



SANTA ANA NORTH ROTARY 1959

WWW.SANTAANANORTHROTARY.ORG



An Apple a Day Won't Keep Chicken Pox, Shingles or Herpes Away

PRESIDENT'S REMARKS.

Welcomed speaker Dr. Austin El Guindy and visiting Rotarians.

James Carter, a 40-year member of our club, has elected to move to honorary membership status.

Phil moved, Lisa S seconded, that we approved revised bylaws as presented. Motion carried.

GUESTS

Leo Middleton, Assistant Governor
Matt Schauer, Relocated Rotarian
Mary, Visiting Rotarian from AK

RECOGNITION

Ali - Vacation

COMMITTEE UPDATES

Community Service – Denise

Santa visits scheduled for Dec 19 & 20.
Franklin Thurs Dec 19 (8:30 – 11:30 am)
Hoover Fri Dec 20 (8:30– 11:30 am)
Please let Denise know if you can attend.

Tis the season to stuff things (turkeys, stockings and bags)! The annual goodie bag assemble will be Monday, December 9, 5:30pm at Boy Scout offices on Dyer Road just off the 55 freeway. Come and work up an appetite for the Holiday Dinner the following evening!

MEMBERSHIP/FUNDRAISING – Ali

Club 49 is scheduled for March 8 at Wilcox Manor in Tustin. Club 49 is a membership drive / club social / fundraiser to replenish our Santa Ana College scholarship fund.

Reminder: Membership Committee Meeting will be immediately following the November 13 club meeting.

CLUB SERVICE – Penny

Holiday party is Tuesday, December 10. Cost is \$65/person. Optional \$20/gift exchange. Don't miss out. Sign up today with Penny.

Wednesdays 12:15 PM
Antonello Ristorante
3800 S Plaza Drive, Santa Ana, CA

UPCOMING SPEAKERS

Nov 13, Kat Dej-Panah, Ocean Institute
Nov 20, Crystal Mora, Craft Talk
Nov 27, (Dining in the) Dark

UPCOMING EVENTS

Nov 9, Rotary Foundation Gala and Concert, Bowers Museum
Nov 13, Membership Committee Meeting
Nov 18, Interact Meeting, 1pm, Penny Byram Guest Speaker
Dec 10, Holiday Party, Antonello

Chicken Pox, Shingles, and Herpes...oh my!

Presentation by Dr. Austin El Guindy (yes, the son of our illustrious president Mel), whose education bounced between UCLA and USC; his UCLA residency was in pathology. Austin directs several labs and is a General Practitioner in North Hollywood.

Austin spoke about chicken pox, shingles, and herpes (HSV) (1 and 2).

The first comment was, you don't want to get chicken pox as an adult – it's much more severe. If you think you haven't had it, get a blood test to see if you have the antibody. If not, get vaccinated. Chicken pox is highly contagious, not only from physical contact but also from airborne droplets. The vaccine (virovax) is a live attenuated virus (meaning it cannot replicate, but triggers the antibody), and has been part of standard U.S. children's MMRV (measles, mumps, rubella, virovax) vaccine since 2005.

Also note, if you've never had chicken pox, you cannot get shingles so no need for that vaccine. However if you have had chicken pox you are at risk for shingles; the vaccine against that is highly recommended past age 60. Austin also mentioned that one can catch chicken pox from another person's shingles lesion, but cannot "catch" shingles – it comes out of a deeply embedded dormant bit of the chicken pox virus. Also, shingles can recur and may be triggered by cellular stress such as that caused by UV light / radiation, illness, or a genetic mechanism. Shingles pain can last up to a year and is believed to be due to neuron damage. Ocular shingles is a medical / ophthalmological emergency and should be treated immediately.

On to herpes (from the Greek "to creep" – the lesions were seen as "the creeping thing"). HSV (Herpes Simplex Virus) progresses the same as shingles: from a vesicular rash to crusted-over lesions. HSV₂, if transmitted during birth, is fatal to the newborn 50% of the time, and has a high rate of encephalitis.

As a side note, Austin mentioned the rates of STDs among 50-90 year olds have doubled in the last ten years. Prevention of herpes spread: "condoms and communication". For treatment, the recommendation was daily Acyclovir – deemed much more effective than treating outbreaks on occurrence.

Austin was a well-organized, informative, and entertaining speaker and we appreciated his visit. For more information he suggested we visit www.cdc.gov for both general public health information, and also that related to travel recommendations.

The Rotations

Santa Ana North Rotary
P.O. Box 11571
Santa Ana, CA 92711-1571