



Public Health
Prevent. Promote. Protect.

CD CONNECT

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Women and Heart Disease

February is American Heart Month. The first American Heart Month took place in February 1964, and was proclaimed by President Lyndon B. Johnson. Heart disease is the leading cause of death for women in the United States, but only 54% of women are aware of that (CDC, 2018b). According to the most recent State of the County Health Report (SOTCH) for Iredell County, cancer (21%) topped heart disease (18.8%) as the leading cause of death (2017). Some women have no symptoms of heart disease, with the first sign being a heart attack, arrhythmia, or stroke. It is common knowledge that diet plays a factor in overall health, but a new study published in the BMJ found a correlation between eating fried food on a regular basis and increased risk of death from any cause and from heart disease in women over 50 years of age (Cohut, 2019). The study found that in participants eating one serving of fried chicken a day, the risk of death from any cause was 13 percent higher and the risk of death related to heart problems was 12 percent higher.

Although many risk factors are preventable, including eating a healthy diet, researchers have found a link between psoriasis and heart disease. Researchers at the National Heart, Lung, and Blood Institute (NHLBI) have found that people with psoriasis experience heart attacks at a younger age (2018-2019). Evidence also shows that psoriasis is a risk factor for atherosclerosis, which is a major cause of heart attacks. According to researchers, higher levels of coronary artery plaque associated with heart attacks were evident in patients with psoriasis, regardless of the severity of their condition. The NHLBI studies concluded that treatment of psoriasis improves both vascular inflammation and coronary artery disease. The researchers recommend screening patients with psoriasis for cardiovascular risk factors and providing extensive education regarding cardiovascular risk.



Heart Disease in the U.S in 2016 (CDC)

Adults Diagnosed:
28.1 million

Deaths: 635,260

64% of women who die suddenly of heart disease have no previous symptoms

HIV Pre-Exposure Prophylaxis (PrEP)

Approximately 40,000 people are diagnosed with HIV annually in the United States (CDC, 2018a). Pre-exposure prophylaxis (PrEP) is when people at high risk for HIV take medications to decrease chances of becoming infected (CDC, 2018a). Truvada for PrEP works by blocking an enzyme called HIV reverse transcriptase. By blocking this enzyme, it prevents HIV from replicating in the body. According to the CDC, PrEP reduces the risk of getting HIV from sex by more than 90% and from injecting drugs by more than 70% (2018a). Truvada is taken by mouth once a day. Safer sex practices should be incorporated with Truvada. HIV testing is always available in the Iredell County Health Department STD clinic at no cost to the client.

PrEP is recommended for the following individuals:

- ◆ Men who have sex with men (MSM)
- ◆ Individuals that inject drugs
- ◆ Individuals with a HIV-positive partner
- ◆ Individuals that have multiple sex partners or a partner with multiple partners
- ◆ Unknown HIV-status of partner that injects drugs and doesn't always use a condom for sex
- ◆ Unknown HIV-status of male bisexual partner and doesn't always use a condom for sex



PrEP (Truvada) Prescribing Guidelines:

- ◆ Must be confirmed HIV-negative immediately prior to starting– Drug-resistant HIV-1 variants have been identified when used with HIV infection.
- ◆ Test for Hepatitis B infection– severe acute exacerbation of Hepatitis B infections have occurred when Truvada stopped
- ◆ Must be HIV tested every 3 months and any time a STD infection is identified

Visit website for details: <https://www.truvada.com/>

PrEP locator: <https://prepforhiv.com/preplocator/>

Iredell County does not discriminate on the basis of race, color, national origin, sex, religion, age, gender, number of pregnancies, lesbian, gay, transgender, questioning (LGBTQ), marital status, or disability in employment or the provision of services.

Mary Gantt, MSN, RN
Assistant Director of Nursing



Tuberculosis– New Guidelines for Treatment of Latent Tuberculosis Infection

Tuberculosis (TB) continues to be one of the world's deadliest diseases. There were a total of 9,105 cases reported in the United States in 2017. There were 528 deaths from TB in the United States in 2016, an increase from 470 in 2015 (CDC, 2017). Iredell County had two active TB disease cases in 2018 and three in 2017. According to the CDC, ending TB in the United States will require maintaining and strengthening current TB control priorities while increasing efforts to identify and treat latent TB infection among high-risk populations (2017).

In the past, nine months of Isoniazid (INH) was the preferred option for treating Latent Tuberculosis Infection (LTBI). In new guidelines distributed by the NC TB Control Program on October 26, 2018, shorter course therapy is recommended. Rifapentine for three months and Rifampin for four months are now the preferred treatment options, unless contraindicated. These shorter course therapies will benefit the efforts to end TB in the United States. Providers are encouraged to perform TB skin testing or QuantiFERON TB Gold testing on all high-risk individuals, including but not limited to the following:

- ◆ Recent immigrants (< 5 years) from high-prevalence countries
- ◆ Injection drug users
- ◆ Residents and employees of high-risk congregate settings (e.g., correctional facilities, nursing homes, homeless shelters, etc.)
- ◆ Organ transplant recipients
- ◆ Persons who are immunosuppressed

TB testing is available at the Statesville location of the health department without an appointment and at Mooresville location by appointment. TB skin testing is done at no cost for high-risk individuals. TB Gold Testing is available through our walk-in lab services for a fee.

