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Transcript

Speaker 1

Welcome to the Bridge The official podcast for the University of Maryland Baltimore School of Pharmacy Patients program, the patients program is the bridge between the community and the researchers. The patients program created this partnership to help researchers. Listen to the community's voice in order to build a bridge. To an effective learning healthcare community. Here's your host, Rodney Elliott.

Rodney Elliott

Hello everyone and welcome to the bridge. I am Rodney Elliott, the community engagement specialist here at the patients program. And we are excited. We're excited to have our first guest to our podcast Doctor, Marianne Cloeren. How are you, doctor?

Marianne Cloeren

I'm well, thank you. Thanks.

Rodney Elliott

You know, I'm so glad you you you were available to talk to us today about a very important topic that here in Maryland here in Baltimore. But be quite frankly, all over the world, people are, you know, starting to, you know, ears are poking up about this, about this issue that's going on. Again, our first episode. Thank you for joining me. And I'll give a quick little bio on who I'm talking to today. Doctor Marianne Chlorin Excuse Board certified internal medicine and occupational medicine. He's associate professor at UB School of Medicine. She studied at Upenn Biology in Germany and she got a masters at Temple School of Medicine. Then she went on to earn. I'm sorry she got an MD at Temple School of Medicine. Then she got a masters in public health at John Hopkins School of Hygiene and Public Health. She joined University of Maryland School of Medicine faculty in 2017 as an associate professor of medicine in the Division of Occupational and Environmental Medicine. Doctor, was that good enough? That was sufficient.

Marianne Cloeren

That was good, and you didn't mention my jewelry making, but yeah.

Speaker 3

Ohh anatomy you make it. I like it. I like it. Well, maybe we'll reach out to you again.

Rodney Elliott

For now, drew episode.

Speaker 3

OK.

Rodney Elliott

But today, that's a good way to soften up what we're gonna talk about today. We're gonna talk about monkey Pox. Something that, again, like I mentioned earlier. Is, you know. Not new, but new to Baltimore with everything that's going on, new to the world as far as you know, rebounding out of COVID, I would say not gonna say rebound. I'm using basketball analogies, but you know COVID hit us and it hit us hard. Then all of a sudden you look up think we're in the clear. And then Multibox is here. The work I do in the community, Dr. Plorin, I get questions all the time about folks wanting to know information about COVID about, you know, and put, you know, research and want to know. How can you know they stay as healthy as possible. I asked this question to you right. Now, let's start off keeping it really simple. What is monkey?

Marianne Cloeren

That's primarily affects the skin. It's a contagious illness caused by a virus. It's not a very common virus. And yeah, I think it has some similarities. It's not nearly as severe as smallpox, but. It has some some it's kind. Of in that group of viruses. And it yet Pox actually refers to infectious diseases that cause skin pustules. So everybody's heard of chicken pox. Some of us have. Had chicken pox, it's. Kind of a similar looking kind of rash but but more severe. Than monkey pox.

Rodney Elliott

I do remember chicken pox. My mom used to make a really nice chicken noodle soup. I would stay home from school and that would be my remedy for chicken pox. I don't think that's the remedy nowadays. You can't go get some chicken noodle soup and get monkey and and be done with monkey pox. So how? How can it be spread? How can monkey pox be spread?

Marianne Cloeren

The the The good news that monkey pox is it's not super easily spread it takes. It takes skin to skin contact and and and. The most common way that it's been spread so far is through sexual intimacy, so sexual contact, skin to skin is the most common way that monkey pox is spread. And and we do know that, you know, people living in the same household, for example, don't have a very high risk of contracting. Monkey pox, unless there's a lot. Of touch involved. So.

Speaker 3

Right.

Marianne Cloeren

It's still the most common way. Is through sexual con.

Rodney Elliott

Sexual contact a lot of touch. That makes a lot of sense then, because kids nowadays, you know, you take them to the daycare or out plan, you know, they'll be touching and contacting folks, you know, all

the time. So we know. What it is? We know how it's spread. You know if you say you can stand back from sex or not. Touch anybody is that? The only way you can't you can prevent. The spread of multibox so.

Marianne Cloeren

That's a good question. You know it is going down. So I think that you know, case rates are going down. So I think people are paying attention to the the preventative messaging and are you're taking precautions because you know the the, the usual way that we tell people to avoid sexually transmitted diseases. You know he's a condom, right? Yeah, but that doesn't really help. That doesn't do anything about the. The skin that's not covered by. The continent right where, where? The the virus may be so, yeah, that that is always a good precaution, but it's not sufficient for this. I think the the primary ways to to prevent it would be if you have lesions that have not been evaluated.

Rodney Elliott

OK.

Marianne Cloeren

Those need to be you should avoid. You know close touch. With with people and get them evaluated in case. It is monkeypox. If you have been exposed to somebody who's been diagnosed with monkeypox, then you should avoid close contact with other people during. A monitoring period to make sure that you have not developed monkeypox and and also if you've been exposed seeking the vaccine you know can help. And that's one of the recommendations for vaccination is somebody that has had a known exposure.

