

*The President's Message*

**The Seven Words African-American  
Physicians Will Say**

**By Anne M. Staveren M.D., President**

As We go into the holiday season of 2017, I wish to reiterate the commitment of the Charles R. Drew Medical Society to the physicians' role as advocate.

- 1) We will take care of **VULNERABLE** populations
- 2) We will promote **DIVERSITY** in all aspects of the medical field inclusive of medical education and training.
- 3) We will take care of all patients including the **TRANSGENDER** inclusive of the LGBTQ community



- 4) We will encourage medical excellence and quality derived from **SCIENCE-BASED AND EVIDENCED-BASED** academic science and research.
- 5) We will advocate for community education and training for the health and development of the **FETUS**.
- 6) We will advocate for the **ENTITLEMENT** of our communities to have a right to health care and to live in a world without hate and fear.
- 7) We will proudly call the Affordable Care Act, **OBAMACARE!** A legislative act that has given health care to millions and saved hundreds of thousands of lives.

We will not be intimidated by "science-thought police" dangling financial boon to shape a mindset consistent with "flat-earthers" We will say these seven words from the rooftops with a megaphone!!

**Happy Holidays from the CRDMS family.**

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- Hepatitis A Epidemic Update
- **SAVE THE DATES—** General Meeting Jan 18; Installation—Feb 22  
NMA REGION VI MEETING April 6-8



Tickets for CDU's annual President's Breakfast are now available! This year's event will feature CNN contributor , Bakari Sellers as our keynote speaker!

You DON'T want to miss this, get your tickets here: <https://donate.cdrewu.edu/event-tickets.asp>

### **Miller -Lawrence Medical and Dental Society Honor Maxine Waters at Annual Scholarship/Award Gala**

The Miller Lawrence Medical and Dental Society held their Annual Scholarship and Award Gala on Dec 2, 2018 at The Grand event center in Long Beach. The night was highlighted with the Honorable Congresswoman Maxine Waters presented with the Trailblazer's Award. Representative Waters dynamically addressed the crowd regarding the present administration's treatment of underserved communities. She encouraged all to become involved in the political process through voting, contributing, and assisting in building strong communities. Representative Waters reported she has received death threats due to the current atmosphere in Washington and proclaimed she was not afraid. She commanded the audience to act and not be paralyzed by fear.

The Society awarded scholarships to five dynamic students: Pamela Akametalu, Dominique Linnear, Kyasha Moore, DaKandryia Peters, and Mammeet Sehdev. They also acknowledged the contributions of local members with Lifetime Achievement Awards to Flaxie Fletcher, MD, Solomon Little, Jr. MD, and Micheal Scott, MD.



## **Region VI To Hold 2018 Regional Meeting Early April In Las Vegas**

Regional Chairperson, Katrina Peters, M.D. has set the date for the 2018 Region VI meeting to be held in Las Vegas. The meeting will be the first weekend in **April, the 6<sup>th</sup>-8<sup>th</sup> at the SLS hotel in Las Vegas, Nevada.** Dr. Peters looks forward to informative CME programs which will clinically update the primary care physician and will include a session on optimal practices to avoid medical board scrutiny. The Regional Chair anticipates participation from California, Nevada, Arizona, Colorado, Alaska, Washington State and Oregon. Look out for save the date emails and additional information notices in the upcoming months.

***PLAN TO ATTEND!!***

## **Egg Allergy Not Contraindication for Flu Vaccine**

***By Anne M. Staveren, M.D. CRDMS President***

The CDC and the American College of Asthma, Allergy, and Immunology( ACAAI) have updated guidelines for the administration of flu vaccine to egg sensitive patients. Both groups recommend administration of flu vaccine to egg allergic patients regardless of the severity. The CDC recommends if hives are the only symptoms the vaccination can be given without observation, and if severe allergy the vaccination should be given in setting where health care providers are comfortable with severe allergic reactions The ACAAI recommends giving flu vaccine to any egg sensitive patient in the same manner and with same agents as a non-egg allergic person. Both groups state that an anaphylactic reaction to the flu vaccine is a contraindication to future administration. The ACAAI's caveat that severe vaccination reactions should be referred to allergic-immunologist for further evaluation or administration.