Iredell County Health Department News

Hepatitis A Vaccine Expansion:

Due to increasing numbers of Hepatitis A cases in North Carolina, the North Carolina Immunization Program (NCIP) has given approval for the health department to administer state-supplied Hepatitis A vaccine to high-risk individuals. There will be no cost to the individual, regardless of insurance status. Identified risk groups include:

- ◆ Persons who use injection and/or non-injection drugs
- ◆ Persons who are homeless
- ◆ Men who have sex with men
- ◆ Persons with chronic liver disease, including chronic hepatitis B or hepatitis C
- ◆ Persons who are currently incarcerated in a county-owned facility/jail



New Assistant Communicable Disease & Tuberculosis Program Manager:

Brittanie Kendrick was hired as our new assistant CD/TB program manager effective July 23, 2018. You can contact Brittanie at 704-878-5300 ext. 3446.

Influenza vaccine:

We have administered a total of 1,542 flu vaccine doses so far in the 2018/2019 season:

Pediatric: 88
Standard: 1,145
High-dose: 304
Flublok: 5

We continue to have an ample supply of flu vaccine. No appointment is required for immunizations, including the flu vaccine, at the Statesville location of the health department.

We are always looking to improve our services to the community. If you have any suggestions to help us improve please call and ask to speak to someone in the Public Health Development and Promotion (PHDP) Division.

Hepatitis B & C testing:

The North Carolina state laboratory of public health is allowing the health department to do Hepatitis B & C testing at no cost for certain individuals. The testing is available for individuals that are uninsured or Medicaid-eligible being seen in a health department clinic who meet one of the following risk factors:

Hepatitis C:

- Currently use drugs not as prescribed
- History of drug use
- HIV positive
- History of incarceration
- Born between 1945 and 1965

Hepatitis B:

- Currently use drugs not as prescribed
- History of drug use
- HIV positive
- Men who have sex with men
- Hepatitis C positive

Note: In the past, the criteria for doing Hepatitis C testing was injection drug use, but now applies to individuals using any drug not as prescribed.

Iredell County Bite Reports 2018

Iredell County Health Department

Statesville Location:
 318 Turnersburg Hwy
 Statesville, NC, 28625
 Phone: 704-878-5300
 CD Fax: 704-871-3474
 CD/TB Program Mgr:
 704-878-5334
 STD Program Mgr:
 704-878-5300
 ext. 2316

Mooresville Location:
 610 East Center Ave.
 Mooresville, NC, 28115
 Phone: 704-664-5281
 Fax: 704-664-9737

Our Mission:
To promote and protect community, personal, and environmental health.

Animal bite reports are received from Animal Services & Control and the communicable disease program nurses follow-up when there has been human exposure to an animal with possible rabies. We received a total of 420 bite reports in 2018 and 94 samples were sent to the NC State Laboratory of Public Health by Animal Services and Control for rabies testing. See the table below for the animals that tested positive for rabies in 2018.

Raccoon	8
Skunk	5
Bat	1
Fox	2
Total Positive Rabies Reports	16



Iredell County Disease Reports October 2018-December 2018 (Confirmed, Probable, and Suspect)

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Disease Codes:
016: Hep B- Lab/condition report
018: Legionellosis
023: Haemophilus Influenzae, invasive disease
038: Salmonellosis
039: Shigellosis | 047: Pertussis
053: E. coli- shiga toxin producing
055: Vibrio infection
059: Hemolytic Uremic Syndrome
061: Streptococcal infection
115: Hepatitis B Carrier
116: Hepatitis B- Perinatally acquired | 200: Chlamydia
300: Gonorrhea
400: Non-gonococcal urethritis
900: HIV
TB: Tuberculosis
TB-LTBI: Latent TB Infection |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|

Code	16	18	23	38	39	47	50	53	55	59	61	115	116	200	300	400	900	Syphilis	Total
Oct		1		5	1		2	2	1				2	74	23	10		3	124
Nov			1	6		1	4	1	1	1		3	1	61	18	12	1	2	113
Dec	2			4	1	1	2				2			57	13	20	1		103
Total	2	1	1	15	2	2	8	3	2	1	2	3	3	192	54	42	2	5	340

Iredell County Health Department Mission: Promote and protect community, personal, and environmental health.

The information in the newsletter is not intended to be a complete guide for communicable disease investigation and response; visit the CDC website at www.cdc.gov for detailed disease information.

Resources:
 Caputo, C. and Zimmerman, S. (2018, September 27). Hepatitis B and C virus expanded testing available through the NC State Laboratory of Public Health. Memo DHHS
 Centers for Disease Control and Prevention (CDC). (2018a, November 1). PrEP. Retrieved from <https://www.cdc.gov/hiv/basics/prep.html>
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 Cohut, M. (2019, January 25). Eating fried foods could increase death risk, study warns. Retrieved from <https://www.medicalnewstoday.com/articles/324285.php>
 Holmes, W. (2018, September 5). Hepatitis A vaccine expansion and off-site outreach guidance. Memo NC DHHS
 National Heart, Lung and Blood Institute (NHLBI). (2018-2019). NHLBI studies explore links between psoriasis and heart disease. *Federal Health & Medicine – The publication for definitive health & medical research programs*, 32-33.
 North Carolina Tuberculosis Program Manual
 Truvada Website: <https://www.truvada.com/>