

EPI Update for Friday, January 22, 2016
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- [Clinical guidance for Zika virus in pregnant women](#)
- **MIND diet protection against Alzheimer's disease**
- **Iowa Acute Disease Monthly Update**
- **Meeting announcements and training opportunities**

[Clinical guidance for Zika virus in pregnant women](#)

CDC has developed interim guidelines for providers caring for pregnant women during a Zika Virus outbreak. Healthcare providers should ask all pregnant women about recent travel. Pregnant women with a history for recent travel to areas with Zika who report symptoms consistent with Zika virus infection (acute onset of fever, maculopapular rash, arthralgia or conjunctivitis) or with ultrasound findings of fetal microcephaly or intracranial calcifications should also be tested for Zika infection.

There are no current commercial tests available for Zika virus; testing is performed at CDC through coordination with IDPH and the State Hygienic Lab.

Because there is no vaccine or preventive therapy for Zika, CDC recommends that pregnant women should consider postponing travel to areas where Zika transmission is ongoing.

For additional information on Zika virus and pregnancy, visit:

www.cdc.gov/mmwr/volumes/65/wr/mm6502e1er.htm?s_cid=mm6502e1er_e

MIND diet protection against Alzheimer's disease

Alzheimer's disease is the sixth most common cause of death in Iowa. A recently published study shows the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet can significantly decrease the risk of developing this disease. Researchers at Rush University showed the risk of Alzheimer's disease was reduced by about 35 percent in aging adults who moderately followed the diet, and up to 53 percent for those who followed it rigorously.

The MIND diet emphasizes 10 healthy food groups: **green leafy vegetables, all other vegetables, berries, nuts, beans, whole grains, fish, poultry, olive oil, and wine.**

Meanwhile, it recommends eating less from 5 food groups: **red meats, butter/stick margarine, cheeses, pastries/sweets, and fried/fast food.**

To read more about the MIND diet, visit: www.ncbi.nlm.nih.gov/pubmed/25681666.

Iowa Acute Disease Monthly Update

The new issue of the Iowa Acute Disease Monthly Update is available on our new website. Visit idph.iowa.gov/CADE and scroll down to 'Reports' or access the report directly at idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/IADMU%20Jan%2016.pdf.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

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