



February

2023



BOBO GAZETTE

Letter from the editor

I hope everyone had a wonderful holiday. It's a new year and I'm hoping it is filled with yummy treats for me and good health for all our friends. Our monthly newsletter is going to present various health topics that are informative and helpful in maintaining good health. This edition covers two important health concerns: Measles and Vitamin Deficiencies. Hope you find it interesting and helpful.

Peace, BOBO

MEASLES

Published by University Hospitals

1. Measles can be serious.

Some people think of measles as just a little rash and fever that clears up in a few days, but **measles can cause serious [health complications](#)**, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- About 1 in 5 people in the U.S. who get measles will be hospitalized
- 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage.

- 1 to 3 out of 1,000 people with measles will die, even with the best care
- Some of the more common measles symptoms include:

- high fever (may spike to more than 104° F)
- cough
- runny nose (coryza)
- red, watery eyes ([conjunctivitis](#))
- rash (3-5 days after symptoms begin)

2. Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, up to 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person **can spread measles to others even before knowing he/she has the disease**—from four days before developing the measles rash through four days afterward.

3. Your child can still get measles in the US

Measles was declared eliminated from the U.S. in 2000 thanks to a highly effective vaccination program. Eliminated means that the disease is no longer constantly present in this country. However, **measles is still common in many parts of the world.**

Even if your family does not travel internationally, you could come into contact with measles anywhere in your community. Every year, measles is **brought into the United States by unvaccinated travelers** (mostly Americans and sometimes foreign visitors) who get measles while they are in other countries. Anyone who is not protected against measles is at risk.

4. You have the power to protect your child against measles with a safe and effective vaccine.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides **long-lasting protection against all strains of measles.**



Your child needs two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age
- The second dose at 4 through 6 years of age

If your family is traveling overseas, the vaccine recommendations are a little different:

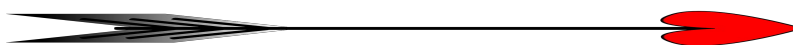
- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving.
- If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.

Another vaccine, the measles-mumps-rubella-varicella (MMRV) vaccine, which protects against 4 diseases, is also available to children 12 months through 12 years of age.

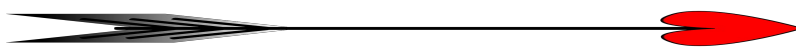


VITAMINS AND MINERALS

| Nutrient | Deficiency Symptoms | Natural Sources |
|-----------------|---|--|
| Calcium | Muscle Spasms | Skim milk, nonfat yogurt, kale, cheese collard greens, broccoli, figs, prunes, oats, asparagus, sesame seeds, soybeans, tofu, watercress, whey |
| Folic Acid | Anemia, irritability, weakness, sleep disturbances, pallor, sore & red tongue | Fortified cereal, pinto beans, navy beans, asparagus, spinach, broccoli, okra, brussels sprouts, barley, beef, bran, brown rice, brewers' yeast, cheese, chicken, dates, green leafy vegetables, lamb, legumes, lentils, liver, milk, mushrooms, oranges, split peas, pork, tuna, whole grains |
| Iron | Anemia, dry or coarse hair, dysphagia, dizziness, fatigue, hair loss, cracked lips or tongue, nervousness, slowed mental response, pallor | Iron-fortified cereal, beef, baked potatoes, clams, pumpkin seeds, soybeans, eggs fish, liver, green leafy vegetable, shole grains, nuts, avocados, beets, brewer's years, dates, peaches, pears, lentils, prunes, raisins, sesame seeds. |

