

DO YOU KNOW ABOUT MENINGITIS B?

You will probably see the word “meningitis” and think that your child has been vaccinated against meningitis so this does not pertain to them. You would most likely be wrong. If your child received the required vaccination for school then he or she is only protected against meningitis strains A, C, W, and Y. They are not protected against the B strain. The vaccine containing protection against the B strain of meningitis is a relatively new vaccine, only having been around since 2014.

Outbreaks of Meningitis B are rare, but they are very serious. Between 2013 and 2015, there were four outbreaks of Meningitis B disease reported on US college campuses, which led to two deaths.

Just like the other strains, Meningitis B is potentially fatal. Symptoms such as fever, headache, and neck stiffness can progress rapidly and can become serious and possibly fatal. A small percentage (10%-15%) of people infected

with meningococcal disease will die, sometimes within 24 hours. For those that survive infection with the bacteria, 11%-19% will experience long-term effects such as brain damage, hearing loss, loss of limbs, and seizures.

Who is at risk?

Young adults 16-23 years of age are at increased risk because of high school, college or being in the military, which put them in close contact with each other and increases their chances of coming in contact with someone who may have meningitis.

Meningitis B vaccines are currently available at the Shelby County Health Department for those age 16-18 years.

For more information or to find out about getting your child vaccinated, call the Shelby County Health Department at 573-633-2353.

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Special points of interest:

- Meningitis B bacteria can be spread through kissing, coughing, sneezing, and living in close quarters.
- The meningitis shot that is currently required for school does NOT prevent Meningitis B

DRY DROWNING AND SECONDARY DROWNING

Katie's Corner

This seems to be the big topic this summer. You probably figure once your child is done swimming or playing in the water the risk of drowning is over. But “dry” and “secondary” drowning can happen hours after they are out of the water.



These types of drownings can happen when your child breathes water into his lungs. Sometimes that happens when he struggles while swimming. But it can be a result of something as simple as getting water in their mouth or getting dunked.

With dry drowning, water never reaches the lungs. Instead, breathing in water causes your child’s vocal cords to spasm and close up after he’s already left the water. This shuts off their airway, making it hard to breathe. Symptoms of dry drowning usually happen right after an incident in the water.

Secondary drowning happens a little bit differently. Your child’s airways open up, letting water into their lungs, where it builds up, causing a condition called pulmonary edema. The result is the same; trouble breathing. Secondary drowning generally starts later - within 1-24 hours of the incident.

Parents do not need to freak out about this condition but just to be aware of it. Both events are very rare, they make up only 1-2% of all drowning incidents.

Symptoms of both include:

Coughing. Persistent cough or coughing associated with increased work of breathing

Chest Pain.

Trouble breathing. Rapid shallow breathing, nostril flaring, or when you can see between the child’s ribs or the gap above their collarbone when they breathe.

Vomiting.

Feeling extremely tired.

Changes in behavior such as irritability.

Drop in energy.

If your child has any signs of dry or secondary drowning as listed above, seek medical help. Although in most cases the symptoms will go away on their own, it’s better to be safe and get them checked out first. Any problems that

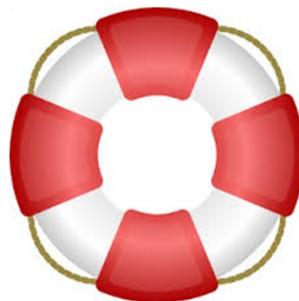
do develop are usually treatable if you get medical help right away.

Your job is to keep a close eye on your child for the 24 hours after he has had any problems in the water. If the symptoms don’t go away, or if they get worse, take your child to the emergency room, not to the pediatrician’s office.



Prevention is key:

- Always watch your child closely when they are in and around water
- Only allow swimming in areas that have lifeguards
- Never let your child swim alone
 - Enroll yourself and your kids in water safety classes
 - If you have a pool at your home make sure it’s completely fenced in



TOO MUCH RICE?

If you have ever been on a gluten-free diet, you may have been eating a lot of rice flour and other rice products to replace the gluten in your diet. Without knowing it, you could have been damaging your health. Little did you know, rice and rice products can contain arsenic.

