



...America's Voice for Safe Food



STOP on the "Go"

November, 2011

Food Day Was A Hit!

By: Deirdre Schlunegger
Chief Executive Officer



Food Day was a spectacular event this year for STOP Foodborne Illness. The idea of the first national Food Day was to push for healthy, affordable food produced in a sustainable, humane way. STOP Foodborne Illness was an event partner focusing on Food Safety and the effects of foodborne illness. STOP was represented on a distinguished advisory committee that included Michael Pollan, Marion Nestle and Jane Fonda. <http://foodday.org/about-food-day/food-day-advisory-board.php>

We arrived on Monday morning, October 24th at the Hancock Building in Chicago with a five foot trivia wheel and many prizes ready to be won. Volunteers stood on street corners and handed out cards with food safety questions and encouraged the passerby's to stand in line and meet our esteemed Las Vegas Chef, Keith Norman. Keith used his positive manner and fabulous smile and humor to engage the audience. He was a big hit. With a correct answer, the contestant won prizes ranging from a meat thermometer, to Rubbermaid glass containers to Thermos containers and even a year's supply of pasteurized eggs from Davidson's Safest Choice eggs. Kraft supplied the guests with free Capri Sun juice to quench their thirst. Palmer House Hilton Hotel of Chicago offered a week-end package as did the Southpoint Hotel in Las Vegas. Chicago FDA PR Specialist, Lisa Misevicz dressed up in their Fight BAC costume and stood on the corner and later joined us at noon at the NBC Tower where we were featured during the weather portion of the news.

All of us at STOP Foodborne Illness are so grateful of our outstanding volunteers who joined us for the day including students from the Illinois Institute of Technology Food Safety Program. We are very pleased with the outcome of this event and hope that it will be the first of many events where STOP shares the mission of the organization and the stories of our families.



****From Left to Right - Edward Beach and Brian Buzinski from Cole-Parmer (proud sponsors of our event) pose with Chef Keith Norman in front of the Food Safety Trivia Wheel. President Nancy Donley and CEO Deirdre Schlunegger with Chris Warren of Joseph Warren Inc., another proud sponsor of our event. Northwestern students Demetri Elias and Robyn Levinson show off their prize bags from Davidson's Safest Choice Eggs after they answered food safety questions correctly.****

2nd Annual Bernstein Brewski Ball For STOP A Success

STOP Would like to thank the Bernstein family (Especially Samantha pictured front left,) for putting on the 2nd Annual Bernstein Brewski Ball for STOP!

On October 15th, the Bernstein family hosted a Beer Tasting in honor of their daughter Haylee (front, center) who survived *E. coli* poisoning when she was three. The Bernstein family has traveled to Washington, DC numerous times to tell their family's story in hopes of ending foodborne illness. We thank all who attended and those who donated. Especially Marler Clark Attorneys for their generous contribution.



STOP Advocate Heads To DC

In my own words...
Dana Dziadul

On September 19th and 20th I was in Washington, DC, yet this time it was not with STOP. I was in Washington with "Advocates for Arthritis" sponsored by the American College of Rheumatology. I was there to tell my foodborne illness story and how it left me with chronic ReActive Arthritis. I told Congressmen and Senators about how I can't do all the things my friends do without feeling the pain. I told them that my life has changed forever and everyday because of my foodborne illness. I told them that their support is needed for the ACR and for the Food Safety Modernization Act. I would not have ReActive Arthritis if it was not for my *Salmonella* Poona from eating cantaloupe.



Here I am with Yvonne Sherrer, MD, Steve Kimmel, MD and Congressmen Ted Deutch.

Thank You Michael!