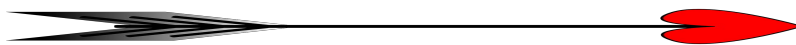


| Nutrient | Deficiency Symptoms | Natural Sources |
|------------|---|--|
| Magnesium | Sleep disturbances, irritability, rapid heartbeat, confusion, muscle spasms, gastrointestinal upset | Brown rice, avocados, spinach, haddock, oatmeal, navy beans, lima beans, broccoli, yogurt, bananas, baked potatoes, apples, apricots, brewer's yeast, tofu, cantaloupe, grapefruit, green leafy vegetables, lemons, nuts, salmon, sesame seeds, wheat |
| Potassium | Dry skin, acne, chills, diarrhea, impaired cognitive function, muscle spasms, arrhythmia, edema, decreased reflex response, thirst, glucose intolerance, growth retardation insomnia, elevated cholesterol, decreased blood pressure | Avocados, tomato sauce prunes, figs, and dried fruit in general, cantaloupe, papaya, lima beans, parsnips, cooked pumpkin, watermelon, kiwifruit, sardines, flounder, soybeans, squash, broccoli, tomatoes, pinto beans, banana, pomegranate, baked potatoes |
| Sodium | Nausea, vomiting, fatigue, abdominal cramps, dehydration, confusion, depression, dizziness, palpitations, headaches, impaired taste, low blood pressure, seizures | Cheese, most meats (especially ham and bacon) canned soup, canned vegetables, canned tuna cereal, bread, cabbage, milk, sardines, salt |
| Vitamin A | Poor night vision, macular degeneration, increased risk of cataracts, dry skin, loss of hearing, taste and/or smell, nerve damage | Carrot (raw or juiced) pumpkin, yams, tuna, cantaloupe, mango, turnips, beet greens, butternut squash, spinach, fish, eggs |
| Vitamin B1 | <i>Mild:</i> appetite and weight loss, nausea, vomiting, fatigue, nervous system problems <i>Severe:</i> Beriberi, muscle weakness, decreased deep tendon reflexes, edema, enlarged heart | Rice, bran, pork, beef, ham, fresh peas, beans, bread, wheat germ, oranges, enriched pasta, cereal |
| Vitamin B2 | <i>Mild:</i> Cracks and soars on tongue and in corners of mouth, red eyes, skin lesions, dizziness, hair loss, inability to sleep, sensitivity to light, poor digestion <i>Severe, rare:</i> Anemia, nerve disease | Poultry, fish, fortified grains and cereal, broccoli, turnip greens, asparagus, spinach, yogurt, milk, cheese |
| Vitamin B3 | <i>Mild:</i> Canker sores, diarrhea, dizziness, fatigue, halitosis, headaches, indigestion, inability to sleep, loss of appetite, dermatitis <i>Severe:</i> Pellagra | Chicken breast, tuna, veal, beef liver, fortified bread and cereal, brewer's yeast, broccoli, carrots, cheese, corn flour, dandelion greens, dates, eggs fish, milk, peanut, pork potatoes, tomatoes |
| Vitamin B5 | <i>Rare:</i> Nausea, vomiting, fatigue, headache, tingling in the hands, sleep disturbances, abdominal pains and cramps, painful, burning sensation in the feet, red, painful tongue, muscle weakness, recurrent respiratory infections | Whole grains, mushrooms, salmon, brewer's yeast, fresh vegetables, kidney, legumes, liver, pork royal jelly, saltwater fish, torula yeast, whole-rye and whole-wheat flour. |



| Nutrient | Deficiency Symptoms | Natural Sources |
|-------------|---|---|
| Vitamin B6 | Anemia, seizures, headaches, nausea, dry and flaky skin, sore tongue, cracks on mouth, vomiting, nervousness, depression, irritability insomnia, PMS, weakness, abdominal pain, weak immune response | Bananas, avocados, chicken beef, brewer's yeast, eggs, brown rice, soybeans, whole wheat, peanuts, walnuts, oat, carrots, sunflower seeds |
| Vitamin B12 | Unsteady gait, chronic fatigue, constipation, depression, drowsiness, liver enlargement, hallucinations, headaches, inflammation of the tongue, irritability, mood swings, nerve disorders, palpitations, pernicious anemia, tinnitus, spinal cord degeneration | Clams, ham, cooked oysters, king crab herring, salmon, tuna, lean beef, liver, blue cheese, Camembert, and Gorgonzola cheese |
| Vitamin C | Mild: Poor wound healing, bleeding gums, easy bruising, nosebleeds, joint pain, lack of energy, susceptibility to infection Severe: Scurvy | Broccoli, cantaloupe, kiwifruit, oranges, pineapple, pepper, pink grapefruit, strawberries, asparagus, avocados, collard greens, dandelion greens, kale, lemons, mangos, onions, radishes, watercress |
| Vitamin D | In Infants: Irreversible bone deformities In Children: rickets, delayed tooth development, weak muscles, softened skull In adults: Osteomalacia, osteoporosis, hypocalcemia | Sun exposure, sardines, salmon, mushrooms, eggs, fortified milk, fortified cereal, herring, liver, tuna, cod liver oil, margarine |
| Vitamin E | Rare: Anemia, edema, nausea, flatulence, diarrhea, increased triglycerides, prolonged clotting time (due to interference with Vitamin K | Vegetable and nut oils (including soybean), corn, safflower, spinach, whole grains, wheat germ, sunflower seeds |
| Vitamin K | In newborn: Bleeding tendencies are possible | Green leafy vegetables, including spinach, kale cauliflower, broccoli |
| Zinc | Changes in ability to taste and smell, this or peeling nails, acne, delays sexual maturation, hair loss, elevated cholesterol, impaired night vision, impotence, growth retardation, increased susceptibility to infection | Cooked oyster, beef, lamb, eggs, whole grains, nut, yogurt, fish, legumes, lima beans, liver, mushrooms, pecans, pumpkin and sunflower seeds, sardines, soybeans, poultry |

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