Going Viral (And Bacterial): Understanding Zika and Lyme and Breastfeeding

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Abstract:

With the recent spread of the virus, Zika and the bacterial infection, Lyme Disease, many pregnant and breastfeeding families worry about the potential impact on their babies. There is a great deal of inaccurate information on the internet regarding these diseases that many parents encounter. Having good resources and current information on these emerging diseases is imperative for new families. This presentation will address transmission of the diseases, risks to babies prenatally and during breastfeeding, and precautions for pregnant and breastfeeding mothers to take.

Learning Objectives:

* Identify main source of transmission of Zika and Lyme disease.
* Identify at least one potential risk during pregnancy or breastfeeding of Zika and Lyme disease.
* List three ways pregnant and breastfeeding mothers can protect themselves from Zika and Lyme disease.

Outline

* Identify main source of transmission of Zika and Lyme disease.
* Getting to know the diseases (20 minutes)
	+ What is Zika?
	+ What is Lyme disease?
	+ Origins of the diseases.
	+ How do they affect the body in the short term, in the long term.
	+ How each disease is contracted
	+ Why are these diseases spreading so rapidly?
	+ What are spirochetes?
* Identify at least one potential risk during pregnancy or breastfeeding of Zika and Lyme Disease.
* Understanding impact on babies exposed during pregnancy and breastfeeding. (20 minutes)
	+ Risk of sexual transmission and transmission during pregnancy and breastfeeding.
	+ Treatment for diseases.
* List three ways pregnant and breastfeeding mothers can protect themselves from Zika and Lyme disease.
* Protecting our children (20 minutes)
	+ Current recommendations by CDC and orgs in US.
	+ How countries outside US are handling ZIKA and Lyme.
	+ How can a pregnant/breastfeeding mother protect herself from ZIKA?
	+ How can a pregnant/breastfeeding mother protect herself from Lyme Disease?
	 What the future holds.

Questions:

What is the main source of transmission for Zika and Lyme respectively?

 A. Aedes Species of Mosquito, Pigeon Tick

 B. Aedes Species of Mosquito

 C. Deer Ticks

What is one risk to infant of Zika exposure during pregnancy?

 A. Microcephaly

 B. Collapsed lungs

 C. Thyroid Issues

 D. None of the above

If a woman lives or travels in an area where she is at risk for contracting Zika what can she do to protect herself?

 A. Avoid becoming pregnant during exposure.

 B. Wear long sleeves and long pants and use mosquito repellant.

 C. Use barrier contraception if having intercourse with someone infected with Zika.

 D. All of the above.

Resources:

* <https://www.cdc.gov/zika> CDC Website on Zika
* Zika Travel Warnings: <https://www.cdc.gov/zika/geo/active-countries.html>
* CDC Website On Lyme (though potentially not helpful for chronic lyme)
* [www.ILADS.org](http://www.ILADS.org)
* [www.lymedisease.org](http://www.lymedisease.org)[[1]](#footnote-1)
* www.howtobemerry.com

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1. [↑](#footnote-ref-1)