



NEXT STEP
LIVING LONGER BOOKS

MONKEYPOX

Should you be scare about covid- “YES”

Should you be save about monkeypox - “Absolutely”

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MONKEYPOX

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Our
“Medical Books”
For
Non medical people
Will Help You in
Adding
“Healthier 15 Years”
To Lifespan!

*“The recommended age is 13yrs
to 80yrs.*

*The sooner you start, more years
you add to lifespan.”*

Chapter-1

M NKEYPOX

After covid, being nervous please don't be,

Monkeypox is Viral condition which usually,

- Does not affect the human beings,
- But it is only seen in Africa,
- It can pass on from the monkeys to human beings,
- We human beings can get it,
- And we get something like huge blisters, more like smallpox, but nobody has seen smallpox,



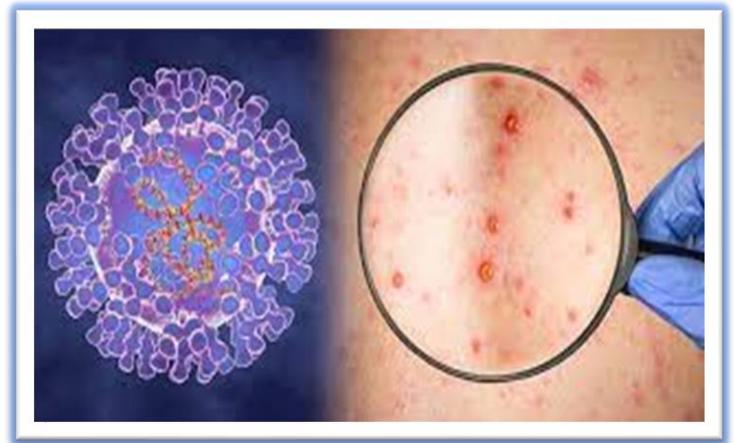
Chapter-2

Monkeypox virus is like smallpox

Smallpox is the only condition in the world which has been totally eradicated.

Physicians/ Scientist,

- To eradicate HIV.
- To eradicate polio.
- We are getting there and,



- But smallpox is the only medical condition where we have achieved eradication all over the world.

Chapter-3

Can we get Monkeypox just like COVID – Absolutely not

- Monkeypox is very difficult to transfer from one person to another,



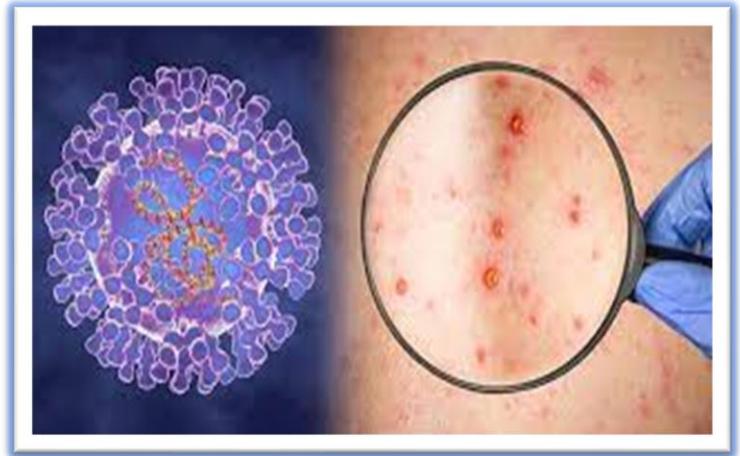
- Really there must be a very close contact with the infected person,



Think About it,

Close communication between one human to another human being is not that simple.

I mean you really must be in very close contact with the person for a prolonged time before you can get it.



