



# Mad Cow Disease

## Preparedness Empowers You It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

**Be Ready Navy!  
I am. Are you?**

## BSE

- Bovine spongiform encephalopathy (BSE), more commonly referred to as “mad cow disease,” is a fatal neurodegenerative disease.
- BSE affects only cattle.

## vCJD

- Variant Creutzfeldt-Jakob disease (vCJD) is thought to be the human manifestation of BSE.
- vCJD is a degenerative neurological disorder (brain disease).
- vCJD is ultimately fatal.
- It is very rare, affecting only one in one million.

## Transmission and Symptoms

- vCJD is thought (but not proven) to be transmitted through the consumption of infected animal tissue, specifically beef.
- vCJD is a neurodegenerative disease, usually presenting itself similarly to dementia.

- Other symptoms
  - » Prominent psychiatric/behavioral symptoms
  - » Delayed neurologic signs
  - » Painful sensations such as burning or pins and needles from neurological malfunctions

## Treatment

- Currently, there is no treatment for vCJD.
- It is an ultimately fatal disease, with average illness duration of 14 months.

## Prevention

- Caution should be exercised by those in Europe and other areas with indigenous cases of BSE.
- You may consider avoiding beef or beef products that are not solid tissue (sausage, ground beef, and brains).
- Be aware of beef recalls when they occur.
- Remember that the possibility for infected beef is very small.

## Where to Find Additional Information

- Centers for Disease Control and Prevention (CDC)
  - » BSE—[www.cdc.gov/ncidod/dvrd/bse/index.htm](http://www.cdc.gov/ncidod/dvrd/bse/index.htm)
  - » vCJD—[www.cdc.gov/ncidod/dvrd/vcjd/index.htm](http://www.cdc.gov/ncidod/dvrd/vcjd/index.htm)
  - » Information for International Travelers—[www.cdc.gov/ncidod/dvrd/vcjd/risk\\_travelers.htm](http://www.cdc.gov/ncidod/dvrd/vcjd/risk_travelers.htm)
- U.S. Department of Agriculture—[http://www.aphis.usda.gov/animal\\_health/animal\\_diseases/bse/index.shtml](http://www.aphis.usda.gov/animal_health/animal_diseases/bse/index.shtml)