



UNDER THE MICROSCOPE

MEDDAC Bavaria Preventive Medicine Newsletter



April 2021



For all current and updated COVID-19 limitations visit: www.7atc.army.mil and the [U.S. Army Garrison Bavaria Facebook Page](#)



Alcoholism is one of the biggest public health crises in the United States today, and it has been for generations.

Someone who is an alcoholic cannot control their constant impulses to drink even as the drunkenness causes relationship problems, job or school problems, financial problems, and health problems. Facts:

- 6 people die every day from alcohol poisoning, the effect of drinking too much alcohol too quickly;
- 76% of alcohol poisoning deaths are among adults age 35 - 64.
- Alcoholism is a factor in 30% of alcohol poisoning deaths;
- 100,000 people who die every year as a result of drinking and driving, other accidents, falls, fires, suicides, and homicides related to alcohol consumption;
- "Alcoholism is the third leading lifestyle-related cause of death" in the United States, coming after tobacco and unhealthy diets and/or lack of exercise;
- A person who succumbs to excessive alcohol use loses a potential of 30 years of potential life, and as many as 40% of all the hospital beds across the country are used to treat health conditions that develop from alcoholism;

April is Alcohol Awareness Month

- 17% of men in the general population and 8% of women will meet the criteria for alcoholism in their lifetime;
- Over 50% of American youths between the ages of 12 - 20 have tried alcohol;
- Binge drinking is not simply drinking a lot of alcohol in a short amount of time; it is the process of deliberately consuming more alcohol than the body can metabolize. The inability of the body to fully process this much alcohol in the blood leads to far more than just intoxication;
- Binge drinking causes dizziness, loss of motor coordination, nausea, vomiting and diarrhea, and loss of consciousness. If a person vomits while unconscious, the vomit can block their airway, leading to death by suffocation;
- 1 in 6 adults binge drinks at least 4x a month, drinking as many as 6 drinks in a single 2 hour period. Binge drinking occurs among men twice as much as it does women;
- In 2013, nearly 1.4 million people under the age of 20 took part in heavy drinking practices, consuming 5 drinks or more at least 5 times in a single month;

For more information visit home.army.mil/bavaria/index.php/ASAP; www.alcohol.org; www.niaaa.nih.gov; www.cdc.gov/alcohol;

Just a thought (a Preventive Medicine Column)

Alcohol Awareness Month and COVID-19. The coronavirus pandemic shut down most social life (concerts, sport events, etc.) until further notice. On top of that, it's also led to much higher alcohol consumption. The New York Post reported that alcoholic beverage sales in the U.S. rose 55% in the week ending March 21, 2020. Compared to this time last year, spirit sales have jumped 75%. With routines out of the window, people find themselves reaching for a drink more often. This rise in drinking can be detrimental to people recovering from alcoholism and alcohol abuse. The National Institute on Alcohol Abuse and Alcoholism is advising people who drink to do so moderately during this time. Men should keep their limit to two drinks per day, while women should keep to one drink per day. Drinking too much can also affect your body's ability to fight off viruses and diseases like COVID-19.

What is a standard drink in the United States?

A standard drink is equal to 14.0grams (0.6 fluid ounces) of pure alcohol. This amount of pure alcohol is found in 12 fl oz of beer (5% alcohol content), 8 fl oz of malt liquor (7% alcohol content), 5 fl oz of wine (12% alcohol content), 1.5 fl oz or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor.

April is Move More Month, and while many people's exercise routines have been disrupted due to COVID-19, there are still ways to remain active.

Did you know?

Almost half of U.S. adults are not active enough to maintain good health. And, about 1 in 3 adults participate in NO leisure time physical activity at all.

Getting recommended amounts of physical activity (*at least 150 minutes of moderate to vigorous activity, 75 minutes of vigorous activity, or a combination of those activities per week*) **is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function, and lower risk of depression.**

For more ways to add activity to your life, visit HEART.ORG/MOVEMORE



MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!

 10 Minutes of stretching is like walking the length of a football field	 2.5 Hours of walking every week for a year is like walking across the state of Wyoming
 30 Minutes of singles tennis is like walking a 5K	 1 Hour of dancing every week for a year is like walking from Chicago to Indianapolis
 20 Minutes of vacuuming is like walking one mile	 30 Minutes of grocery shopping every other week for a year is like walking a marathon

Source: purdue.edu/walktothemoon/activities.html

NATIONAL DONATE LIFE MONTH

Donate Life is the national symbol for the cause of organ, eye and tissue donation.

National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation.

National Donate Life BLUE & GREEN DAY is April 16!

The public is encouraged to wear blue and green to help share the Donate Life message.

The Need is Great

More than **100,000** people are waiting for lifesaving organ transplants.

Did You Know?

50% of organ, eye and tissue donors are authorized by registries.



More than **39,000** organ transplants from 18,300 donors brought new life to patients and their families in 2020.

National Pediatric Transplant Week – April 18-24, 2021



This final week of April focuses on the powerful message of ending the pediatric transplant waiting list.

More than **1,900** children under the age of 18 are on the national transplant waiting list.

More than **1,700** children were saved by the generosity of donors & donor families in 2020.

