



2015 Report on Measles in Canada

Measles has been eliminated in Canada since 1998. Every year, the Public Health Agency of Canada presents epidemiologic evidence to the Pan American Health Organization (PAHO) to verify that measles elimination continues in Canada.

Measles surveillance data were captured by the Canadian Measles and Rubella Surveillance System (CMRSS) and the Measles and Rubella Surveillance (MARS) pilot project and assessed for distribution by demographics and risk factors. Outbreak characteristics were summarized and genotypic and phylogenetic analyses were conducted and described. Surveillance data for 2015 were evaluated against PAHO's essential criteria for measles elimination status.

In 2015, the incidence of measles in Canada was 5.5 cases per 1,000,000 population, with 196 cases across four provinces. The majority of cases (87.2%, n=171) were not immunized and both age-specific incidence rates and case counts were highest among those aged 10 to 14 years (29.5 cases per 1,000,000 population, n=55). This was due in large part to a sizeable outbreak in a non-immunizing religious community. Overall, 10.7% (n=21) of cases were hospitalized. Genotype information was available for 100% of measles events (4/4 outbreaks and 6/6 sporadic cases). Canada met or partially met most of PAHO's criteria for verification of measles elimination.

Although importations and areas of low immunization coverage continue to challenge Canada's elimination status, surveillance data for 2015 provides strong evidence that measles elimination has been maintained.

Source: Sherrard L, Hiebert J, Cunliffe J, Mendoza L, Cutler J. Measles surveillance in Canada: 2015. *Can Comm Dis Rep* 2016;42:139-45 (<http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/16vol42/dr-rm42-7/ar-01-eng.php>)

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HPV Vaccine Eligibility for Free Vaccine Expanded Again

Last month, the FYI reported that in the upcoming 2016-17 school year, publicly funded Human Papillomavirus (HPV) vaccine program in schools was expanded to include boys in Grade 7. This month, the Chief Medical Officer of Health for Ontario announced the expansion of the publicly funded human papillomavirus (HPV) immunization program. Beginning September, HPV vaccine will be available free of charge to males who are 26 years of age or younger and who identify as gay, bisexual, as well as other men who have sex with men, including some trans people. Men who have sex with men are at increased risk of HPV infection that can lead to penile and anal cancer. Those who are eligible will be able to receive the cancer-fighting vaccine from Peterborough Public Health in September 2016.

Human Papillomavirus, or HPV, is a very common virus worldwide that can lead to cancer. In fact, HPV has been estimated to cause an average of 254 deaths and over one thousand cases of cancer in Ontario every year. It is estimated that, without immunization, 75% of sexually active Canadians will get HPV in their lifetime.

This expansion is based on current scientific and expert recommendations, including Canada's National Advisory Committee on Immunization (NACI). It is also consistent with Immunization 2020, Ontario's plan to make immunization more accessible to the public. The HPV vaccine is safe and effective at preventing related cancers and diseases. It has been approved for use by Health Canada and in over 100 countries to date. Over 175 million doses have been distributed worldwide.

For all doses to be publicly funded, the series must be initiated and completed before the individual turns 27 years of age. NACI recommends either HPV4 (Gardasil®) or HPV9 (Gardasil®9) vaccine for routine vaccination of males aged 9 to 26 years. Currently, the ministry publicly funds Gardasil®.

Depending on age at first dose and medical and immunization history, the HPV vaccine is given either as a 2 or 3 dose series. Individuals require all the recommended doses to get full protection. Specifically, if an individual receives their first dose after the age of 14 years, regardless of immunocompetence, it is recommended that they receive 3 doses of HPV vaccine over a six month period using a 0, 2 and 6 month schedule. If an individual receives their first dose before the age of 14 years, and are both immunocompetent and HIV negative, it is recommended that they receive 2 doses of HPV vaccine using either a 0, 6 month schedule or a 0, 12 month schedule.

The vaccine will be available through Peterborough Public Health Routine and Sexual Health Clinics. Vaccine can also be ordered by health care providers using the vaccine order form to administer to this target population.

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Expansion of Lyme Disease in Ontario

What causes Lyme disease?

