



June 2021

# UNDER THE MICROSCOPE

MEDDAC Bavaria Preventive Medicine Newsletter



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



take your  
**BEST  
SHOT!**

Protect yourself  
and your loved ones.  
Get vaccinated  
against COVID-19.



Check the Facebook of your local health clinic for more  
information on vaccination events!

## What is happening in June:

Men's Health Month  
National Congenital Cytomegalovirus Awareness Month  
National Migraine and Headache Awareness Month  
PTSD Awareness Month  
Men's Health Week (June 14 - 20, 2021)  
World Blood Donor Day (June 14, 2021)  
National HIV Testing Day (June 27, 2021)



Although commonly associated with military veterans or active-duty service members, PTSD is a disorder that affects a wide range of people and can be triggered by a variety of traumatic events. According to the National Institute of Mental Health, events that may lead to PTSD include violent personal assaults, natural or human-caused disasters, accidents, combat, and various forms of other violence.

While approximately 50 percent of U.S. adults may experience a traumatic incident in their lives, that does not automatically mean they may have PTSD. In recognition of **PTSD Awareness Month** and **PTSD Awareness Day on June 27**, following are 9 important statistics to help raise awareness:

- People with PTSD may relapse and still be frightened by these past events, fight against sleeplessness, be dehydrated and/or numb, feel nauseous, and can easily be startled. They can also experience uncontrollable shaking, chills or heart palpitations, and headaches.
- Approximately 1 in 13 people will develop PTSD at some point in their lives.
- Women are more likely to experience PTSD—approximately 10 out of every 100 women compared to four out of 100 men.
- Children may be diagnosed with PTSD if long-term symptoms last more than one month.
- Most of the veteran PTSD data currently available are from recent wars, including Iraq and Afghanistan. PTSD statistics for the military signify that an estimated 20 % of combat veterans from these wars developed PTSD. However, PTSD in soldiers does not occur exclusively as a result of combat. While only 17 % of combat troops are women, 71 % of female military members develop PTSD due to sexual assault experienced within the ranks.
- PTSD that lasts for longer periods may be due to the cause of the number of times that a traumatic incident happened, the severity of the event, fatality risk, a history of past trauma, mental health problems before the current incident occurred, and direct exposure to the traumatic event.
- People with severe forms of PTSD may experience challenges at work, at home, and/or in social settings.
- While it may be difficult to interact with someone with PTSD, know that this person is having just as tough a time if not more. The nervous system of someone with PTSD is especially vulnerable, which may lead to behavior or feelings such as being overly alert, angry, irritable, depressed, or untrusting. A supportive social circle may be the best answer to calming him or her down.
- Face-to-face support may be better than love from afar for someone with PTSD, according to trauma experts. This can come in the form of participating in pleasurable hobbies, rhythmic exercises or dancing, and/or lunch dates.

The Behavior Health Team at your local clinic will be able to help you and your family member.

Additional Sources:  
[www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd](http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd)

## World Blood Donor Day

Give blood and keep the world beating. 14 June 2021

World Blood Donor Day takes place on 14 June each year. The aim is to raise global awareness of the need for safe blood and blood products for transfusion and of the critical contribution voluntary, unpaid blood donors make to national health systems. The day also provides an opportunity to call to action to governments and national health authorities to provide adequate resources and put in place systems and infrastructures to increase the collection of blood from voluntary, non-remunerated blood donors.

Safe blood and blood products and their transfusion are a critical aspect of care and public health. They save millions of lives and improve the health and quality of life of many patients every day. The need for blood is universal, but access to blood for all those who need it is not. Blood shortages are particularly acute in developing countries.

To ensure that everyone who needs safe blood has access to it, all countries need voluntary, unpaid donors who give blood regularly. Throughout the COVID-19 pandemic, despite limited mobility and other challenges, blood donors in many countries have continued to donate blood and plasma to patients who need transfusion. This extraordinary effort during a time of unprecedented crisis highlights the crucial role of well-organized, committed voluntary, non-remunerated blood donors in ensuring a safe and sufficient blood supply during normal and emergency times.

### Focus of this year's campaign

For 2021, the World Blood Donor Day slogan will be **"Give blood and keep the world beating"**. The message highlights the essential contribution blood donors make to keeping the world pulsating by saving lives and improving others' health. It reinforces the global call for more people all over the world to donate blood regularly and contribute to better health.

A special focus of this year's campaign will be the role of young people in ensuring a safe blood supply. In many countries, young people have been at the forefront of activities and initiatives aimed at achieving safe blood supplies through voluntary, non-remunerated blood donations. Young people form a large sector of the population in many societies and are generally full of idealism, enthusiasm and creativity.

