



# EXCHANGE STAFF VETERINARIAN

*Veterinary, Preventative Medicine and Public Health Newsletter*

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**The HQ Exchange Food & Drug Safety/Defense Team Would Like to Wish Everyone a Happy New Year!** As the New Year unfolds, we wish all of you a year of health and happiness and thank you for your collaborative efforts in protecting the health of our customers.

**Winter and Rodents:** It's that time of the year again for those pesky rodents to be searching for shelter from the cold. What better place than a food facility? Keeping these critters out of your facilities can be challenging. A rat can fit through an opening as small as a quarter, while a



mouse can squeeze through a hole smaller than a dime. Rodents can be a huge problem because they can contaminate food, destroy property, and spread serious diseases. Therefore, it is important to be vigilant and proactive to keep these pesky critters from taking control. To help prevent them from gaining entry:

- Install screens over vents and opening
- Dispose of garbage regularly
- Seal cracks and holes including areas where utilities and pipes enter the building
- Replace loose mortar and weather stripping around basement foundation and windows
- Install gutters or diverts to channel water away from buildings
- Store items in plastic sealed containers versus cardboard boxes
- Install weather strips at the bottom of exterior doors
- Keep doors closed when not in use
- Plant vegetation at least 12 inches from the perimeter of the building. Trim tree branches to prevent them from hanging over the roof
- Contact pest management immediately if you find rodent feces, hear sounds of scurrying in the walls or observe structural damage consistent with rodent activity

**Prohibited Spa Services:** Day spa services are associated with a host of therapeutic benefits in rejuvenating the mind and body. Massages are a great way to relax muscles and calm tensions and who doesn't love to be pampered with a facial or pedicure? While the majority of spa services are safe if performed appropriately, there are procedures that are more likely than others to cause harm and/or are currently not authorized by



Exchange/military regulations.

One service in particular that can cause harm is "**Ear Candling**". According to advertised claims, ear candling draws wax and impurities out of the ear canal. The process involves using a hollow cone about 10 inches long that is soaked in beeswax or paraffin. When lit, the candle allegedly pulls impurities from the ear canal. Proponents claim the candles provide relief from sinus and ear infections, earaches, and improve hearing and brain function. The FDA has found no valid evidence to support these claims and has received numerous reports of burns, perforated eardrums and blockage requiring surgery from their use. While this service might be common in the civilian community, the FDA has sent out warning letters to companies to stop marketing, promoting and distributing ear candles or face potential regulatory action.

"**Brazilian Waxes**" are also not authorized by current regulations. Brazilian waxes can be dangerous if improperly performed or if performed on patrons with certain pre-existing medical conditions such as diabetes. Waxing can strip off the protective layer of skin and mucous membranes creating a portal for bacteria to enter into the bloodstream. It can also cause inflammation resulting in skin infections and ingrown hairs. In some cases, women may experience burns and bleeding, which can result in scarring. Infections and sexually transmitted diseases may be contracted if proper sanitation practices aren't followed.

The last unauthorized service we will cover in this newsletter edition is "**Eyelash Extensions**".



While false eyelashes have been around for years, a new craze for semi-permanent eyelash extensions is emerging for eye

enhancement. While the trend may be growing, eye experts are warning women not to put fashion before their eye health. Unlike false eyelashes where synthetic lashes are applied to the eyelid and usually last for a day to a week, eyelash extensions are applied directly to the natural eyelash and can last up to 2 months. These bonding agents and glues are irritants and can cause discomfort and potential eye damage in severe cases especially in those that are allergic to the glue. In some instances, some of the glue may fall off and lodge in the eye creating a corneal abrasion. Repeated use of eyelash extensions can cause "Traction Alopecia", a condition where the hair falls out due to excessive tension placed on the hair shaft. As a result this can damage the hair follicle which can slow down and even cease production of hair.