Lyme disease is caused by *Borrelia burgdorferi* which is a bacterial infection. Humans can get this infection from the bite of an infected black-legged tick (also known as a deer tick). Black-legged ticks are very small and hard to see and are usually found low to the ground, on tall grass blades or on shrubs. Tick habitat is most commonly brushy, forested areas and areas with long grass or other shrubs and plants growing beneath the main canopy of a forest.

Where is Lyme disease found?

Lyme disease is found throughout eastern North America, including southern portions of Canada, wherever black-legged ticks are present. Disease rates are currently highest in Northeastern and Upper Midwestern US states. In Canada, the distribution of black-legged ticks is limited to southern portions of Manitoba, Ontario, Quebec, New Brunswick and Nova Scotia.

Multiple variables are responsible for the expansion of black-legged ticks in Ontario, including climate change, changes in land use, and black-legged tick host range expansion. The majority of Ontario-acquired human cases have originated from Southern Ontario, especially in areas of Southeastern Ontario where blacklegged tick populations are expanding. These Lyme disease risk areas include: Pinery Provincial Park, Point Pelee National Park, Rondeau Provincial Park, Long Point Provincial Park, Turkey Point Provincial Park, Wainfleet Bog, Rouge Valley, Prince Edward Point, Kingston, Westport, Thousand Islands National Park, and areas in Ottawa, and Cornwall. Please visit Public Health Ontario for an updated risk areas map.

In 2014, Peterborough Public Health received 62 tick submissions, 34 (55%) were identified as *Ixodes scapularis* ticks, but no locally acquired black-legged ticks tested positive for Lyme disease. In 2015, Peterborough Public Health received 73 tick submissions, a 17.8% increase from the previous year. Of the 73 received in 2015, 36 (49%) were identified as *Ixodes scapularis* ticks, and 3 (8.3%) locally acquired *Ixodes scapularis* ticks tested positive for *Borrelia burgdorferi*. As of June 2016, we have not received any positive black-legged ticks this season.

What are the symptoms of Lyme disease?

Tick bites are usually painless and are not itchy. Patients may not even notice if they have been bitten. A black-legged tick must be feeding for 24-36 hours in order to transmit *Borrelia burgdorferi* to its host. Lyme disease

symptoms often appear within 1-2 weeks, but can appear as early as 3 to 30 days after a bite from an infected black-legged tick.

Common symptoms of Lyme disease include:

- fever
- headache
- muscle and joint pains
- spasms, numbness or tingling
- facial paralysis
- fatigue
- swollen lymph nodes
- expanding skin rash (Erythema migrans) appears in about 70-80% of patients



Untreated Lyme disease can last years and include recurring arthritis, neurological problems, numbness, paralysis and, in very rare cases, death.

How can I diagnose Lyme disease?

Diagnosing Lyme disease can be challenging since symptoms can mimic many other ailments. Lyme disease diagnosis in its early stage is primarily based on clinical symptoms and epidemiological risk factors. Within this context, laboratory testing should play a supporting role in diagnosis of early-stage Lyme disease.

If a patient is experiencing symptoms associated with Lyme disease be sure to ask them if they have recently traveled to a Lyme risk area, and/or have spent time in tick habitat. Visit Public Health Ontario for details on testing for Lyme disease.

Suspect and confirmed Lyme disease cases are reportable to Peterborough Public Health.

Why is tick testing performed?

The public can submit ticks to Peterborough Public Health, 185 King Street between 8:30 a.m. and 4:30 p.m., Monday to Friday. Tick submissions are not used in clinical diagnosis, but are critical for monitoring the spread of Lyme disease to new geographical areas.

For information on tick submissions, call Peterborough Public Health's Vector-Borne Disease Prevention team at 705-743-1000, ext. 240.

Where can I get more information?

For more information on Lyme disease, visit our website at www.peterboroughpublichealth.ca | [My Home & Environment](#) | [My Environment](#) | [Lyme Disease](#) or Public Health Ontario at www.publichealthontario.ca or call an Infectious Disease Nurse at 705-743-1000, ext. 131.