The specific objectives of this year's campaign are to:

- thank blood donors in the world and create wider public awareness of the need for regular, unpaid blood donation;
- promote the community values of blood donation in enhancing community solidarity and social cohesion;
- encourage youth to embrace the humanitarian call to donate blood and inspire others to do the same;
- celebrate the potential of youth as partners in promoting health.



## Just a thought (a Preventive Medicine Column)

Every day blood transfusions take place that saves lives of many people all over the world. Every two seconds someone in the world needs blood and about 5 million Americans need blood transfusions. Donating blood is good for the health of donors as well as those who need it. It can help in treating patients suffering from cancer, bleeding disorders, chronic anemia associated with cancer, sickle cell anemia, and other hereditary blood abnormalities. It is important to know that human blood cannot be manufactured, people are the only source of it and that is why it is important to donate blood and help those who need it. Blood donation not only makes the receiver's life good but also helps the donor to maintain good health. Donating blood on a regular basis can reduce the risk of hemochromatosis, a health condition that arises due to excess absorption of iron by the body. It also aids in lowering the risk of developing cancer and it stimulates the blood cell production.

Check the American Red Cross – USAG Bavaria Grafenwoehr & Vilseck  
Facebook page to see when the next blood drive in your area is!

Next Issue: July 2021

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Preventive Medicine

Get vaccinated.



Wear a mask.



Stay 6 feet from others,  
and avoid crowds.

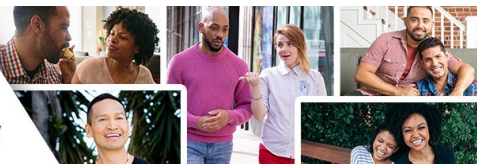


Wash  
hands often.



JUNE 27

NATIONAL  
**HIV**  
TESTING DAY

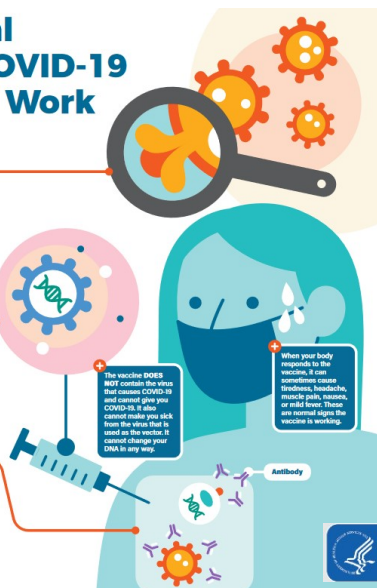


## How Viral Vector COVID-19 Vaccines Work

**Understanding the virus that causes COVID-19.**  
Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These spike proteins are ideal targets for vaccines.

**What is a viral vector vaccine?**  
A viral vector vaccine uses a harmless version of a different virus, called a "vector," to deliver information to the body that helps it protect you.

**How does the vaccine work?**  
The vaccine teaches your body how to make copies of the **spike proteins**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



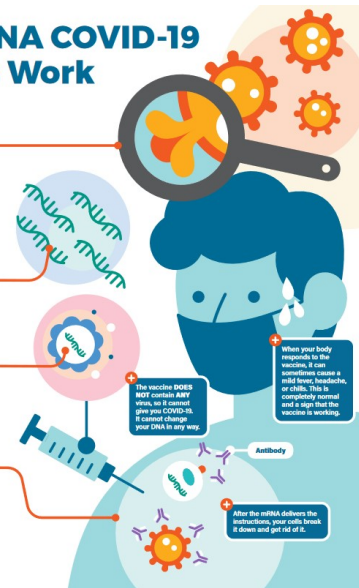
## How mRNA COVID-19 Vaccines Work

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Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These spike proteins are ideal targets for vaccines.

**What is mRNA?**  
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

**What is in the vaccine?**  
The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

**How does the vaccine work?**  
The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



## 5 PLAYS FOR MEN to Stay at the Top of Their Game

- #1 We will protect this heart:** Heart disease is the No. 1 killer of men. Healthier food choices build a healthier heart – make fruits and vegetables half of your plate.
- #2 Bro, you don't even have to lift:** Getting just 30 minutes of exercise each day can help you live longer and healthier.
- #3 Preventive maintenance:** Getting regular check-ups can catch small problems before they become big problems.
- #4 Quitting time:** Smoking causes cancer, heart disease, stroke, and... a greater risk of erectile dysfunction.
- #5 Hey man, you good?** Life can get tough, and thinking things through with a mental health professional can help.

minorityhealth.hhs.gov

## MEN'S HEALTH MONTH

### June is Men's Health Month.

a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy. According to the Centers for Disease Control and Prevention (CDC), men in the United States, on average, die 5 years earlier than women and die at higher rates from the three leading causes of death, heart disease, cancer and unintentional injuries. During Men's Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood. The HHS Office of Minority Health will also observe **Wear Blue Day on Friday, June 19**. This day is a part of the year-round Wear BLUE awareness campaign that was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives, healthy food choices, staying active, quitting smoking, getting regular checkups and taking care of their mental health.

