

Climate and Health E-News

Raising Awareness about Climate Change and Public Health in the Circumpolar North

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Circumpolar Climate Events Map Click [here](#) to view this month's Google map. You can comment on our map [here](#), or visit our [archive](#).

Vitamin D supplementation can decrease risk of respiratory infection in children *August 20, 2012.* A study conducted in Mongolian schoolchildren supports the possibility that daily vitamin D supplementation can reduce the risk of respiratory infections in winter. In a report that will appear in the journal *Pediatrics* and has received early online release, an international research team found that vitamin D supplementation decreased the risk of respiratory infections among children who had low blood levels of vitamin D at the start of the study. [ScienceDaily](#)

Alaska abuzz over rise in wasp population *August 21, 2012.* In Southcentral Alaska they seem to be everywhere: crashing picnics, turning mowing the lawn into navigating a minefield and sending the unlucky to doctors and hospitals. The Allergy, Asthma & Immunology Center of Alaska clinic in Anchorage had seen 256 patients sick enough to seek medical attention from stings this year, says Dr. Jeffery Demain, an allergist there. This year's wasp boom is part of a decade-long rise in stinging insect populations in Alaska documented by Demain and a Fairbanks entomologist Derek Sikes. In 2009, the two, along with several other researchers, published a study showing a dramatic increase in the number of people seeking medical attention for stings. [Anchorage Daily News](#)

In Canada, rise in West Nile Virus infected mosquitoes *20, 2012.* Toronto mosquitoes found carrying the West Nile virus are at a record high this summer. Officials believe that warm weather is behind the increased numbers of air-borne virus carriers. Mosquitoes pick up the virus from birds and then spread it to humans. Around one in five people infected by the virus show symptoms, whereas about 1 in 150 people develop severe symptoms from the West Nile virus, including disorientation, neck stiffness, paralysis and coma. [CBC](#)

Cook walrus before eating Nunavut health officials warn Igloodik *August 17, 2012.* In Igloodik, Canada, residents who eat raw or undercooked walrus meat and then begin feeling the symptoms of trichinosis should head directly for their local health centre. The symptoms of trichinosis include vomiting, fever, diarrhea, a rash, muscle pain and fatigue. The sickness is caused by a nasty little worm called *Trichinella nativa*, which lives inside the bodies of walrus and some other birds and mammals. To avoid the sickness, people who eat walrus meat should make sure it's thoroughly cooked. [Nunatsiag News](#)

Video of the Week: Oz on Vitamin D. *November 25, 2009.* The two most important sources of Vitamin D are sunlight and fish, something that many Alaskans have seen to little of this summer. This six minute video features Dr. Oz and Diane Sawyer discussing how to test, maintain, and supplement vitamin D. [YouTube](#)

Climate and Health E-News is received around the circumpolar north by people who are interested in climate change impacts and public health. For back issues click [here](#). To subscribe or unsubscribe, please click [here](#).

Regards – Mike

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Safe, Healthy, Sustainable Communities