More than **66,000** corneas were provided for sight restoring transplants in 2020



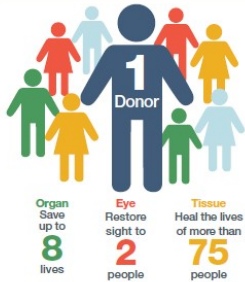
More than **2.5 million** tissue transplants heal lives each year.



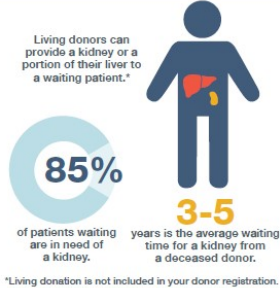
More than **165 million** people are registered organ, eye and tissue donors.

Thank you to all donors, donor families, registered donors and champions of the Donate Life cause!

Deceased Donation



Living Donation



? Top 5 Frequently Asked Questions

- Does registering as a donor change my patient care?**
No, doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.
- Will I be able to have an open casket funeral if I donate?**
An open casket funeral is possible for organ, eye and tissue donors.
- Does my religion support organ, eye and tissue donation?**
All major religions support donation as a final act of compassion and generosity.
- Does my social or financial status play any part in whether or not I will receive an organ?**
A national system matches available organs from the donor with people on the waiting list based on many factors, including: blood type, body size, how sick they are, distance from donor hospital and time on the list. Race, income, gender, celebrity and social status are never considered.
- Why register to be a donor?**
You can save up to 8 lives and heal the lives of more than 75 people. Your registration also relieves your family of the burden of making the decision at a time of sadness and grief.

<https://www.donatelife.net>

Next Issue: May 2021 © MEDDACB Preventive Medicine



What is happening in April:

- Alcohol Awareness Month
- Move More Month
- National Donate Life Month
- Sexual Assault Awareness & Prevention Month
- World Autism Awareness Day (April 2)
- Easter (April 4)
- National Youth HIV and AIDS Awareness Day (April 10)
- STD Awareness Week (April 11 - 17)
- National Donate Life Blue & Green Day (April 16)
- National Pediatric Transplant Week (April 18-24)
- World Immunization Week (April 22 - 28)
- World Malaria Day 2021 (April 25)

#TalkTestTreat

#STDWeek

April 11-17

STD Awareness Week

talk test treat



What are sexually transmitted diseases (STDs)?

- STDs are caused by sexually transmitted infections
- These infections can be bacterial, viral or parasitic
- STDs are transmitted through sexual contact

STDs: Quick Facts

- The U.S. has the highest rate of STDs in the industrialized world, with approximately 19 million new infections occurring each year.
- More than half of all Americans will contract an STD in their lifetime.
- Chlamydia is the most commonly reported disease in the U.S.
- Sexually active youth (ages 15-24) have the highest STD rates of any age group in the U.S.
- All STDs can be spread before symptoms appear.

Preventing STDs: Why is it Important and how can YOU prevent the spread?

- While many STDs can be cured or treated with medication, the consequences of untreated STDs can include: infertility, pregnancy complications, cervical cancer, pelvic inflammatory disease, birth defects and a 3- to 5-fold increased risk of HIV transmission.
- Use safe sex practices, Condoms are available at every MEDDAC Bavaria clinic.
- Check your vaccination status with your local immunization nurse.
- If you suspect you may have an STD, make an appointment right away for testing and treatment. The sooner you are treated, the less time there is for complications to arise.
- If you are a female and are sexually active, make sure you are being seen annually for a well-woman exam.
- If you have new or multiple sex partners, make sure you are routinely being seen for STD testing.

Check with your local health clinic or get more information at www.cdc.gov/std



Risk of Tick borne diseases like **Lyme Disease** or **Tick-Borne Encephalitis** is present throughout Germany. Most cases are reported in the south, primarily in Bavaria, and typically during the spring and summer. With warmer weather approaching and people heading outdoors to enjoy the sunshine you could put you and your loved ones at risk for some pretty serious medical issues if you're not cautious.

Risk Areas include woods, open fields, grassy areas, bushes as well as some urban parks and gardens.



Before you head out...

- Use insect repellent (containing 20%-30% DEET or 20% Picaridin)
- Keep arms and legs covered
- Wear light-colored clothing that makes it easy to detect ticks
- Tuck your pants into your socks (it looks silly, but it's very effective to prevent tick bites)

While you are outside...

- Re-apply insect repellent according to manufacturer's directions
- Stay in the middle of the trail and avoid tall grasses and shrubs (when hiking in wooded or grassland areas)

After your outdoor adventure...

- Check clothes, body and gear for ticks. Be thorough - ticks are very small. If you were joined by your children and/or pets, make sure to check them as well.
- Take a shower to rinse off any loose ticks that you may have missed.

What to do if you've been bitten by a tick?

- Use tweezers or tick removal tools grasping the tick as closely as possible to where it is attached to the skin and pull it gently upwards avoiding squeezing the ticks body.
- Make sure that no mouthparts are left in the skin.
- Disinfect the bite with soap and water, alcohol or iodine followed by applying an antiseptic.

Stay Alert

- Consult your health provider if you begin to feel unwell or notice an unusual skin reaction in the weeks after having been bitten by a tick.

