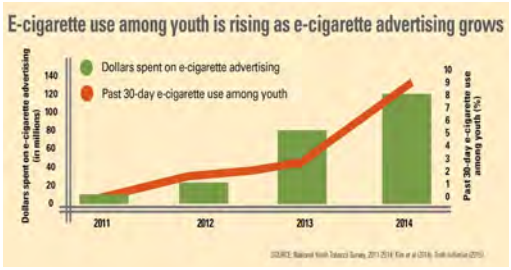
PRINCETON HEALTH MATTERS

Inside this Issue:

E-cigarettes and Lung Health



On May 5, the Food and Drug Administration (FDA) announced it will be extending its authority to include e-cigarettes and other tobacco products. Starting in August 2016, FDA will begin to apply and enforce key provisions of the Family Smoking Prevention and Tobacco Control Act as it relates to the sales, marketing and manufacturing of e-cigarettes.

The American Lung Association had long called for FDA to bring e-cigarettes and other unregulated tobacco products under its authority. This action was especially important given the rapid rise in youth use of e-cigarettes in the U.S. and in N.J. over the past several years. A 2010 ruling from a federal court in a case filed by an e-cigarette manufacturer against the FDA determined that e-cigarettes which do not make therapeutic claims will be regulated as tobacco products. If a manufacturer does make a therapeutic claim (such as that an e-cigarette can help you quit smoking), then the manufacturer must first prove through a series of clinical trials that their product is safe and effective.

Initial studies show that e-cigarettes contain nicotine and also may add in other harmful chemicals, including carcinogens and lung irritants. Nicotine is an addictive substance, and almost all e-cigarettes contain nicotine. Even some products that claim not to have any nicotine in them may still contain it. Nicotine also has a negative impact on adolescent brain development and it's use during adolescence has been associated with lasting cognitive and behavioral impairments, including effects on working memory and attention. As for other chemicals found in e-cigarettes, in initial lab tests conducted in 2009, the FDA found detectable levels of toxic cancer causing chemicals, including an ingredient used in anti-freeze and formaldehyde.

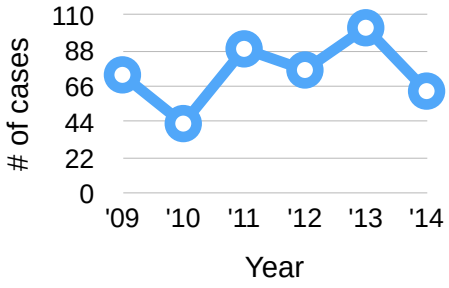
Flavors in e-cigarettes are also a cause for concern. Not only are flavors used to target kids, but they may be harmful on their own. E-cigarette and flavor manufacturers may suggest that the flavor ingredients used in e-cigarettes are safe because they have FEMA GRASTM status for use in food, but such statements are false and misleading. The reality is that FEMA GRASTM status only applies to food, meaning it's safe to eat, but does not apply to inhaling through e-cigarettes. Also, Diacetyl, a buttery flavored chemical often added to food products such as popcorn, caramel, and dairy products, has also been found in some e-cigarettes with flavors. Diacetyl can cause a serious and irreversible lung disease commonly known as "popcorn lung".

Bottom Line: E-cigarettes are a tobacco product. The American Lung Association and Public Health professionals remain concerned about their impact on public health, as they are now the most commonly used tobacco product by youth. As the FDA begins its oversight of these products, we will learn more about them and more safeguards will be put in place to protect the public health. Smokers who wish to quit can learn more about ways that have been proven safe and effective in helping smokers quit at Lung.org/smoke-free.

Prepare for Tick Season

Lyme disease currently affects more Princetonians than any other disease or illness per year. Caused by the bacterium *Borrelia burgdorferi*, it is transmitted to humans through the bite of an infected black-legged tick. The greatest risk for Lyme is between the months of May and August.

Lyme Disease Cases in Princeton



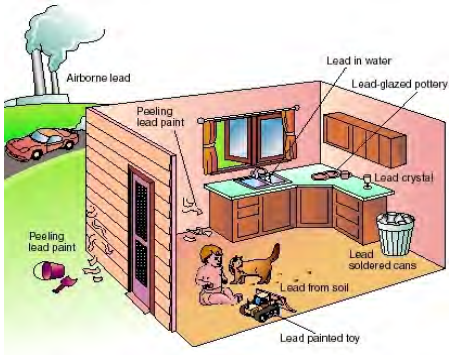
Typical symptoms of Lyme disease include fever, headache, fatigue, and often a roundish skin rash that looks like a bullseye. This disease is treatable with antibiotics. However, if left untreated, many severe health issues can occur such as swelling in large joints, shooting pain, and heart palpitations.

