



July 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 July:

Juvenile Arthritis Month  
Cord Blood Awareness Month  
Sarcoma Awareness Month  
UV Safety Awareness Month  
National Cleft and Craniofacial Awareness and Prevention Month  
World Hepatitis Day (July 28, 2021)



## World Hepatitis Day 2021: Hepatitis Can't Wait

**World Hepatitis Day is recognized annually on July 28th**, the birthday of Dr. Baruch Blumberg (1925 - 2011).

Dr. Blumberg discovered the hepatitis B virus in 1967, and 2 years later he developed the first hepatitis B vaccine. These achievements culminated in Dr. Blumberg winning the Nobel Prize. Organizations around the world, including World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC), commemorate World Hepatitis Day to raise awareness of the problem of viral hepatitis, which impacts more than 325 million people worldwide. It creates an opportunity to educate people about the burden of these infections, CDC's efforts to combat viral hepatitis around the world, and actions people can take to prevent these infections.

Viral hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver disease. Viral hepatitis causes more than one million deaths each year. While deaths from tuberculosis and HIV have been declining, deaths from hepatitis are increasing.

Safe and effective vaccines to protect against hepatitis A and hepatitis B are available. Hepatitis A vaccine is used in only a few countries; greater use of the vaccine has the potential to control outbreaks. In 2015, global coverage with three doses of hepatitis B vaccine was 84%, and 39% of children received a dose at birth, which is necessary to prevent mother-to-child transmission of this infection. Improving rates of vaccination coverage, especially among including infants and children, will reduce hepatitis B infection, which can lead to liver disease and death.

Even though affordable, safe, and effective treatments can prevent liver disease and liver cancer among people living with hepatitis B and cure those living with hepatitis C, WHO estimated that only 10% of people with hepatitis B and 20% of people with hepatitis C worldwide knew they were infected in 2015. Of these, less than 10% had received treatment.

The Theme for the 2021 WHD is: "Hepatitis can't wait".

Sources:

[www.worldhepatitisday.org](http://www.worldhepatitisday.org);  
[www.cdc.gov/hepatitis/awareness/worldhepday.htm](http://www.cdc.gov/hepatitis/awareness/worldhepday.htm).

When it comes to national days of observation, you probably aren't familiar with the yearly July anniversary of National Cleft & Craniofacial Awareness & Prevention Month (NCCAPM).



## What does craniofacial mean?

In medical terms, the word craniofacial is used when referencing conditions that affect a person's head or face. Conditions such as cleft lip and cleft palate fall into this category, as do congenital abnormalities that effect the development of the skull (craniosynostosis, for example), and the ears (microtia and anotia).

## How common is this?

Craniofacial medical concerns are surprisingly common. For example, in North America, approximately 1 in every 700 babies is born with a cleft lip or cleft palate — placing it as the most common of all birth defects according to the Centers for Disease Control and Prevention (CDC).

Microtia and anotia are more difficult to track because of the wide range in case severity, but some estimates place the numbers between less than 1 in 10,000 live births to about 5 in 10,000 live births.

Non-congenital facial injury is even more difficult to place a number on given the breadth of potential injuries one can suffer — particularly when it comes to very active children.

## Can craniofacial conditions affect a child for a lifetime?

Yes. Although most children in developed countries are fortunate to undergo early care to correct these concerns, children without such access (even in developed countries), experience lifelong challenges. Cleft abnormalities can be particularly traumatizing for these children as they engender difficulties with speech, eating and socializing. In some countries, children with craniofacial concerns are completely shunned from their communities.

## What about risks and preventable causes?

There are a number of noteworthy risks the CDC identified in its National Birth Defects Prevention Study — the largest study on birth defects ever undertaken in the United States. Among those important findings\*\* are the following:

- **Diabetes:** Women who have diabetes before they get pregnant have been shown to be more at risk of having a baby with anotia or microtia, or a cleft lip with or without cleft palate.
- **Smoking:** Women who smoke anytime during the month before they get pregnant through the end of the third month of pregnancy have been shown to be more likely to have a baby with a cleft lip with or without cleft palate.
- **Maternal Thyroid Disease:** Women with thyroid disease or who are treated for thyroid disease while they are pregnant have been shown to be at higher risk of having an infant with craniosynostosis.
- **Certain Medications:** Women who report using clomiphene citrate (a fertility medication) just before or early in pregnancy have been shown to be more likely to have a baby with craniosynostosis.

