

# Public Health Points

York City Bureau of Health

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## Fungal Meningitis Cases and Deaths Due To Contaminated Injectable Steroid Compounds Continue To Increase

As of October 27, 2012, 344 individuals in 18 states have now been identified with fungal meningitis and 25 people have died, according to the Centers for Disease Control and Prevention (CDC). In addition, the Food and Drug Administration (FDA) confirmed the same fungus found in at least 40 people sickened with fungal meningitis was also discovered in more than 50 unopened vials from one of the three recalled lots of preservative-free methylprednisolone acetate injections from the New England Compounding Center (NECC) in Framingham, Massachusetts.

In Pennsylvania only one person has been diagnosed with fungal meningitis due to the contaminated NECC product. Two medical centers, one in Pittsburgh and the other in Altoona, were the only facilities in the state to receive one or more of the three lots of the tainted product. All individuals in both centers exposed to the contaminated product have been personally contacted and are being followed forward in time to be sure no adverse health effects occur.

Situations such as this are tragic and most likely preventable. Investigations in time will expose the reason(s) for the contaminated product(s). In addition, more regulation of what appears to be a poorly regulated compounding pharmacy industry is likely to occur. And rightfully so!

Comprehensive information and daily updates on this significant public health outbreak are available on CDC's website [www.cdc.gov](http://www.cdc.gov).

Reportable Conditions – 2012 City of York, Pa		
Reported Cases	Sept	Total
Animal Bites	4	65
Campylobacter Enteritis	0	4
Chlamydia	48	417
Cryptosporidiosis	0	1
Gonorrhea	16	253
Hepatitis B	0	2
Hepatitis C	5	63
HIV Infection	1	11
Influenza, Type A	0	1
Influenza, Type B	0	3
Invasive Group A Beta-Strep Disease	0	2
Lead Poisoning	6	27
Legionellosis	1	2
Lyme Disease	0	3
Malaria	0	1
Meningitis – Aseptic	1	1
Meningitis – Bacterial	0	1
Pertussis	0	2
Respiratory Syncytial Virus (RSV) Infection	3	38
Salmonellosis	0	7
Syphilis – Primary/Secondary	0	2
West Nile Virus – Human	0	1
<b>Total Case Reports</b>	<b>85</b>	<b>907</b>

## Influenza Vaccination Season In Full Swing

The York City Bureau of Health Immunization Team is in the middle of peak season for influenza immunization. Vaccine supply is plentiful. Acceptance at schools and clinics has been quite favorable. It will be awhile yet before flu season and flu illness take off, so now is an excellent time to get the protection that we all should have. Anyone over 6 months of age should be immunized annually against influenza.

York City residents 6 months of age and older can receive a free influenza immunization at the Health Bureau's Albert S. Weyer Health Center, 435 West Philadelphia Street. Call 815-0910 to schedule an appointment.



To receive your copy of Public Health Points electronically, please email Barbara Kovacs at: [bkovacs@yorkcity.org](mailto:bkovacs@yorkcity.org)

## Tips for a Healthy Thanksgiving

Thanksgiving can be a big fat pain in the behind, and the thighs, and the waist. But it doesn't have to be. Whether you have control over what's being served or not, here are some tips on how to enjoy, eat your fill, and not regret it the next day.

- **Eat a small lunch or snack** - By eating lunch or a snack, it's easier not to overeat at dinner. Skipping lunch will only make you “pig out” at dinnertime. Try not to go overboard on the calories for the day even if you eat a bit too much at one meal.
- **Drink your fill** - A glass of water 30 minutes before the Thanksgiving meal begins will make you feel fuller so you end up eating less. Afterward, drink tea with a small dessert (or better yet, instead of a dessert!) These calorie-free liquids will fill you up while reducing Thanksgiving-day damage.
- **Skip some foods, pile on others** - Avoid high-calorie dishes with bread, creamy sauces, sugar. Opt for low-calorie salads and vegetables instead. For special dishes only made at Thanksgiving that you must have, enjoy, but beware of calories and portions.
- **Eat slowly** - Serve yourself small portions and make them last. Savor each bite. Engage in conversation while you eat. The more slowly you eat, the more time your body will have to let you know it's full, and the more likely you will stop eating when you should.
- **Get the food out of sight** - Avoid the temptation of food on the table by moving to the living room for coffee/tea and conversation, or clear the table as soon as possible.
- **Don't let Thanksgiving be about food** - Apart from the wonderful food prepared for the holiday, Thanksgiving is really a time to be together with family and friends. Plan activities that allow people to be together in a way that doesn't revolve around food such as card games, story telling, or walking.



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