As recent as April 1, 2016, the FDA proposed designating an action level on infant rice cereal of 100 parts per billion for inorganic arsenic. This level seeks to reduce infant exposure to inorganic arsenic.

What is Arsenic?

Arsenic is a naturally occurring element in the Earth's crust, and present in water, air, and soil. It can occur from erosion of rocks, eruptions of volcanoes, from contamination from mining and smelting, or from use of pesticides containing arsenic.

There are two types of arsenic: organic and inorganic. These names designate carbon found in them. Inorganic arsenic is more dangerous than organic arsenic when consumed.

Rice, found in diets around the world, is a leading source of inorganic arsenic. Growing and harvesting practices as well as plant absorption make rice a carrier of arsenic.

Health Risks of Arsenic Consumption

Long-term exposure to arsenic may cause skin cancer as well as cancers of the bladder and lungs. Other adverse health effects may be associated with long-term ingestion of inorganic arsenic and include developmental effects, neurotoxicity, diabetes, pulmonary disease and cardiovascular disease. One significant cause of death from arsenic exposure is myocardial infarction (heart attack). In Taiwan, exposure to arsenic is linked to "blackfoot dis-

ease", which is a disease of the blood vessels leading to gangrene.

Advice for Consumers

The FDA recommends that consumers, including pregnant women, eat a well-balanced diet for good nutrition and to minimize potential adverse consequences from eating too much of one food. Also, parents should feed their infants and toddlers a variety of grains as part of a well-balanced diet. Rice cereal should not be the only source of iron for babies. Oat, barley and multigrain cereals are also a good source of iron for babies.

Those who are abiding by a gluten-free diet should be careful to watch labels. Many gluten-free products substitute rice flour for wheat flour in an attempt to sell a product as gluten free. Consuming an overabundance of rice flour could potentially increase your arsenic consumption and be dangerous for your health. You may also find yourself eating more rice in your diet simply because there are fewer choices on a gluten-free diet. This could also increase your arsenic consumption.

Cooking rice in excess water and then draining the excess water, can reduce inorganic arsenic content by 40 to 60%, depending on the type of rice. However, preparing in this way also reduces the nutritional value by washing away folate, iron, thiamin, and niacin.

Currently, there no set standards by the FDA for arsenic levels of foods in the US. This means foods on store shelves may contain arsenic levels higher than the proposed level of 100 ppb.



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We have your best interest at heart.

www.shelbycountyhealth.com

July Blood Pressure Clinics

<i>4 Shelbyville Senior Housing</i>	<i>9:30-10am</i>
<i>11 Clarence Senior Citizens</i>	<i>2-2:30pm</i>
<i>19 Shelbina Nutrition Site</i>	<i>11-12 noon</i>
<i>20 Bethel Fest Hall</i>	<i>1:30-2pm</i>

For more info go to:

www.MeningitisB.com

www.cdc.gov

www.fda.gov

www.consumerreports.org

RECIPE OF THE MONTH

Crescent Taco Pie

Ingredients:

1 to 1-1/4 lb. lean ground beef
1 pkg Taco Seasoning Mix
1/2 cup water
1/3 cup sliced green chiles
1 can Pillsbury Refrigerated Crescent Rolls
1-1/2 cups crushed corn chips
8 oz sour cream
1 cup shredded cheddar cheese
Shredded lettuce

Directions:

Preheat oven to 375°. Brown ground beef until cooked through, stirring frequently. Drain.

Stir in taco seasoning mix, water and chiles. Simmer 5 minutes. Meanwhile, separate crescent dough into triangles. Place triangles in ungreased pie pan, pressing to form crust. Sprinkle 1 cup of corn chips over bottom of crust. Spoon beef mixture into corn chips in crust. Spread sour cream over beef mixture. Cover with cheese. Sprinkle with remaining 1/2 to 1 cup corn chips. Bake at 375°F for 20 to 25 minutes or until crust is golden brown. Cut in wedges. Serve immediately with lettuce. Store in refrigerator.

