



Central Atlantic States Association of Food and Drug Officials

SUSQI NEWS

Susquehanna Conference

December 2007

President's Message

Greetings!

It was great seeing so many of you at the October Quarterly Training Session! A special thank you to all the speakers who did an excellent job presenting their topics as well as to Sandy Deaven who worked hard to pull together another quality program!

We have another interesting program scheduled on the 13th of December. **Please note that there has been a change of location for the training: RESCUE FIRE CO., 3701 N 6TH ST., (SUSQ TWP) HARRISBURG.** You will receive a notice including directions. In addition, please be aware that if adverse weather is forecast for the 13th, a decision to cancel the program will be made the day before and you will be notified by the email address you provide us.

In closing I'd like to wish everyone a Happy Holiday Season. Enjoy and take good care of yourself!

Barbara Allerton

President
Susquehanna Conference

Mark your calendars: March 27, 2008

Control of *Listeria monocytogenes* in Retail Establishments
Dr Catherine Cutter, Pennsylvania State University

- Overview of Foodborne Illness and *Listeria monocytogenes*
- Sources of *Listeria monocytogenes* in Retail Environments
- Factors that Contribute to Foodborne Hazards and *Listeria monocytogenes* in Retail Establishments
- Control of Foodborne Illness and *Listeria monocytogenes* in Retail Establishments
- Maintaining a *Listeria monocytogenes* Control Program



CASA Members:

It is time to renew your membership to CASA now. Please go to the CASA web site to download the membership renewal form and continue your membership in our organization. The web address is **casafdo.org** and the item to click is **Join/Renew Membership**. Also, in the very near future, a ballot will be posted for the election of the CASA Representative to the AFDO Board and for the office of Secretary. Also, the Scholarship information and application will be found there, as will the annual conference information. Help us keep CASA strong.

CASA 2008 ANNUAL CONFERENCE NEWS

The CASA 2008 Annual Conference will be held at the Holiday Inn in Saratoga Springs, New York May 6-9, 2008, and will be hosted by the North East New York Conference. The Education Committee Chair, Christopher Sortino from the New York Conference, is finalizing the speakers and topics. Some of the proposed topics and speakers include:

- Recalls – Federal, State, and Industry (speakers from FDA, NYS Department of Health, and Target)
- Managing Resistant Strains of TB (speaker from NYS Dep't of Health)
- Legitimate and Illegitimate Foodborne Illness Claims (speaker from Marler Clark Law Firm)
- Raw Milk – A Nation of Differences (Panel from Texas, NYS Ag & Markets, and Bill Chirdon from PDA)
- Where Have All the Bees Gone (Speaker from Cornell University)
- MRSA (Speaker from NYS Department of Health), plus others.

Mark your calendars now for **May 6–9, 2008**. Let's support Melissa Vaccaro, our new Susquehanna Representative to the CASA Executive Board, by participating.

Fortify Your Knowledge About Vitamins



Vitamins are essential nutrients that contribute to a healthy life. Although most people get all the vitamins they need from the foods they eat, millions of people worldwide take supplemental vitamins as part of their health regimen.

Vitamin Facts

Your body uses vitamins for a variety of biological processes, including growth, digestion, and nerve function. There are 13 vitamins that the body absolutely needs: vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate). AAFP cites two categories of vitamins.

Water-soluble vitamins are easily absorbed by the body, which doesn't store large amounts. The kidneys remove those vitamins that are not needed.

Fat-soluble vitamins are absorbed into the body with the use of bile acids, which are fluids used to absorb fat. The body stores these for use as needed.

Practice Safety with Dietary Supplements

When it comes to purchasing dietary supplements, be savvy!

Today's dietary supplements are not only vitamins and minerals. They also include other less familiar substances such as herbals, botanicals, amino acids, and enzymes.

Consider the following tips before buying a dietary supplement:

Think twice about chasing the latest headline. Sound health advice is generally based on research over time, not a single study touted by the media. Be wary of results claiming a "quick fix" that departs from scientific research and established dietary guidance.

