4.4%); Montería, 232 (3.7%); Santa Marta, 179 (2.9%); Barranquilla, 174 (2.8%), and Cartagena, 169 (2.7%). According to the projections of the National Institute of Health, the dengue epidemic of this year could reach 120,000 cases. [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.