Chapter-4

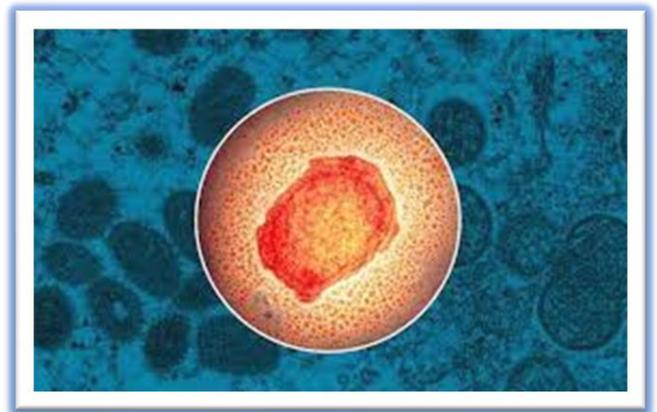
COVID caught us by surprise, not monkeypox

One believes that monkeypox virus has infected the human beings thousands of years ago.

But to be honest, it was first identified in 1970 in Africa.

One can get it from a monkey -

- Who is infected,
- If the monkey bites you,
- Or you have come in very close contact with the monkey,



Chapter-5

Unlike COVID which started from China – Monkeypox,
Was it discovered in Africa?

The most cases have happened in Africa.

It has been rare outside Africa



**In 2022, in this year WHO did report that monkeypox was there
in several African countries.**

In May 2022

A case was identified in Massachusetts USA,

This patient has traveled to Canada by Private transportation,

But he had not visited Africa.

Also, **In May 2022,**

There were cases of monkeypox reported in -

- **Portugal,**
- **Spain,**
- **And United Kingdom,**

Please Note:

And most of these cases **were seen in gay men.**



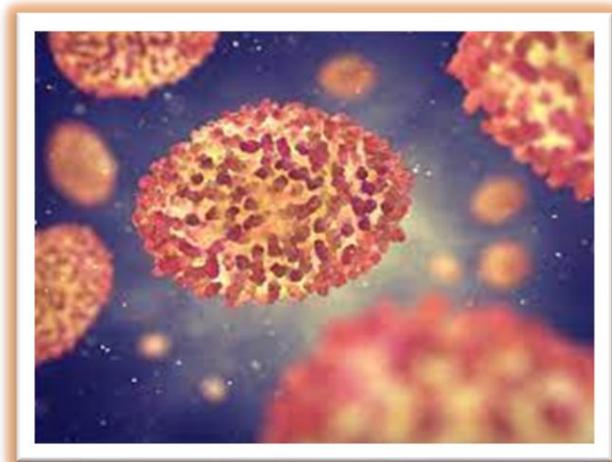
Chapter-6

Is Monkeypox very serious like COVID Answer is “NO”

Incubation from monkeypox virus infection is about less than 2 weeks but it can be up to 3 weeks.

If you ask people,

- They will say they got a scratch,
- They got a bite,
- Or they were patting an infected animal, but sometimes it may be very difficult to find out. Now they come in contact with the source



What doctors know About monkeypox infection in Africa is that these infections mostly do not cause any symptoms?

Chapter-7

Like COVID, does monkeypox affect our lungs- Answer is
“NO”

In the people who develop symptoms it can cause

Fever



Chills



Muscle Pain



There is a rash which is almost like smallpox,



(But of has really seen smallpox in our lifetime,)

Chapter-8

Think About it,

We say that There is a rash which is almost like smallpox, but nobody really has seen rash or smallpox,

Even we have not seen smallpox rash in one medical profession in 1980's

We can make diagnosis based on the clinical features.

There are diagnostic assay and the lab tests also.

Under electron microscopy, they show brick shaped pox viral particles.



Think About it,

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Usually, antibodies to monkeypox viral infection develop after, in less than about 5-10 days after the rash.

Although we talk about monkeypox like about smallpox,

That is not possible because smallpox has been eradicated

So, we can sometimes confuse, monkeypox with chickenpox or herpes simplex virus.