More may not be better. Some products can be harmful when consumed in high amounts, for a long time, or in combination with certain other substances. Learn to spot false claims. If something sounds too good to be true, it probably is. Examples of false claims on product labels include:

Quick and effective "cure-all"
Can treat or cure disease
"Totally safe," "all natural," and has "definitely no side effects"

Other red flags include claims about limited availability, offers of "no-risk, money-back guarantees," and requirements for advance payment. Resist the pressure to buy a product or treatment on the spot. Some supplement products may be expensive or may not provide the benefit you expect. For example, excessive amounts of water-soluble vitamins, like vitamins C and B, are not used by the body and are eliminated in the urine.

Risks of Overdoing It

As is the case with all dietary supplements, the decision to use supplemental vitamins should not be taken lightly, says Vasilios Frankos, Ph.D., Director of FDA's Division of Dietary Supplement Programs.

"Vitamins are not dangerous unless you get too much of them," he says. "More is not necessarily better with supplements, especially if you take fat-soluble vitamins." For some vitamins and minerals, the National Academy of Sciences has established upper limits of intake (ULs) that it recommends not be exceeded during any given day. (For more information, visit www.nap.edu/catalog.php?record_id=6432#toc)

Also, the AAFP lists the following side effects that are sometimes associated with taking too much of a vitamin.

Fat-soluble Vitamins

A (retinol, retinal, retinoic acid): Nausea, vomiting, headache, dizziness, blurred vision, clumsiness, birth defects, liver problems, possible risk of osteoporosis. You may be at greater risk of these effects if you drink high amounts of alcohol or you have liver problems, high cholesterol levels or don't get enough protein.

D (calciferol): Nausea, vomiting, poor appetite, constipation, weakness, weight loss, confusion, heart rhythm problems, deposits of calcium and phosphate in soft tissues.

If you take blood thinners, talk to your doctor before taking vitamin E or vitamin K pills.

Water-soluble Vitamins

B-3 (niacin): flushing, redness of the skin, upset stomach.

B-6 (pyridoxine, pyridoxal, and pyridoxamine): Nerve damage to the limbs, which may cause numbness, trouble walking, and pain.

C (ascorbic acid): Upset stomach, kidney stones, increased iron absorption.

Folic Acid (folate): High levels may, especially in older adults, hide signs of B-12 deficiency, a condition that can cause nerve damage.

Taking too much of a vitamin can also cause problems with some medical tests or interfere with how some drugs work.

SUSQUEHANNA CONFERENCE OF CASA
QUARTERLY TRAINING MEETING

Date: THURSDAY, DECEMBER 13, 2007

**Location: The Rescue Fire Company
3701 North 6th Street, Harrisburg, PA**

Agenda:

8:30 - REGISTRATION / WELCOME –
Barbara Allerton, Susquehanna Conference President

MOLD INVESTIGATION & LEAST-TOXIC CONTROL MEASURES
May Dooley, M.S., Certified Microbial Consultant
EnviroHealth Consulting, Inc.

HEALTH ISSUES AND INCINERATORS
VAPOR INTRUSION AND INDOOR AIR QUALITY
Dr. Karl Markiewicz, Toxicologist
The Agency for Toxic Substances and Disease Registry
Centers for Disease Control, U.S. Health and Human Services

METH LABS
Dr. Keith Burkhart
U.S. Food and Drug Administration

PUBLIC HEALTH ISSUES RELATED TO ENVIRONMENTAL STUDIES
Dr. Mark White, Epidemiologist
Health Assessment Program, Pennsylvania Department of Health

RISK COMMUNICATION, MEDIA AND FOOD OUTBREAKS
Richard McGarvey, former PADOH Press Officer

– 3:45 Evaluations / Q&A

Pre-registration Deadline: December 11, 2007 - to arrange for adequate seats and refreshments.