Water is the Best Choice for Children

Water is the best choice for children to satisfy thirst. It is free, natural and healthy, and has no sugar.

Sugar sweetened beverages (SSB) are the largest source of sugar in kids' diets. Their over-consumption leads to excess weight, obesity, and chronic disease onset in children and adults. Children with high intakes of SSBs are 55% more likely to have obesity or excess weight in comparison to those with low intakes.

In Canada, about 15% of total daily calorie intake comes from sugars. The World Health Organization (2015) recommends limiting sugar consumption to 10% of total energy intake (30g sugar or 7tsp/day for children). A further reduction to less than 5% of total energy intake is suggested for additional health benefits. A single can of sugar sweetened soda can contain up to 40g or 10 teaspoons of sugar, and no health benefits.

Key Messages for Parents/Clients:

1. Water, plain milk and unsweetened fortified soy beverage are the healthiest beverage choices. These drinks have no added sugar and contribute to nutritional well-being. SSBs bump out healthy choices.
2. 100% fruit or vegetable juice, flavored milks, and plain coconut water have added sugar. While they offer some nutrition, offer only occasionally (i.e. once or twice a week). Limit amounts to ½ cup (125ml) at a time. Whole fruits and vegetables give more nutrition and fibre, and keep kids satisfied longer.
3. Avoid sugary or artificially sweetened beverages including sports drinks, fruit drinks, pop, diet pop, energy drinks, vitamin-enhanced waters, flavoured coconut water, and iced teas and coffees. They have added sugar, few nutrients, and displace nutritionally superior foods and drinks. Some have additives like acid and caffeine that are not recommended for children.
4. Make the healthy choice the easy choice for your family:
 - Keep a jug of chilled tap water in the fridge
 - Stock your fridge with healthy drinks
 - Serve milk or water with meals and snacks; offer water the rest of the day
 - Set a good example: choose healthy drinks yourself
 - Buy sugary drinks only rarely; buy smaller sizes, pour smaller servings, start slowly by switching one less healthy drink to a healthier drink each day.

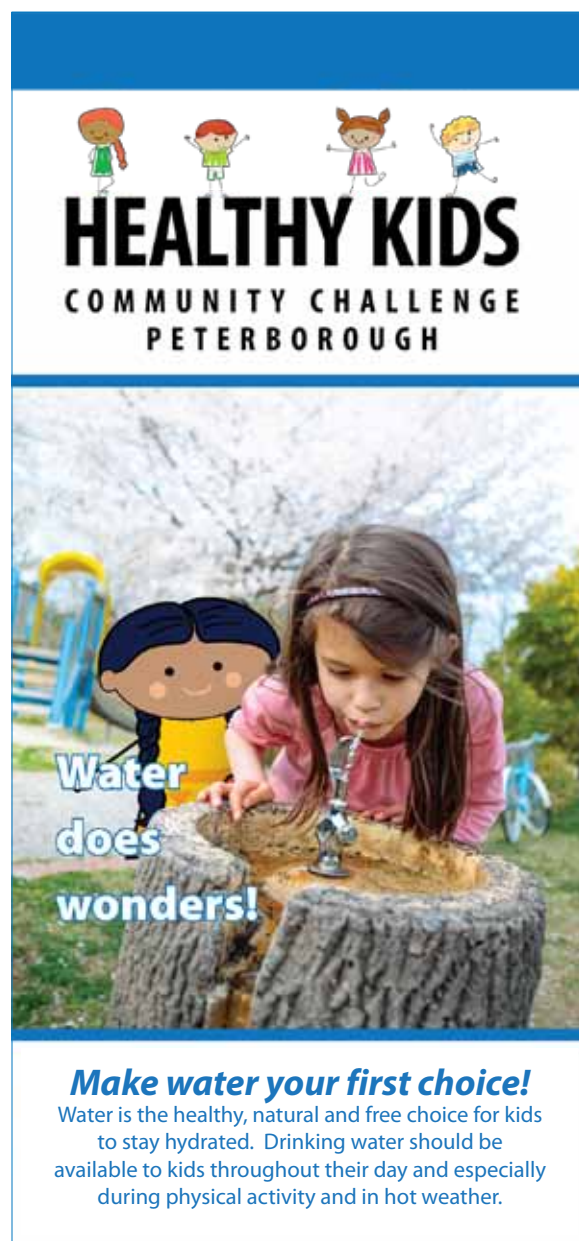
Local Efforts to reduce SSBs:

Water Does Wonders is the second theme of The Healthy Kids Community Challenge and starts July 2016. Local activities in childcare settings, schools, and the community will encourage kids and families to drink more water.