\*\* (Each of the above bulleted findings are direct quotes from CDC research.)

Sources: [www.patientconnect365.com/dentalhealthtopics/article/](http://www.patientconnect365.com/dentalhealthtopics/article/)

| Mask Wearing on Installations in US Army Europe & Africa |   |                   |
|--|---|-------------------|
| Your Activity  |   |                   |
| Unvaccinated   | Outdoors  | Fully Vaccinated* |
|  | PT, running, walking, cycling, etc.                               |                   |
|  | Small gatherings with family & friends                            |                   |
|  | Dining with people from multiple households                       |                   |
|  | Live, crowded, events such as concerts or sporting events         |                   |
| Indoors  |   |                   |
|  | Official US Government offices                                    |                   |
|  | PX, Commissary or shoppette                                       |                   |
|  | Food court & other eating establishments                          |                   |
|  | Small gatherings of people from multiple households               |                   |
|  | Movie theater, fitness center, chapel and recreational facilities |                   |
|  | Shuttle Bus   |                   |
|  | DoDEA Schools and indoor facilities                               |                   |
|  | CDC and CYS buildings and indoor facilities                       |                   |
|  | All Medical Treatment Facilities                                  |                   |
|  | AAFES Mall vendors (barbershop, beauty salon etc.)                |                   |
|  | Installation Access Offices at Main Gates                         |                   |

\*Fully Vaccinated = CDC/FDA approved vaccine & 14 days after completion of shot series

- These guidelines are a baseline and may be more restrictive based on senior commander directives
- Continue to follow all Host Nation guidelines when in local communities
- Continue to wash your hands and maintain social distancing

## HEALTH AND SAFETY

PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST

**PROTECT YOUR SKIN**

Skin cancer is the **MOST COMMON** type of cancer, accounting for **NEARLY HALF** of all cancer cases

The sun's UV rays are **STRONGEST** between 10 a.m. and 4 p.m.

**— SUNSCREEN FACTS —**

SPF measures how well sunscreen protects against UVB rays only

Water-resistant sunscreen provides protection while swimming or sweating

Broad-spectrum sunscreen protects against both UVB and UVA rays

UVB rays are the **MAIN** cause of sunburns

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### Just a thought (a Preventive Medicine Column)

#### Why you shouldn't skip the second COVID-19 vaccine!

According to recent data from the CDC (Centers for Disease Control and Prevention) more than 5 million people or nearly 8% of those who got a first shot of the Pfizer or Moderna vaccines, have missed their second doses.

The reasons people are missing their second shots vary. Some people say they are worried about side effects, which have widely been reported to be worse after the second dose. Others say second shot appointments have been canceled, and it's been hard to reschedule. But new research also shows that many people are just confused and wrongly think one shot is enough.

#### Here's why skipping your second shot is not a good idea:

If you get a two-dose vaccine, such as Moderna or Pfizer, the first dose is a "priming" dose giving you partial immunity while the second dose sets in immunity to around 94% - 95%.

You're considered to have full immunity about 2 weeks after the second dose. You will not develop sufficient immunity to COVID-19 without both doses, which also means that you will not be protected from new variants.

If you got the Pfizer or Moderna shot and missed the second shot, there still may be time. While it's best to get the second shot as close to the recommended time as possible (21 days for Pfizer and 28 days for Moderna), the shot may be given up to six weeks after the first dose, according to CDC guidelines.

**If you have questions about the vaccine, talk to your provider about your concerns.**



**August 5, 2021:**

**Hohenfels**

**August 21, 2021:**

**WILD B.O.A.R.**

## HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

**1 in 6**

Approximate number of Americans stricken with food poisoning each year

**128,000**

Estimated annual hospitalizations from foodborne illnesses

**Did You Know?**  
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about \$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK (according to the National Cattlemen's Beef Association).

### Basic Tips

**CLEAN**

**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring most toiletries to use.

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

**SEPARATE**

**SEPARATE PLATES AND UTENSILS.** When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods like raw vegetables.

**COOK**

**USE A FOOD THERMOMETER.**  
**Burgers: 160°F**  
Just because your burger is brown, not pink, doesn't mean it's safe to eat!

**CHILL**

**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

**Steaks: 145°F** with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

### DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once cut, keep them chilled in ice to keep them cool.

ADDITIONAL SOURCE: USDA, Ad Council

For more summer food safety tips, go to

**FoodSafety.gov**