Prediabetes
Prediabetes is a condition where blood sugar is higher than normal, but not high enough for a diagnosis of diabetes. There are two main types of diabetes: type 1 is the result of an immune response scientists are still working to understand the causes of. It results in the pancreas not making enough insulin, which is the hormone the body uses to break down sugar in the bloodstream so it can be used as fuel by the cells. Type 2 diabetes is associated with lifestyle choices and results in the body not being able to use insulin the right way.

There are some risk factors that make it more likely that someone will develop type 2 diabetes. These include:

• Being 45 years of age or older
• Being overweight
• Having a family history of type 2 diabetes
• Being physically active fewer than 3 times a week
• Having had diabetes while pregnant if you are female or giving birth to a baby that weighed more than 9 lbs
• Having African American, Hispanic or Latino, American Indian, Asian American, or Pacific
March is National Colorectal Cancer Awareness Month to help raise awareness about colon cancer and to encourage people to get tested. Colorectal cancer is the second leading cause of cancer-related death in the U.S. and the third most common cancer diagnosis in men and in women.

The New Hampshire Department of Health and Human Services, Division of Public Health Services (DPHS) encourages everyone 50 and older to be tested. People at higher risk of developing colorectal cancer should begin screening earlier and more frequently. In 2013 (the most recent year for which numbers are available), 136,119 people in the U.S. were diagnosed with colorectal cancer, including 71,099 men and 65,020 women, and 51,813 people in the U.S. died from colorectal cancer, including 27,230 men and 24,583 women.

Cancer is a disease in which cells in the body...
grow out of control. When cancer starts in the colon or rectum, it is called colorectal cancer. Sometimes it is called colon cancer, for short. Colorectal cancer affects men and women of all racial and ethnic groups and is most often found in people aged 50 or older.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening also helps find colorectal cancer at an early stage, when treatment often leads to a cure. About nine out of every 10 people whose colorectal cancers are found early and treated appropriately are still alive five years later.

For more information, visit the Centers for Disease Control and Prevention website at https://www.cdc.gov/cancer/colorectal/.

Gonorrhea Outbreak in New Hampshire

New Hampshire is experiencing a gonorrhea outbreak with an unprecedented increase in the sexually transmitted disease (STD). Between 2007 and 2013, there were approximately 130 cases per year in the State. There have been at least 465 cases reported in 2016, and 2017 is on track to surpass that number.

Epidemiologists are not exactly sure why the numbers are increasing so quickly, but getting people treated will reverse the course of this epidemic. Young people ages approximately 15–30 are most affected, but anyone who is sexually active can be infected with gonorrhea.

Gonorrhea is caused by a bacterium and is spread from one person to another through oral, anal, and vaginal sex. People who have gonorrhea, especially women, usually have no symptoms of the illness. For those patients who do experience signs and symptoms, women report a burning sensation while urinating, increased vaginal discharge, or vaginal bleeding between periods. Common symptoms of gonorrhea in men include a burning sensation when urinating, a discharge from the penis, or painful or swollen testicles.

Gonorrhea can be cured by the right treatment of antibiotics. If the disease goes untreated, however, it can cause serious and permanent health problems in both women and men. In women, gonorrhea can spread to the uterus and fallopian tubes and cause pelvic inflammatory disease (PID). PID may lead to infertility or increase the risk of ectopic pregnancy as well. If a pregnant woman has gonorrhea, she may give the infection to her baby during delivery. This can cause blindness, joint infection, or a life-threatening blood infection in the baby.

In men, gonorrhea may be complicated by inflammation of the epididymis, and in rare cases, this may lead to infertility. If left untreated, gonorrhea can also spread to the blood and cause a disseminated gonococcal infection (DGI). DGI is usually characterized by arthritis, inflammation of tendons, and/or rash. This condition can be life threatening.

Gonorrhea can be prevented by using latex condoms, consistently and correctly every time, to reduce the risk of transmission. The surest way to avoid transmission of gonorrhea or other STDs is to abstain from vaginal, anal, and oral sex, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known not to be infected.

For more information on gonorrhea, visit the DHHS website https://www.dhhs.nh.gov/dphs/cdcs/gonorrhea.htm or the Centers for Disease Control and Prevention (CDC) website at https://www.cdc.gov/std/gonorrhea/.

National Infant Immunization Week

April 22–29 is National Infant Immunization Week (NIIW), an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and celebrate the achievements of immunization programs in protecting children and
Several important milestones have already been reached in controlling vaccine-preventable diseases among infants worldwide. Vaccines have drastically reduced infant death and disability caused by preventable diseases in the United States. In addition:

- Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two.
- In the 1950s, nearly every child developed measles, and unfortunately, some even died from this serious disease. Today, many practicing physicians have never seen a case of measles.
- Routine childhood immunization in one birth cohort prevents about 20 million cases of disease and about 42,000 deaths. It also saves about $13.5 billion in direct costs.
- The National Immunization Survey has consistently shown that childhood immunization rates for vaccines routinely recommended for children remain at or near record levels.

It’s easy to think of these as diseases of the past. But the truth is they still exist. Children in the United States can—and do—still get some of these diseases.

One example of the seriousness of vaccine-preventable diseases is an increase in measles cases or outbreaks. In 2014, the U.S. experienced a record number of measles cases, with 667 cases from 27 states reported to CDC; this is the greatest number of cases since measles elimination was documented in the U.S. in 2000, when it was declared eliminated in this country. Measles is highly contagious and most cases are among people who are not vaccinated. Measles is currently spreading across Europe wherever immunization coverage has dropped, the World Health Organization is warning. The largest outbreaks are presently being seen in Italy and Romania. In the first month of this year, Italy reported more than 200 cases. Romania has reported more than 3,400 cases and 17 deaths since January 2016. There was a large outbreak in California in 2014, and there is currently a growing outbreak occurring in Minnesota.

If you are unsure of your child’s vaccination status or what vaccines he or she is due for, contact your healthcare provider. To learn more, visit the DHHS website at https://www.dhhs.nh.gov/dphs/immunization/index.htm or the CDC website at https://www.cdc.gov/measles/.

**Raw Milk**

Milk producers take care to ensure their products are of good quality when they leave the farms. It is the role of the Dairy Sanitation Inspection and Licensing Program (DSLP) at the New Hampshire Department of Health and Human Services (DHHS) to monitor the production of raw milk. All dairy farms that sell milk to processing plants are required to hold permits issued by DHHS. DSLP inspects these dairy farms at least once every six months to make sure the conditions on the farms meet New Hampshire standards. Samples of milk and water are collected and tested to check for quality and contamination.

Pasteurization is the process of heating milk to a high enough temperature to kill disease-causing bacteria. The role of raw milk and other unpasteurized dairy products in the spread of infectious diseases is well documented. From 2007–2012, the Centers for Disease Control and Prevention recorded 81 outbreaks due to consumption of raw milk resulting in 979 illnesses and 73 hospitalizations; 59% of these outbreaks involved at least one child younger than 5. These are just the outbreaks that were reported.