For the past year and a half STOP has partnered with Chicago Career Tech (CCT), a program targeted at mid-career individuals, to help them gain skills imperative to today's work-world, as well as exposure to different types of companies and organizations. Our most recent CCT participant, Michael Messick, finished his internship with STOP last week. Throughout his tenure, Michael demonstrated unwavering dedication, and a positive attitude. Michael, who holds bachelor's degrees in microbiology and psychology, applied his knowledge to our cause and showed a true commitment to food safety. Thank you Michael, for your devotion to our cause, our organization and for always going above and beyond. STOP has also been fortunate enough to have 4 other CCT participants: Maria Krysiak, who is now STOP's Operations Manager, Benjamin Mazzone, Diana Moore, Marek Grabowski and Stanley Rutledge, who is joining the STOP team part-time.

Welcome Stanley!

STOP is pleased to announce our newest staff member Stanley Rutledge! Stanley originally came to STOP through Chicago Career Tech. While studying project management, Stanley brought his operations skills to the table, and helped to organize our office and streamline operations. Stanley exceeded his responsibilities time and time again and even secured multiple in-kind donations. We now look forward to having Stanley on the team in a different capacity. He will be working closely with our Director of Research and Education, Susan Vaughn Grooters, on the issue of antibiotic resistance. We are so grateful for all you have done Stanley, and we look forward to working with you permanently!



Susan Vaughn Grooters Appointed to NACMCF

Agriculture Secretary Tom Vilsack announced that Susan V. Grooters has been appointed to the National Advisory Committee on Microbiological Criteria for Foods ([NACMCF](#)).

Currently serving as Director of Research and Education with STOP Foodborne Illness (formerly Safe Tables Our Priority), Grooters will serve a two-year term on the NACMCF as a consumer representative. In this capacity, she will provide an important consumer viewpoint to the committee's food safety work. Grooters' appointment to the committee brings the total membership to 18 individuals from various fields. Grooters holds a master of public health degree in epidemiology from the University of Massachusetts at Amherst, and a bachelor's degree in nutrition and food sciences from the University of Vermont.



The NACMCF, established in 1988, provides scientific advice on public health issues relative to the safety and wholesomeness of the U.S. food supply. The committee also assists in the development of microbiological criteria and reviews and evaluates epidemiological and risk assessment data as well as methodologies for assessing microbiological hazards.

The committee serves the U.S. Departments of Agriculture (Food Safety and Inspection Service), Health and Human Services (Food and Drug Administration and Centers for Disease Control and Prevention), Commerce (National Marine Fisheries Service), and Defense (Veterinary Service Activity). The NACMCF meets twice annually with subcommittees meeting as often as necessary.

The Secretary of Agriculture appoints committee members following consultation with the Secretary of Health and Human Services. Appointees are scientists from academia, industry, and government. Committee members serve a two-year term. The full committee membership may be found at http://www.fsis.usda.gov/about/NACMCF_Members/index.asp.

Annual Lecture Draws A Crowd

The Jacob Francisco Memorial Lecture was held on October 26th at the ETSU Quillen College of Medicine. The medical lecture was directed at health care professionals, and the public, and was titled "Walkerton Health Study: Lessons from a Waterborne Outbreak of Acute Gastroenteritis." The lecture was presented by Dr. John Marshall, who has treated long-term effects of many of the victims from a waterborne *E. coli* outbreak in 2000 in Walkerton, Ontario.



Approximately 100 individuals attended the event. Bill Francisco of Tennessee began the lectureship series after losing his 6 year old son Jacob to *E. coli* poisoning in 2004.

To watch the lecture go here: <http://www.youtube.com/watch?v=omCf-KjiphI&feature=youtu.be>



Did You Miss Our Webinar?

Did You Miss Our Webinar on Raw Milk?

Have no fear, it is now on our website and available for viewing.

In just an hour you will be introduced to two STOP members who had their lives changed forever by consuming Raw Milk. You will also hear from two experts who will explain the dangers of this product.

