

EPI Update for Friday, October 11, 2013
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **West Nile update**
- **Flu is now circulating in Iowa**
- **Acute hepatitis and liver failure after dietary supplement use**
- **Facts about breast cancer in Iowa**
- **Fall outings to pumpkin patches and apple orchards**
- **Meeting announcements and training opportunities**

West Nile update

So far this year, 36 confirmed human cases of West Nile virus have been reported in Iowa and additional cases are being investigated. Surveillance has also identified 10 infected horses, 15 infected sentinel chickens, and 47 infected mosquito pools. In 2012, 31 human cases of West Nile virus were reported.

Please continue to encourage patients to take measures to prevent mosquito bites; for example, wearing mosquito repellent, especially during times of peak mosquito activity between dusk and dawn. For additional information on West Nile virus prevention, visit [www.idph.state.ia.us/CADE/DiseaseIndex.aspx?disease=West Nile Virus](http://www.idph.state.ia.us/CADE/DiseaseIndex.aspx?disease=West+Nile+Virus).

Flu is now circulating in Iowa

Three cases of seasonal influenza have been identified in eastern and central Iowa in the last two months. All Iowans 6 months of age and older should get their flu vaccination now. For more information on flu, visit www.idph.state.ia.us/Cade/Influenza.aspx?pg=FluHome.

Acute hepatitis and liver failure after dietary supplement use

Recently, a number of previously healthy individuals developed acute hepatitis and sudden liver failure of unknown cause after using a dietary supplement for weight loss or muscle building.

CDC recommends increased vigilance by public health agencies, emergency departments, and healthcare providers for patients who develop acute hepatitis or liver failure following use of a weight loss or muscle building nutritional supplement, and, as part of a comprehensive evaluation, ask about consumption of dietary supplements.

For additional information, visit www.bt.cdc.gov/HAN/han00356.asp.

Facts about breast cancer in Iowa

In 2013, an estimated 2,300 Iowa women will be diagnosed with breast cancer and about 410 will die from this disease. Only lung cancer causes more cancer death among Iowa women than breast cancer.

Here are several little-known facts about breast cancer:

- Most women who are diagnosed with breast cancer do not have family history of the disease.
- According to the CDC, deaths due to breast cancer decreased by 2.1 percent per year among women in the U.S. from 2000-2009.
- Men can get breast cancer and those who do have a higher mortality rate than women.
- Most breast lumps are not cancer.
- According to the CDC, three or four out of every 100 women who are 60 years old today will get breast cancer by the age of 70.

For additional information about breast cancer, visit www.idph.state.ia.us/CFY/.

Fall outings to pumpkin patches and apple orchards

This time of year, many Iowans will be visiting pumpkin patches, apple orchards, and farms. These trips can be fun and educational, but are not without risks.

Here are a few tips to remember when visiting pumpkin patches and orchards:

- Wash apples and other produce before eating them.
- Make sure any cider or juice you drink has been pasteurized. If you are unsure, check the product labeling or ask if the product has been pasteurized.
- Wash your hands with warm water and soap before eating and after visiting the farm, patch, or orchard.

For more information about food-borne illnesses, visit www.idph.state.ia.us/cade/Foodborne.aspx.

Meeting announcements and training opportunities

From Numbers to Outcomes: Data Resources for Public Health conference on October 29, 12:00 – 4:30 p.m., at University of Iowa College of Public Health (Callaghan Auditorium) for professionals and students in the public health field on the use of data in public health practice. Nursing CEUs will be awarded. To register, visit training-source.org/event/.

Have a healthy and happy week!

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