The Center for Disease Control and Prevention recommends taking the following precautions to prevent tick bites:

- Avoid tick-infested areas such as overgrown grass !
- Wear protective clothing (long pants and sleeves) and use insect repellent against ticks!
- Do tick checks on yourself and family members after being outside !

Health In the News

Childhood Lead Poisoning



According to a recent news report and investigation by Reuters, millions of young children across the country are not being tested for blood lead levels by their pediatricians. Blood lead tests are mandated for all children in 11 U.S. states and Washington D.C. In addition, Medicaid requires that the one-third of all U.S. children enrolled in the program be tested at ages one and two. New Jersey requires lead screening of all children ages 1 and 2 years. Children 3 to 6 years should be tested if they have never had a blood lead test.

We've taken lead out of paint and out of gasoline, but the history is still present. Older homes with paint and plumbing from earlier time, or homes that stand on what was once an industrial site, can have contaminated dust, water and soil. Human bodies have no use for lead, but it can be mistaken for calcium or iron, settling in bones and disrupting important biological processes. And children's bodies absorb more lead than adult bodies do.

The best way to know whether a child has lead present in his/her blood is by conducting a blood lead test. The CDC estimates that some 500,000 U.S. children under age six have blood lead levels of 5 micrograms per deciliter or higher, the level at which "public health action" is required. The report cited "under testing" by pediatricians and health care providers as one of the reasons why so many children are vulnerable to prolonged lead exposure. The American Academy of Pediatrics recommends that pediatricians and primary care providers proactively test children for high blood lead levels, especially if they are between 1 and 2 years old and live in areas with homes or plumbing systems built before 1960. The academy is also calling for updated national limits for lead in house dust, water and soil, and for federal funding for initiatives like removing lead paint and dust from public housing and replacing the lead service lines that bring water into many homes. An estimated 37 million homes in the United States still contain lead-based paint. an additional 6 million homes receive their drinking water through lead pipes.

Symptoms of poisoning - neurological impairment and behavior disorders - can be hard to distinguish at first. Once enough lead accumulates in blood and bone, the damage is irreversible. Ingesting lead can sicken people of any age, but it takes the heaviest toll on small children, whose developing bodies readily absorb it. By school age, children with a history of lead exposure can exhibit poor attention and impulse control, with lower intelligence and academic performance.

Help prevent lead poisoning. Children with empty stomachs absorb more lead than children with full stomachs. Provide your child or grandchild with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:
Iron rich foods. Normal levels of iron work to protect the body from the harmful effects of lead. Good sources include dark greens like spinach, collard greens, iron-fortified cereals, and dried fruits like raisins, prunes; **Vitamin C -rich foods.** Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include oranges, grapefruits, tomatoes, green peppers; **Calcium-rich foods.** Calcium reduces lead absorption. Good sources of dietary calcium include milk, yogurt, cheese, green-leafy vegetables (spinach, kale, collard greens)

For more information, please visit:
EPA Lead Program at www.epa.gov/lead
U.S. Centers for Disease Control and Prevention at www.cdc.gov/nceh/lead
U.S. Department of Housing and Urban Development (HUD) at www.hud.gov/offices/lead

Health Officer's Message:
Zika Update

Many of you have heard about Zika in the news these past few months. This update will provide information regarding Zika and local actions the Princeton Health Department is taking to keep our residents and medical providers informed.

The Zika virus is a growing threat as our weather warms and Princetonians continue to travel to Zika affected areas for business, recreation and mission work. We learn more about Zika almost daily. There is no vaccine or specific treatment, and only about 1 in 5 people infected experience symptoms. Most concerning is the potential effect that Zika virus has on the unborn baby because it has been found to be the cause of severe birth defects and other poor birth outcomes linked with infection during pregnancy. All Zika infection in the United States, including cases in New Jersey, have been related to either travel to a Zika affected area or through sexual contact with such a traveler.

Controlling mosquitoes helps protect yourself and your community from the Zika virus. Zika is transmitted by Aedes species mosquitoes which bite both day and night. To prevent mosquito bites, make it a habit to wear repellents routinely and take steps to reduce the sources of standing water which can become a breeding ground for mosquitoes.

Cases of sexual transmission of Zika virus have been documented from men who are symptomatic with Zika to their sexual partners. Therefore, the Centers for Disease Control and Prevention (CDC) recommends that men who live or have traveled to a Zika-affected area should abstain from sex or use condoms if their partner is pregnant for the entire duration of their partner's pregnancy.