The Flu vaccine is important to prevent wide spread contagion and possible death by complications of influenza. The Flu vaccine is recommended for everyone 6 months or older. The particularly vulnerable populations include:

- ◆ 50 years +
- ◆ 6 months- 4 years
- ◆ Pregnant women
- ◆ Chronic medical conditions/immune suppressed
- ◆ Health Care Workers and those exposed to those at higher risk.

Everyone should get a flu shot to prevent contagion, and decrease the risk of morbidity and mortality associated with influenza complications.

# CLINICAL UPDATE

## Should I be afraid? Staying Alert on the Current LA County Hepatitis A Outbreak

Hepatitis A (HAV) is a highly contagious virus (RNA picornavirus) that spreads person to person in a fecal to oral route. It can be transmitted person to person, through sexual activity, the usage of contaminated objects and from the consumption of contaminated food and water. HAV has an incubation period of 15-50 days (avg=28 days) and an infectious period of two weeks before onset of symptoms to 1 week after symptoms emerge. The long incubation period causes new cases to slowly emerge following an outbreak. Also as people may be infectious before symptoms even arise, people may be infectious, but do not know their status, thus placing others at risk of infection. HAV can cause liver damage and death. Symptoms of HAV include: Fever or Chills,

Headaches, Malaise or Fatigue, Anorexia, Nausea, Vomiting, Diarrhea, Abdominal Pain, Jaundice\*, Dark Urine\* and Light-Colored Stools\* (\*all signs of liver involvement). These symptoms can last anywhere from a few weeks to several months. While 70-80% of adults present with symptoms, the reverse is true for children under the age of 6. As young children are often asymptomatic, the disease can easily spread unnoticed in this age group population. While most healthy individuals can clear a HAV infection with monitoring, rest and proper nutrition, in the recent outbreaks, HAV induced hospitalization and/or deaths are dramatically higher than usual, a major cause of the current alarm from the medical community. The largest nearby outbreak is in San Diego, CA with the first reported case on November 24, 2016. As of October 31, 2017, there were 536 cases in San Diego with 369 (68.8%) hospitalizations. Current deaths stand at 20 people, translating to a 3.7% fatality rate. While 80% of outbreak patients were homeless and/or used illicit drugs, several cases arose in people who shared similar medical facilities and/or restrooms with the homeless or who provided services to the homeless. Even with aggressive efforts made to contain each new incidence, HAV is spreading following transient migratory patterns from city to city. Los Angeles is at an elevated risk of a large-scale outbreak without further intervention. There have been 34 cases in Los Angeles as of December 14, 2017; but this number may soon increase significantly. Los Angeles has a large and growing homeless population. Health concerns should be paramount when addressing solutions to the housing crisis.

In the current Los Angeles outbreak, 5 of the 15 HAV cases in homeless individuals were in people who came to L.A. from San Diego and Santa Cruz and lived on the street prior to admissions. The homeless population is migratory; often with no stable medical provider and recommended health guidelines are typically not followed. The itinerant lifestyle can also make it harder to spot and report cases and follow-up with the proper medical actions. Finally, as an unintended consequence of the city-wide crackdown on homeless individuals using public restrooms at parks and/or community centers as sleeping or rest stops, by locking them closed at night, homeless individuals have had to seek restrooms elsewhere (private businesses and outside in the streets and sidewalks) thus increasing exposure of infection to the public as well. In terms of prevention, the best method is improved

