



## Senders Pediatrics Update

10/18/10

**Influenza Update:** If you haven't thought about influenza since the H1N1 epidemic in 2009, it is probably time to start planning for this season's outbreak. This past week, the Centers for Disease Control and Prevention (CDC) noted a small increase in the proportion of respiratory virus specimens that were positive for influenza (flu). Although the numbers are still low, the increase from 2% to 3.3% makes us wonder if the peak of flu season will be earlier this year and arrive by the end of December.

As you may recall from previous email blasts, because of the 6-month lead time needed to grow influenza vaccine in eggs, the CDC tries to anticipate the viral strains that will be part of following year's disease by the previous February. Each year, there are two Influenza A strains and one Influenza B strains that are incorporated into the vaccine. This year for the Influenza A components, the CDC identified H1N1 A/California, the one first identified in California in 2009 (and the same strain that caused last year's epidemic) as one of the strains and H3N2 Perth, the one identified in Australia in 2009, as the second strain. For the Influenza B component, the CDC identified the B/Brisbane strain as the appropriate strain. So far this year, again the numbers are small, fewer than 70% of the cases of flu have been caused by Influenza A and 90-95% of these cases of Influenza A are similar to the strains in the vaccine. If these numbers hold up (and the experiences in Australia and Europe where the season is a few months earlier seem promising), this year's flu vaccine would be a great match for the Influenza A component. The numbers for the Influenza B component are a little different. 30% of the total cases have been caused by Influenza B but only 75% are similar to the strains in the vaccine while 25% are caused by the strains in last year's vaccine (but are not covered by this year's vaccine).

At Senders Pediatrics, we have been busy in vaccinating our patients against the flu. Our Wednesday and weekend clinics have been filled and we have also grabbed the opportunity to vaccinate children during their well visit exams. In just over a month, we have dispensed about 1200 doses of influenza vaccine. Remember a few rules for this year.

1. Children ages 6 mos up until their 9<sup>th</sup> birthday should receive 2 doses of this year's vaccine if they did not receive at least 1 H1N1 vaccine last year OR got regular seasonal flu vaccine last year for the first time and only got 1 dose OR have never been vaccinated before.
2. Children ages 6 mos up until their 9<sup>th</sup> birthday should receive 1 dose of this year's vaccine if they had at least 1 H1N1 vaccine last year AND got 2 doses of regular seasonal flu vaccine on at least one occasion.
3. Children 9-17 years should receive 1 dose of this year's vaccine.
4. Adults 18 years and up should receive 1 dose of this year's vaccine.

So far this year, vaccine supply is plentiful and every pharmacy under the sun is offering flu vaccine. In general, it is a covered benefit for almost all insurance companies so we recommend that you have your child vaccinated here for ease of record keeping. However, if you choose to have your child vaccinated elsewhere, please notify our staff of the date so that we can be the central source for all records.

There are two formulations of the vaccine. The injected (shot) form that is injected into the muscle in the upper arm and the FluMist form that is squirted in the nose. Most of the injected form has a trace of preservative. Because of the importance of giving out millions of doses, influenza vaccine is now one of the only vaccines that still has a trace of preservative. Preservative is added in the first part of the process and is diluted out so that less than 1% remains by the end of the process. Less than 10% of the total supply is totally preservative free and, like everyone else, we have a limited supply of this form available for those for whom this formulation is important. Recent studies have confirmed that vaccines with a trace of preservative are not linked to any diseases including autism and one study found that children vaccinated with such vaccines have better neurological outcomes. This is why we strongly support the use of these vaccines to protect your children against influenza.

**A Flu Vaccine Research Opportunity:** As you have just read, using 2 Influenza A strains, in good match years (such as this one appears to be), will prevent 90-95% of Influenza A infections. The problem is the Influenza B strain. In the past 5 years, the proportion of flu cases caused by Influenza B has been between 1-46% (this year so far it is 31%) and the vaccine has been between 0-98% preventative (this year it is about 75% protective). The CDC has begun the process of looking at including 2 strains of Influenza B in each year's vaccine. It is estimated that had this been done in the 2008 season (last year was only Influenza A H1N1), it would have prevented 1.1 million cases of flu, 7488 hospitalizations and 321 deaths. We are excited to have been chosen as one of the few sites in the country to look at giving this 4-strain influenza and preservative free vaccine to children between 6 months and their 9<sup>th</sup> birthday. Unfortunately, only patients who have not yet been vaccinated this season can participate which is why we are mentioning this to you at this time. For more information, please contact Carrie at [research@sendersresearch.com](mailto:research@sendersresearch.com).

**Blogging with Senders Pediatrics:** Look for the launch of our blog, [www.WeFigureKidsOut.com](http://www.WeFigureKidsOut.com) later this month. The first topic will cover the fascinating area of neuroplasticity that has demonstrated how to train your brain to grow and expand throughout life. This is helpful for adults of course but, as you can imagine, may be even more exciting as you begin to nurture your child's brain. Look for a blast email launch later this month.

**Our parking lot** - We are committed to maintaining our building and its exterior in tip top shape. We have just completed sealing our lot and preparing it for winter. We have found alternative parking arrangements for our staff to insure that our lot is accessible to you, especially on Mondays and Tuesdays during peak use times. If you see anything that needs repair or freshening, please do not hesitate to bring it to our attention.

### A few exciting things going on at Senders Pediatrics:

- Follow Certified Parent Coach Amy Speidel's blog at [www.parentingadvicethatworks.com](http://www.parentingadvicethatworks.com)
- Join Senders Pediatrics [Facebook Fan Page](#). We would love if you would "friend us" so that we have one more way of communicating with our patients. There are also some fun things about upcoming events that you won't want to miss.

As always, thank you for your continued support of our practice. We look forward to taking care of your family's needs this fall.

Sincerely,

Senders Pediatrics  
2054 South Green Road  
South Euclid, OH 44121  
Phone (216) 291-9210  
Fax (216) 291-9422  
[senderspediatrics.com](http://senderspediatrics.com)