For more information, contact:

Deanna Moher, HKCC Coordinator at dmoher@peterboroughpublichealth.ca or 705-743-1000, ext. 355

For parent and family resources on Sugar Sweetened Beverages, visit www.brightbites.ca.



HEALTHY KIDS
COMMUNITY CHALLENGE
PETERBOROUGH

Water does wonders!

Make water your first choice!
Water is the healthy, natural and free choice for kids to stay hydrated. Drinking water should be available to kids throughout their day and especially during physical activity and in hot weather.

Resources For HCPs

Alcohol and Breastfeeding: Two Great Resources!

The popular resource *Drinking Alcohol While Breastfeeding: Desk Reference for Health Care Providers*. This reference provides facts, guidelines for discussions with mothers, and a chart for safe breastfeeding based on mother's weight and amount of alcohol she has consumed.

Also available is *Mixing Alcohol and Breastfeeding*, for mothers and partners about drinking alcohol while breastfeeding. This brochure discusses the potential risks of drinking alcohol while breastfeeding and provides nursing mothers with practical advice to reduce the risks.

Both resources are available for download or order from Best Start at www.beststart.org click on [Resources | Alcohol and drugs](#) and search [Drinking Alcohol While Breastfeeding or Breastfeed and Alcohol](#).

You can also order these resources from Peterborough Public Health at www.peterboroughpublichealth.ca | [For Professionals | Health Professionals Family Health](#) and click on [Family Health Resource Order Form](#) under [Resources](#) in the right sidebar.

Health Events For Patients

Monthly Quit Smoking Workshops

Interest in quitting smoking remains high with two-thirds of residents who smoke in Peterborough reporting intentions to quit in the next six months. Multiple quit attempts are a normal and necessary part of quitting smoking for good.

Peterborough Public Health is providing quit smoking workshops on the third Wednesday of each month beginning in September. Workshops are cost-free and include a group education session and five weeks of nicotine replacement therapy patches.

This STOP Program is led by the Centre for Addiction and Mental Health (CAMH) in partnership with Peterborough Public Health.

Anyone interested can call 705-743-1000 for more information and to register.

Every attempt to quit is a success to be congratulated!

Health Events For Patients

Prenatal Classes for Patients

Our classes will prepare you for the challenges of birth, caring for your baby, and becoming a parent. You'll gain confidence as you explore up-to-date information, practice new skills, share ideas, and connect with other expectant parents in a friendly and supportive environment.

You'll learn about:

- Caring for your newborn
- Breastfeeding your baby
- Your baby's birth
- Comfort measures for labour (Lamaze)
- Medical management of pain and other interventions
- Changes and challenges of becoming parents
- Classes are led by experienced and enthusiastic Registered Nurses who are committed to supporting you with information you can trust to make informed choices for you and your family.

Date: Classes are offered in two different formats with the class content the same for both options:

- a week night series of five classes that run from 6:30 p.m. – 8:30 p.m. and
- a weekend series of two consecutive Saturdays that run from 9:30 a.m. - 3:30 p.m.

Place: Peterborough Public Health
Jackson Square, 185 King Street, Peterborough

Fee: \$50.00. This includes the book *Baby's Best Chance* and other resources.

Please let us know if the fee would prevent you from attending, as subsidies are available.

To register or for more information, call or email the Peterborough Public Health
705-743-1000, ext. 254 or 282 or
info@peterboroughpublichealth.ca

Hospital Tour: To book a tour of the Peterborough Regional Health Centre's Labour and Delivery area, please call 705-876-5017.

