

NEW FLU INFORMATION FOR 2017-2018

WELCOME TO THE 2017-2018 INFLUENZA SEASON

It is my impression and the opinion of many experts that this year's flu season will be one of the worst in years in regard to the number of people infected and the severity of illness.

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

ALL VACCINES ARE NOT CREATED EQUAL

For years, flu vaccines were designed to protect against three different flu viruses (trivalent). This included an influenza A H1N1 virus, an influenza A H3N2 virus and one B virus. Experts had to choose one B virus, even though there are two very different lineages of B viruses that both circulate during most seasons. This meant the vaccine did not protect against the group of B viruses not included in the vaccine. Adding another B virus to the vaccine aims to give broader protection against circulating flu viruses. Therefore, if you are going to the trouble of getting a flu shot, make sure to get one of the newest Quadrivalent vaccines.

CDC recommends again this year to use only injectable vaccine, NOT nasal spray flu vaccine.

At Patronus, we use only a Quadrivalent (four component) vaccine called Flucelvax. Through innovative technology, this vaccine protects against all four components of the Influenza spectrum. It was the first FDA approved cell culture vaccine and therefore contains no preservatives, antibiotics, and doesn't require the use of fertilized chicken eggs in the production process. Many postulate that many of the very rare side effects of all vaccines are due to the production process itself.

THE BOTTOM LINE

The vaccine for this season is ready, so the sooner you get it the better. We are already seeing early cases in the San Diego area. You can ask one of the Patronus Medical Team about specifics and can sign up at the front desk for your Flucelvax shot.

— Dr. Andy Desjardins