To view the webinar visit:

<http://www.stopfoodborneillness.org/content/webinars-and-podcasts>

Building Awareness About Reactive Arthritis

By: Susan Vaughn Grooters MPH
Director of Research and Education

STOP was awarded a grant from the Civil Justice Foundation to help those who suffer from Reactive Arthritis and to educate health care providers to better recognize this disease by creating a task force with people who have been personally afflicted. STOP is busy working to turn personal tragedies into prevention advocacy.



Reactive Arthritis represents a considerable burden on the United States and world population, which may be vastly under recognized. Reactive Arthritis is an inflammatory arthritis that arises after certain foodborne illnesses and venereal infections. Symptoms of Reactive Arthritis may

include low back and buttock pain as well as inflammation at sites where tendons, ligaments or fascia attach to bone. Debilitating heel pain is also common. Reactive arthritis usually causes inflammation in the lower joints (knees, ankles and small joints of the feet) rather than in the upper body. On average, four joints are affected, and these joints may not be the same on both sides of the body. Sausage digits of the toes occur when they become diffusely swollen, warm, tender and painful. Also seen are new bone formation, joint erosions, and joint space narrowing. However, these are only apparent with the chronic disease.

Of the foodborne infections known to lead to Reactive Arthritis; Salmonellosis, Campylobacteriosis, Yersiniosis and Shigellosis *precede* the arthritis symptoms, usually by 1 – 4 weeks. *Chlamydia trachoma* is also a well understood and leading cause of Reactive Arthritis. Besides these definitive bacteria associated with Reactive Arthritis, other arthritic diseases are also known to have bacterial associations - Lyme and Whipple diseases are examples.

When first discovered, there was a triad of symptoms cited: arthritis, urethritis and conjunctivitis. However, although some physicians still mistakenly rely on this clinical triad, all 3 symptoms do not need to be present. In fact, there are no strict diagnostic criteria for Reactive Arthritis. And, unfortunately there is not a diagnostic laboratory test that can be easily performed to confirm a diagnosis. Interestingly there may exist an overreliance on HLA-B27 (a genetic factor) for diagnostic purposes. Analysis of synovial tissue or fluid for the causative organism or degradation products is useful but not readily available to most practitioners. Some Reactive Arthritis precursory infective agents will be present in the synovial fluid of the effected joint, or bacterial DNA fragments may be present. Therefore, current diagnosis must be based on a pattern of joint involvement and on the temporal association of arthritis symptoms occurring within one month of the initial gastrointestinal infection.

This begs the question of what is causing the inflammation – are there bacteria present **in the joints** rather than bacteria in another part of the body causing an autoimmune cascade of symptoms? It is hypothesized that some, if not all infectious agents, are actually causing the inflammation by moving to the joints themselves!!! Two studies have shown that *Yersinia* is indeed present in the joints.

The lack of disease definition or specific diagnostic criteria for Reactive Arthritis makes epidemiologic studies problematic. The incidence of Reactive Arthritis varies widely. The overall attack rate of foodborne illness associated Reactive Arthritis ranges from 1.5% to about 30% between studies. STOP conservatively estimates that in 2010 the incident rate of Reactive Arthritis from enteric diseases ranges from 4,616– 19,257. Given that Reactive Arthritis can affect upwards of 50% of cases chronically, it is possible that 12,000 people will annually come down with chronic ailments. This is a conservative estimate and likely an underestimate. Some studies even suggest that upwards of 63% of cases will go on to have chronic complications. Foodborne illness associated Reactive Arthritis affects males and females with the same frequency; whereas the postvenereal form occurs at a male to female ratio of 9:1. In general, adults are more likely to develop Reactive Arthritis than children. However, STOP has followed a few children with joint pain and specifically Achilles tendon pain.

It is obvious that more attention and research needs to be paid to this debilitating disease. STOP continues to investigate and discover some very important and interesting things about foodborne illness infections and their long-term complications.

Do you want to see more positive stories like these? Help us STOP foodborne illness today.

Donate now at:

<https://app.etapestry.com/hosted/STOPfoodborneillness/OnlineDonation.html>