Sources: [www.cdc.gov/nchs/fastats/mens-health](http://www.cdc.gov/nchs/fastats/mens-health); [www.minorityhealth.hhs.gov/omh](http://www.minorityhealth.hhs.gov/omh); [www.menshealthmonth.org](http://www.menshealthmonth.org);



### National Cytomegalovirus (CMV) Awareness Month

is an annual observance held in June to increase awareness of CMV, the

most common infectious cause of birth defects. CMV is the most common infectious cause of birth defects in the US.

#### What is CMV?

Cytomegalovirus or CMV, is a member of the herpes virus family. Coming into contact with the CMV virus is a common occurrence, typically harmless to the general population. A CMV infection causes cold-like symptoms, such as a sore throat, fever, fatigue and swollen glands. These mild cytomegalovirus symptoms last for only a few short weeks and are rarely a cause for concern for healthy kids or adults. It is important to note that the CMV virus can cause serious problems for people with weakened immune systems (immunocompromised) due to organ transplants, HIV/AIDS infection, chemotherapy, and specific medications, such as glucocorticoids, cytostatics, antibodies, and drugs acting on immunophilins.

The CMV virus can also cause severe disease in babies who were infected with CMV before birth (referred to as **congenital CMV** infection). According to the Centers for Disease Control and Prevention (CDC), between 50 and 80 percent of people in the United States have had a CMV infection by the time they are 40 years old. Once the CMV virus is in a person's body, it stays there for life and can reactivate. A person can also be re-infected with a different strain of the virus.

**SYMPTOMS & TODDLERS:** The virus is often symptomless, or may present as a cold or flu, and is typically harmless in otherwise healthy children and adults. CMV is very common among healthy children one to five years of age (one in three five year-olds are already infected), especially for those in daycare and preschool. It is most commonly transferred through contact with the saliva of a person carrying an active CMV infection. Even though your toddler may seem healthy and does not appear to have any symptoms of being sick, it is possible for him or her to shed the virus for three to six months or longer.

**IMPACT:** When a pregnant woman is exposed to CMV, and the virus passes through the placenta to the fetus, the virus may result in devastating issues for the baby including hearing loss, developmental disabilities, and/or microcephaly. In fact, congenital CMV is the number one cause of non-genetic sensorineural hearing loss (SNHL) in children. Hearing loss following congenital CMV (cCMV) infection may be present at birth or occur later in the early years of life. About 50% of children with SNHL due to cCMV infection will have further hearing deterioration.

### 5 Simple Tips to Help Prevent CMV

Contact with the saliva or urine of young children is a major cause of CMV infection among pregnant women, especially mothers, daycare workers, preschool teachers, therapists, and nurses. Women who are pregnant or are planning to become pregnant should practice the following CMV prevention and healthy pregnancy tips to mitigate the risk of contracting CMV:

**Do Not Share Food, Utensils, Drinks or Straws.** Saliva may remain on food, cups or cutlery and could transfer a CMV infection to you and your unborn baby. Although it may be easier to feed your child from your own plate or you do not want to waste remaining food from your child's plate, it is best not to share food or cutlery.

**Do Not Put a Pacifier in Your Mouth.** How many of us are guilty of wanting to clean our child's pacifier by putting it in our mouth? Or, your hands are full and you put the pacifier in your mouth just to hold it for a moment? Saliva on your child's pacifier may transfer CMV to you and your unborn baby. Try to get in the habit of putting a pacifier on your pinky, not in your mouth.

**Avoid Contact with Saliva when Kissing a Child.** Try not to kiss a child under six years of age on the lips or cheek to avoid contact with saliva. Instead, kiss them on the forehead or top of the head and give them a big, long hug.

**Do Not Share a Toothbrush.** Toddlers love to imitate everything Mommy does, including pretending to brush their teeth with Mommy's toothbrush. Store your toothbrush in an area that your child cannot reach.

**Wash Your Hands.** Wash your hands often with soap and water for 15-20 seconds, especially after the following activities:

*Wiping a young child's nose or drool - Changing diapers - Feeding a young child - Handling children's toys*

Sources: [www.nationalcmv.org](http://www.nationalcmv.org), [www.cdc.gov/cmV](http://www.cdc.gov/cmV)