## Current on Your ServSafe® Certification?



A reminder for all Exchange employees; all SBMs, SBM IDP participants, AFMs, GMs, FBMs, Express managers, food

facility managers, and shift leaders in charge of a food facility or food operation (defined as Person In Charge IAW the Food Code and TB MED 530) are required to renew their ServSafe® certification every five years. If you need assistance in obtaining or renewing your certification, contact your local learning facilitator or Corporate University.

## Bacteria Trivia - More than Just Vomiting and Diarrhea:

When we think of food-borne diseases we typically think of symptoms such as vomiting and diarrhea. Our customers all too often assume our food facility is the reason for their illness since they associate the consumption



of their last meal as the cause of their illness. In reality, symptoms may occur hours, days and even months after consuming the culpable item. Unfortunately even after a patient recovers from the acute signs there may be longer, more debilitating consequences. Did you know that Campylobacter infections, commonly associated with undercooked poultry are associated with Guillain-Barre syndrome, the most common cause of paralysis in the U.S? It can also trigger arthritis, heart infections, and blood infections. Or that after a Salmonella infection, the body's immune response may cause an autoimmune disease called Reiter's Syndrome, which produces arthritis, eye irritation and problems with urination? TAKE HOME MESSAGE- KEEP FOODS SAFE!

## Transporting Foods Safely:



Due to the small volume of business associated with most of our food concession operations, food is often transported via privately-owned vehicles instead of being delivered in commercially operated conveyances. While not an ideal situation due to both food safety and food defense concerns, if

authorized, it is imperative that they follow certain procedures to ensure the food remains safe. Foods that are meant to be maintained in the chill or frozen state must be transported in some type of container capable of keeping the food at the proper temperature. At no times are foods allowed to be prepared at a home facility and subsequently transferred on base. Care must be taken to ensure foods are not contaminated by chemicals or other foreign objects. Vehicles must be maintained in a clean and sanitary condition.

## What is a Dietary Supplement?

Although dietary supplements are regulated by the FDA as foods, they are regulated differently from other foods and



drugs. Dietary supplements are intended to supplement the diet and contain one or more dietary ingredient (including vitamins, minerals, herbs, amino acids and other substances). They are taken by mouth as a pill, capsule, tablet, or as a liquid. Many products may not seem like they are dietary supplement since they aren't in the typical "pill or capsule" form. Coffee products in particular are often labeled as dietary supplements if they contain certain added ingredients. Many of these coffee products advertise that they promote weight loss, increase energy levels and sexual enhancement. Some herbal teas may contain prohibited ingredients resulting in positive urinalysis tests. The Exchange takes the safety of dietary supplements very seriously and therefore sales of dietary supplements are only authorized in Exchange direct retail stores, GNC and Vitamin World concession activities.



## Unsatisfactory Inspection Reports:

Based on the number of unsatisfactory inspection reports received at out office, we are doing a tremendous job at meeting or exceeding sanitary requirements. Hopefully this is the situation but my

gut tells me there are more unsat inspection reports out there than we have visibility of. The primary goal of these reports is to identify trends and help initiate proactive preventive measures to resolve issues, not to slam anyone for not meeting standards. To help increase our visibility, we ask that both Exchange management as well as those involved in a regulatory role, scan and email all unsatisfactory reports to [Food-Drug.Safety@aafes.com](mailto:Food-Drug.Safety@aafes.com) or FAX 214-465-2488.

## The Exchange Food Safety & Defense Internet Portal:

Interested in past newsletters on food safety, food defense and barber/beauty/spa sanitation? Previous editions can be found by accessing the following link Staff Vet/Food & Drug Safety Program on the Exchange Intranet under the Sales Division: Staff Newsletters. It provides quick access to commonly required AF and DA regulations, references, Exchange policies, and guidance. For those outside of the Exchange, this information can be accessed at [www.shopmyexchange.com](http://www.shopmyexchange.com): Staff Newsletters.

## Contact Us:

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## Useful links (control click to use):

[Worldwide Directory for Sanitary Approved Food Establishments for Armed Forces Procurement Staff Vet/Food & Drug Safety Program \(AAFES Associates Only\)](#)  
[Staff Vet/Food & Drug Safety Pgm \(Non-AAFES Associates\)](#)