Rodney Elliott

Country doc and you mentioned the lesions, I mean it's pretty clear when you see lesions. Yeah, you definitely want to pay attention to those and go see. Medical advice. But you know, if you lesions are that's towards the end of monkeypox. So that's after you had it for a while. Is, is that correct? And if if so? If not, what are some other non lesion symptoms that are out there that you know makes people you know what? Let me go get checked out. Let me take a look at this.

Marianne Cloeren

That's a good question. Deletions then it's not running at the end, but I mean there's a program period, I think is what you're talking about. So in the program, some people program is kind of before you before the disease. Is is easily diagnosable so when the virus is maybe incubating, it's there and it may be causing things like feeling very fatigue, feeling headache, feeling achy, you know, kind of flu like kind of symptoms and and that is so common with so many.

Speaker 3

OK.

Marianne Cloeren

But but it's hard, you know, during that phase to know for sure what you have and and and it's possible that you could transmit it through respiratory secretions, although we yeah, you'd have to be pretty

close to somebody. So certainly if you're feeling sick and and flu like. It could be it could be implemented. It could be like bugs, stay away from people. And if you have the respiratory symptoms, put a mask on, but let the mask on you.

Rodney Elliott

The mask on.

Marianne Cloeren

If you're feeling sick, will help prevent the transmission of those droplets of whatever it is that you. May be growing. And yeah, it's not looking packs is not the most likely thing, but there are all. Kinds of viruses that are spread through our secretions that we can decrease the chance of infecting others by putting a mask on when we have those symptoms. So that's the. Beginning of it, not everybody gets that program. Sometimes people just pop up the rash and the beginning of the rash is often kind of flat. And it may be just a couple little flat spots and it's usually on the areas of the skin that have had contact. And so if the main risk is sexual transmission, it may be, you know, in the groin area. Lower abdomen or back home area. OK. From the flat kind of spots, then what typically happens is a bit of a bump and then you may have a fluid filled bump and that's. Kind of like like. You see the chicken pox, right? And then it progresses to. What we call pestles and the the fluid becomes kind of ***** in in. The the lesions and it may ooze, it may ooze some. Looks like pasta sounds disgusting, and then then it proceeds to scab. And so for most people, that is over two to three-week period. And once the scabs have cleared and normal skin is there, you know, there's no more risk of infecting other people.

Speaker 3

Perfect.

Rodney Elliott

Now you know we are in October. You know, obviously we're in the fall season and you mentioned it earlier talking about the flu and you know COVID and people getting colds. And so it's very important for folks to pay attention to their health. It's easy to I wouldn't easy as the wrong word, not even going to say that. But if you see lesions or if you see pustules, then I that's a kind of clear indicator. There, you know, you mentioned just using some of those same precautions that we used during COVID, you're talking about, you know, staying away from folks, you know, not touching the lot, wearing the mask again, if you were giving advice to folks who are, you know, still want to go out and they want to go shopping, they want to go to the movies. Want to what type of advice? Would you share with folks on, you know, not necessarily being paranoid about still?

Speaker 3

Living life like that. That's yeah.

Marianne Cloeren

That's a good. Question. Well I. Think first of all, don't go out and do those things. If you're feeling sick with something that could be contagious because you could be spreading it right, or else you don't have to do errands.

Speaker 3

It's important.

Marianne Cloeren

But if you have. Those symptoms, you know, put it, put a mask on and talk about respiratory kind of symptoms right now. Right now the. Mask isn't gonna help you a whole lot if you. A rash on your legs. You're keeping it covered on getting, getting medical attention right away.

Rodney Elliott

Got you.

Marianne Cloeren

If you if you get a weird rash because there are diagnostic tests now, most doctors know how to do testing for monkey pox. You could check with your doctor first whether they're equipped to do it. And if not, you know. Find a provider that is. But commercial laboratories and when this first started popping up around the country, samples had to be sent to the health department and there was. A bit of there. Was a a lag time between getting tested and getting the results and you know like during that period of time. There's always the risk of spreading it to other people. You don't know what's going. On and now the the time. Period for getting the diagnosis is much shorter and commercial labs are able to do the tests. So a lot of progress has been made there, but for people going out and and doing normal things, you're not going to pick up monkey pox by going to the store or going to.

Rodney Elliott

OK.

Speaker 3

OK.

Marianne Cloeren

So I don't think you need to worry about that now. If you're at the movies and somebody is coughing their head off next to you. I'd move.

Rodney Elliott

No, that's that's that's that, that is, that is a real honest answer because you know nowadays even you know, if Monkey Pox wasn't around and we're, you know, everybody's kind of getting back out and we're talking about COVID and you hear someone sneeze or you or you hear someone coughing. Nowadays you look at them a little bit or you looking at direction. Oh, man. Like, what is that? What's going on? Pre COVID we didn't have none of that. Someone sneeze. Bless you. Thank you. So, but that's something to be aware of. You shared. With me that I can e-mail what I will definitely share with our audience, awesome resources and websites and links where folks can get all the information they want on monkey pox and you know, I know when I'm home or even if I'm online. Looking around, I can't go without looking at something on TV or like I said looking. Online, even here on. The radio. Advertisement for COVID-19 vaccines and where you can get a. Test stuff like. That I don't hear so much

about COVID. I'm sorry, I don't hear that a lot about monkey Pox. So if folks were looking for information besides the websites or or beside the links, where could they go for information on finding out about monkey pox?