YOUR COOPERATION TO REGISTER EARLY IS SINCERELY REQUESTED

NAME _____ Agency/Firm _____

Address _____

Email _____ Phone _____

Registration fee: \$5, payable at training, to: CASA, Susquehanna Conference

REGISTRATION CHOICES:

Email to: tveresink@easton-pa.gov or Fax to: 610-250-6607 or

Mail to: CASA, Susq Conference, c/o Easton Health Bureau, 1 S Third Street, Easton, PA 18042. Any questions – contact Ted Veresink @ 610 250-6765

PLEASE BRING A FRIEND OR ASSOCIATE WITH YOU!!



Use Your Microwave Safely

The microwave oven has become a fixture of the American kitchen. According to *Appliance Magazine*, only DVD players and digital televisions were shipped out of U.S. factories in greater numbers than were microwave ovens and ranges during 2006.



FDA regulates the manufacture of microwave ovens and, under a strict safety standard, sets and enforces rules of performance to assure that radiation emissions do not pose a hazard to public health.

An important part of microwave oven safety is proper use and maintenance, as recommended by the user manual.

Here is more information to help ensure safe use of your microwave.

How Microwaves Cook

Microwave oven safety begins with understanding how these time- and energy-saving technological wonders work.

Microwaves—the actual waves produced by these ovens—are a type of electromagnetic radiation. These waves cause water molecules in food to vibrate. These vibrations, in turn, produce the heat that cooks the food.

The waves are produced by an electron tube within the oven called a magnetron. They are reflected within the oven's metal interior; can pass through glass, paper, plastic, and similar materials; and are absorbed by food.

Contrary to popular belief, microwave ovens do not cook food from the "inside out."

Microwave Ovens and Health

Manufacturers must certify that their microwave ovens comply with strict FDA emission limits. The emission limits are well below the threshold for risk to public health.

Most injuries related to microwave ovens are the result of serious thermal burns from hot containers, overheated foods, or exploding liquids.

There have been extremely rare instances of radiation injury due to unusual circumstances or improper servicing.

Safety Tips for Operation

Follow the manufacturer's instruction manual for recommended operating procedures and safety precautions.

Don't operate a microwave oven if the door doesn't close firmly or is bent, warped, or otherwise damaged.

Never operate a microwave oven if you have reason to believe it will continue to operate with the door open.

Don't stand directly against a microwave oven (and don't allow children to do this) for long periods of time while it is operating.

Refer to the instruction manual for your oven. Some microwave ovens should not be operated when empty.

What Else Should You Know?

Microwave-Safe Containers: Use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use. Generally, metal pans or aluminum foil should not be used. The microwaves reflect off them, causing food to cook unevenly and possibly damaging the oven.

Erupted Hot Water Phenomena: Hot-water eruption can occur if you use a microwave oven to super-heat water in a clean cup. ("Super-heated" means the water is hot beyond boiling temperature, although it shows no signs of boiling.)

A slight disturbance or movement may cause the water to violently explode out of the cup. There have been reports of serious skin burns or scalding injuries around people's hands and faces as a result of this phenomenon.

Adding materials such as instant coffee or sugar to the water before heating greatly reduces the risk of hot-water eruption. Also, follow the precautions and recommendations found in microwave oven instruction manuals; specifically the heating time.

Pacemakers: Today's pacemakers are now designed to be shielded against electrical interference. Consult with your physician if you have concerns.

Checking For Leakage: There is little cause for concern about excess microwaves leaking from ovens unless the door hinges, latch, or seals are damaged. If you suspect a problem, contact the oven manufacturer; a microwave oven service organization; your state health department; or the closest FDA office, which you can locate online by visiting www.cfsan.fda.gov/~dms/district.html

For More Information

FDA Center for Devices and Radiological Health
www.fda.gov/cdrh/consumer/microwave.html
www.fda.gov/cdrh/radhealth/products/microwave.html

U.S. Government Food Safety Web Site
www.foodsafety.gov/~fsg/fs-mwave.html