### Continued from page 4...

sanitation followed up by vaccination. All individuals should take note to disinfect public bathrooms and touchable surfaces with bleach. Handwashing should be a priority; especially before preparing food, after using the bathroom and after changing diapers. Handwashing with soap and water is the best method. Hand sanitizer with  $\leq 80\%$  alcohol content should only be used as a secondary resort. Individuals should remember to be careful and mindful when sharing food, drinks, utensils, toothbrushes and towels. The same is true for when engaging in anal sexual activity, even with condoms. Vaccination for people at risk is the next step. The Los Angeles County Department of Public Health's (LACDPH) current response plan includes rapid aggressive vaccination around new case contacts, providing housing for infectious homeless patients, and recommending proper sanitation training at detention centers and shelters and comprehensive public education and outreach to the medical Community. The Advisory Committee on Immunization Practices (ACIP) stresses HAV vaccinations are recommended always for all children 12-23 months of age, persons traveling to countries with high or intermediate endemicity of Hep A, men who have sex with men (MSM), injection drug users/drug users who operate in a group setting, people with occupational risk factors (ex. Research Laboratory workers), people with clotting factor disorders and people with Chronic Liver Disease. In the current outbreak the ACIP has increased this scope to include homeless persons, those who work with the homeless, sanitation or janitorial workers, recreational drug users, food handlers and at-risk health care workers; however, more of the general public is unknowingly at risk and should strongly consider vaccination to better protect themselves and those they care about before possible exposure. Some currently under-discussed risk factors include:

1. Placement in Jail
2. Residence in a drug treatment facility, assisted living facility or single room occupancy hotel
3. Individuals who use public restrooms at places like coffee shops, restaurants or libraries
4. Individuals who eat out frequently
5. Individuals who take public transportation
6. Individuals who use objects that may contact another person's anal matter, ex. gyms, public pools, spas/saunas
7. People who work with babies/toddles, or who may be exposed to another's fecal matter (i.e. at home nurses or caregivers) (MSM) who have not been vaccinated, should get vaccinated.

Currently, there is even more of an impetus to do so as there have been large HAV outbreaks among MSM populations worldwide. For L.A. County there has been an alarming increase in HAV incidence among MSM. Compared to last year's total of 9 cases, there have been 19 cases this year to date. With an estimated almost half-million MSM living in L.A. County, Hepatitis A vaccination is an important community health concern for MSMs and these efforts should be combined with other current vaccination regimens for meningococcal disease and mumps. Unfortunately, HAV vaccination supply is currently limited for single Antigen (Ag) vaccines.

## CLINICAL UPDATE (continued from Pg 5)

The LACDPH recommends patients who are eligible receive the combination vaccine for Hep A and B (Twinrix). While, standard vaccine recommendation is 2 doses 6 months apart, LACDPH recommends immunocompetent individuals defer the follow-up doses until vaccine supply is not constrained, as even a single excellent protection. For immunocompromised individuals the entire vaccination series should be completed. Free vaccinations are provided for the uninsured/underinsured at DPH/DHS Clinics. Please refer to this link for clinic hours and locations:

<http://publichealth.lacounty.gov/acd/docs/HepAVaxClinicsEandS.pdf> (Spanish version available). Alternatively, dial 211 to locate a DPH clinic. You can report all suspect and confirmed cases to the **LACDPH Morbidity Unit** by calling (888) 397-3993, Weekdays 8:30am- 5pm. After hours call (213) 974-1234.

### Bibliography

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## MARK YOUR CALENDAR

December 2017						
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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January 2018						
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February 2018						
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18	19	20	21	22	23	24
25	26	27	28			

- CRDMS Board Meetings
- 2017-2018 General Meetings
- Member Newsletter Event Dates

### PLEASE SUPPORT THESE EVENTS:

December 2—Miller Lawrence MDS  
12th Annual Scholarship Benefit  
@The Grand Long Beach

December 9—CRDMS & ABWP  
Christmas Toy Event @ Drew House

### SAVE THESE DATES

January 18, 2018 - CRDMS General  
Membership meeting

February 22, 2018—CDU Annual  
President's Breakfast, CRDMS 2018  
Officer Installation Ceremony and  
meeting

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HAPPY HOLIDAYS

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