Marianne Cloeren

The Maryland Department of Health sends out letters to all the clinicians in the state you know regularly. They just sent one out like a day ago about safety and during diagnostic testing. So I think most docs are pretty aware of it. They may or may not be offering. You know, diagnostic testing for it, but I think. Most doctors would know where to send their patients. That help the vaccine for monkeypox is not widely available yet. It's becoming more available and the and and most so most regular doctor's offices you know, don't have access to the vaccine yet that may that may be different next week.

Rodney Elliott

OK.

Marianne Cloeren

I mean it's things are changing pretty quickly, but I think there's still a good place to start as your doctor's office. And and they can advise you. The Health Department is another place to check if you don't have a doctor, you know. You can check with the health. If people are interested in the vaccine or if they need the vaccine because they know of an exposure, there is a way to register through a website that I'm sure you'll be. Sharing with.

Rodney Elliott

Yes, I will. I will be sharing their website for our. Viewers, our listeners.

Marianne Cloeren

And what you. Do at that site is you you put. In your information and your risk factors and then. It's it's evaluated for whether you are eligible based on your risk factors for the vaccine and the eligibility for this is changing as the vaccine becomes more available. And as we're we're better able to distribute it to people, the eligibility criteria are likely to. Change as well. But right now it's not available to everybody that wants it. It's it's available to people with specific risk factors.

Rodney Elliott

Doc, we're almost towards the end here. I got two more questions for you then. We gonna get out of here. Hear the patients program, we try to arm or gear or give confidence to our partners who we work with for community members when they take control of their help. So we try to arm them with information they need, so when they go talk to their doctors or their care providers, they can feel confident in doing that. So you talked about it. Clear about, you know, getting vaccines and, you know, getting the test and getting vaccines. Is there something that we should be sharing with our partners or community members to take control of when they do go to that doctor's office? Like you know, ask about money. Even if you don't have it. Even if you don't. Have any symptom? Right. That's that's.

Marianne Cloeren

Well, I think that's that's that's good advice. If you do have symptoms, you know one of the things that can be really helpful to your doc is just sort of understanding the timeline of your symptoms so that it keeps them loose.

Rodney Elliott

How do I?

Marianne Cloeren

You know, when did you start to feel that way and when did the rash pop up? And you know, honestly, if you can't get into your doctor? For a couple days and you have some weird lesions taking pictures of them can be a big help because with monkey pox they evolve and have other other skin conditions as well. Having a photograph of what it is that you see today and you. Know can help your. Doctor two days from now, when it has changed. So I think that's. On a useful trick, and then being honest about, yeah, your history and and risk factors is important as well. Your doctor can't make the best recommendations without really understanding.

Rodney Elliott

If he doesn't, that's correct. Yeah, doctor corent. So when COVID struck, you know, was new to everyone. Kind of learning on the fly. Unfortunately, a lot of folks got sick and you. A lot of folks also lost their lives, which is very unfortunate, but it seems like and again, I'm no professional. It seems like we understand a little bit more about monkey Pox and a little bit more prepared this time. What is that attributed to? And then? So is there something that scientists and professionals in your specialty area are still figuring out about monkeypox?

Speaker 1

But that's, you know.

Marianne Cloeren

Monkey pox is not a new it's not a new disease like COVID was, but it's acting differently than the monkey pox that has been seen before in outbreaks. This is the first time that has spread like so quickly. You know in this way and and and so. What is this this variant if you will, is acting differently than in the past? There's a lot still to learn about monkey pucks. Among the things that we. Don't know are. What's the optimal dose of vaccine and how effective is the vaccine?

Rodney Elliott

Got you.

Marianne Cloeren

You know, when can when can you count on the vaccine protecting you? Those those are. Questions that still need to be answered by research they've already kind of modified the dosing regimen to try to make the vaccine more available. To all people. So that's something the effectiveness that that needs to be studied in kind of the natural course of the disease on and. You're just ensuring it in my in my specially my specialty is really the risk to people at work and so health care workers caring for people

with this and because that has not been really on the horizon before, you know, understanding the optimal ways to protect the healthcare workers that are. Caring for people. With this disease.

Rodney Elliott

That's exactly why I reached out to you, because I saw that article that you shared with the University of Maryland. Campus in, along with the other resources that you shared with me as well, I'll be sure to give this to our audience because we do get questions about issues, about research, particularly around monkeypox and this information on our first episode of our podcast, I think is very, very helpful. I think going forward as we. Share on this platform, our goal is to provide. Information and for professionals from people who live the experiences who can share their thoughts and start a conversation. So you won't. This will be the first time you hear from me. I thank you for joining us today. I won't be a stranger. That's it from us, from the bridge. And thank you guys for joining us today and pay attention and. We'll see you guys for the next episode.

Marianne Cloeren

Thank you.

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Thank you for listening to the Bridge podcast. To learn more about the patients program, visit our website at www.patients.umaryland.edu.