With the summer months approaching, some parts of the United States may see an increase in the Aedes mosquitoes that can carry and transmit Zika virus.

The Princeton Health Department will continue to work with the NJ Department of Health and Mercer County Mosquito Control to closely monitor Zika and update our website with Zika information and resources.

For more about Zika, please visit:

Princeton Health Department: www.princetonnj.gov/health

Centers for Disease Control and Prevention (CDC): www.cdc.gov/zika

The primary mosquito that carries the disease has not been found in the state. Mosquitoes lay eggs in and near standing water in things like buckets, cans, ceramic pots, and discarded tires. Getting rid of these items will help reduce the mosquito population near your home.

The Princeton Health Department will be stepping up surveillance activities to monitor for standing water, high risk mosquito breeding sites on properties in Princeton and we urge you to get yard ready for mosquito season.

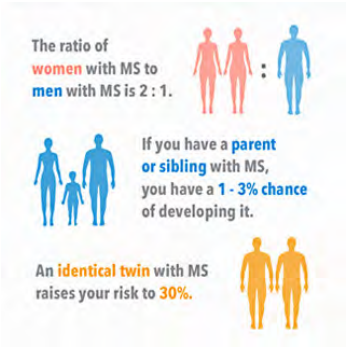
Mosquitoes need water to breed and grow. It doesn't take much water and it doesn't take much time. Almost anything that will hold water for one week or more can produce these pests. Many places around your home may be causing mosquito problems.

For a current list of places with Zika outbreaks, see CDC's Travel Health Notices: http://wwwnc.cdc.gov/travel/page/zika-travel-information

This notice follows reports in Brazil of microcephaly in babies of mothers who were infected with Zika virus while pregnant.

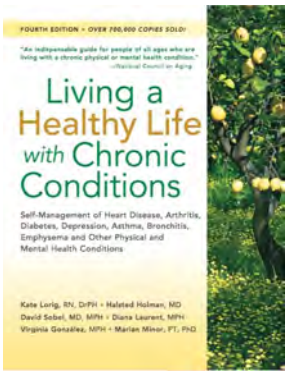
Health Department Announcements and Upcoming Events

March is Multiple Sclerosis Month !



Over 2.3 million people are currently living with Multiple Sclerosis worldwide. Multiple Sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. Join the Princeton Health Department for Walk MS in Hamilton on April 17. The Princeton Health Department has formed a team for the charity walk that is changing the lives of people with MS and helping fuel progress toward a world free of MS. Join Princeton's Team Love Life in the MS Walk. We'd love to have you on our team. Invite your friends, family, colleagues and join us to share in an experience that will change lives -- including your own. Check out our department main page for more information: http://www.princetonnj.gov/index.html.

Diabetes Self-Management Program

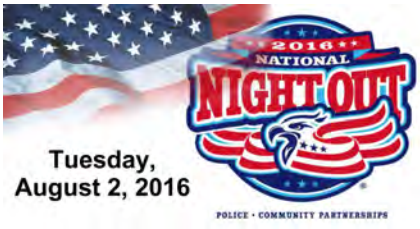


The Princeton Health Department invites residents who have diabetes to attend a free program that will enable them to manage their diabetes. The program, comprises four classes that cover suggestions for keeping blood sugar in target range, choosing a healthy meal plan and balancing food, exercise and medications. These classes will arm participants with the knowledge and skills they need to properly manage their diabetes and enable them to enjoy an improved quality of life. Classes are 2.5 hours long and meet weekly for 6 weeks beginning Thursday, June 16 from 5pm-7:30pm.

For more information or to register, call the Princeton Health Department at (609) 497-7608.

Annual Community Night Out - Tuesday, August 2nd 5-8 p.m.

Location: Community Park Pool



This free event is sponsored by the Princeton Recreational Department and the Princeton Police Department. The special evening features many agencies and organizations from around the community coming together to share information, network with the public, and to support fun, family"orientated activities. Join the Health Department in fun games and prizes!

PUBLIC HEALTH MATTERS...IN PRINCETON

A publication of the Princeton Health Department, written in collaboration with Princeton

Princeton Health Department
Monument Hall
One Monument Drive
Princeton, NJ 08540
Phone: 609-497-7608

Contributors

Jeff Grosser, MHS Health Officer
Kathy Korwin, RN Public Health Nurse Devangi Patel, MPH Health Educator
Keith Levine, MS Registered Environmental Specialist

Next Edition of PHM Summer 2016