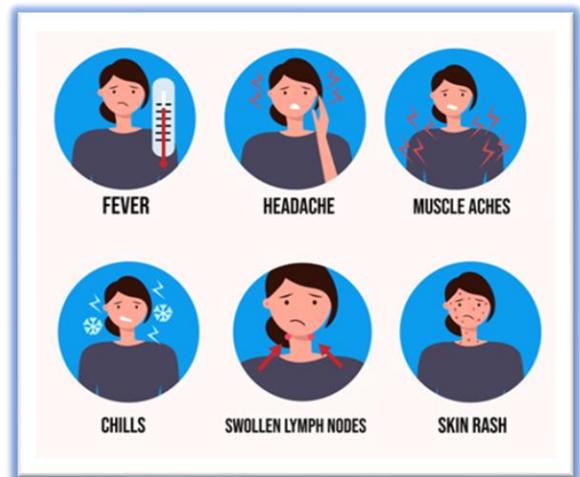
Chapter-9

What should we do if we get Monkeypox?

As I mentioned,

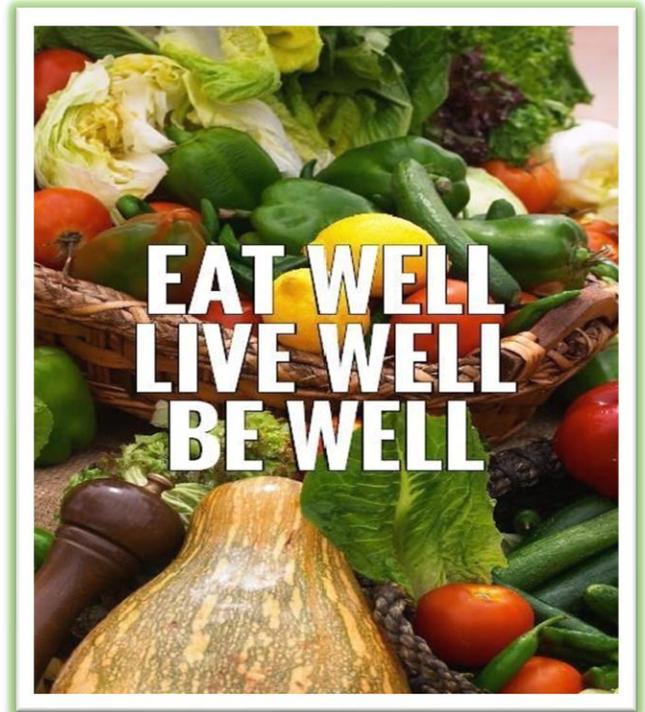
Most of the people have: -

- Very mild symptoms
- And they recover.



So, just we have to make sure that-

- **You are eating well,**
- **And you do not get dehydrated,**



You may have to stay in a hospital for a short time where you get fluids.

Chapter-10

There was no medicine for COVID, but are there any medicines specific monkeypox virus – Answer is “YES”

And there is an antiviral vaccine called **Tecovirimat**.

Which is a treatment of choice,



But some experts like to use two medications if the patient develops a severe condition.

- **Tecovirimat**
- **Brin-cidofovir**

Just for Information, it is said that smallpox vaccine does prevent the infection,



And minimizes the symptoms.

But now in 2019, a modified vaccine **Ankara** (MVA),

Which is sold under the trade name of **Immune or Jynneos**.

And it has been approved for both-

- (In prevention of smallpox,)
- And monkeypox for preventing



Smallpox does not exist but obviously you can use it for monkeypox.

If you have got the chickenpox vaccine, this will protect you against monkeypox infection also.

Chapter-11

To Summarize,

- Vaccine helps,
- And then we also use antiviral medications,
- And once again you really need a very close contact,
- It is not an easy transmission like covid or other viruses,



So once again,

We can get: -

- From **close contact exposure with another human** being with the monkeypox.
- Usually, asymptomatic.
- We can develop the symptoms in **2 to 3 weeks with Fever and Rash**, usually recover.
- And monkeypox was seen mainly in Europe, it was seen in the **Gay persons**, so it is sexually transmitted condition.



End of the Book