



HEALTHY PAWS NEWSLETTER

January 2004

Happy New Year to everyone. We would like to wish you and your pets a healthy and happy 2004!!

We don't mean to continually bombard you with vaccine information, but it has really been in the forefront lately in the media, seminars, books, etc. and we wanted to share this information with you. We believe that we can't really make educated decisions for ourselves and our pets unless we have all the information, not just one viewpoint.

Whatever decision you make for yourself or your pets, please make sure that it is an informed one that you feel comfortable with. Our attempts to get this information out to you are in no way to be taken as advice.

RECENT VACCINATION PRESENTATION

In late November, we were privileged to have Dr. Catherine Diodati speak at the Sarnia Library on the subject of vaccinations. Dr. Diodati has dedicated the last 18 years to researching vaccines after her infant daughter was in a coma for a week following a "routine" infant vaccine. Dr. Diodati has become a well recognized expert on the subject of vaccines and vaccine reactions. She is often consulted in lawsuits and testifies as an expert witness in these cases.

Some of the highlights from her talk and her book " Immunization – History, Ethics, Law and Health" are:

Informed and voluntary consent are key to any health care decision. When it comes to vaccination, we are rarely given enough information to make a proper decision and are often, incorrectly, left with the impression that vaccination is mandatory. In Canada, legislation regarding vaccination exists in only 3 provinces: Ontario, Manitoba, and New Brunswick. Each province allows exemptions under medical, religious or philosophical grounds. Mandatory

vaccination is prohibited under The Canadian Constitution. In Ontario, vaccination exemption forms are available at the local health unit or online at http://www.gov.on.ca/MOH/french/formsf/pdf/7470-64_.pdf

More and more people are weighing the benefits and risk of vaccination than ever before and, as they are doing the research, they are finding some pretty disturbing information. Our children receive 36 standard vaccines by the time they finish school and many more additional vaccines are being offered. Vaccine package inserts contain a good deal of information that should be offered to anyone considering any vaccine. At a minimum, the package inserts will describe vaccine components, some contraindications, warnings, and some adverse reactions. Generally there is more to the story than will be outlined on the inserts, but they are a good starting place.

Vaccines contain antigens: viruses, bacteria, or bacterial toxins. These antigens require host tissues to grow and reproduce, such as: aborted human fetal lung tissues, monkey kidney tissues, guinea pig cells, chick embryos, eggs, mouse brains, yeast, and bovine fetal serum. Added to this mix will be a variety of chemicals, such as formaldehyde, mercury, aluminum, phenol, and et cetera, which are extremely destructive to the body. Although the chemicals will appear in vaccines in small amounts, it does not follow that their effects will be similarly small.

Vaccines can cause a myriad of adverse reactions. In some cases, they are capable of causing the disease itself, provoking other diseases and conditions, initiating allergic or autoimmune responses, causing permanent disability and even death. It is, therefore, wise to weigh the actual benefits of vaccination against the risks of contracting disease, or suffering adverse events before, the vaccination appointment.

In a perfect world, vaccines would prevent disease 100 percent of the time and never cause adverse events. It is not a perfect world. Vaccines do not always prevent disease and they do cause serious adverse events. Although we have seen a reduction in some diseases since the advent of vaccination, this is not the whole story. In many cases, vaccines have prevented certain innocuous diseases in children only to defer the disease to older persons who are more likely to suffer complications than if they had contracted the disease in childhood. Measles, mumps, and rubella are prime examples and we are seeing more and more cases in age groups that are more susceptible to disease-related complications. Also, vaccines have not been primarily responsible for decreasing disease-related mortality. A look at the long term statistics invariably show that mortality associated with "vaccine-preventable diseases" fell into decline decades before vaccines were introduced.

In Ontario, there has been an enormous campaign to vaccinate everyone against influenza. The flu vaccine is one of the least effective vaccines on the market even if they manage to pick the right strains for the vaccine. Although

we are told it is 70-90 percent effective in individuals under 65 years of age, this simply is not true. The vaccine may elicit serum antibodies in that number but it does not prevent clinical influenza in the majority of people. A recent meta-analysis found the vaccine to be effective in preventing clinical influenza in only 24 percent of vaccinees but caused a much higher number of local reactions (69%) and systemic (flu symptoms) reactions (26%). A Canadian study saw even higher reaction rates, with 86 percent suffering local reactions and 49 percent suffering systemic reactions from the influenza vaccine.

In most cases, when we think we have the flu, it is actually something else entirely. Every year, about 40,000 - 50,000 samples of suspected influenza are sent for analysis. Only between 7-13 percent are positive for the influenza virus. The symptoms, and potential complications, of the different pathogens are the same as influenza but they generally turn out to be adenovirus, RSV, rhinovirus, or coronavirus. The flu vaccine has no positive effect on these pathogens whatsoever. The influenza vaccine does not save money in terms of lost work days nor in terms of relieving the influenza burden on emergency departments. There has never yet been a study that proves the influenza vaccine has caused any actual decrease in flu transmission to the elderly or immunocompromised. What, then, is the benefit of diverting over \$40 million Ontario health care dollars into this campaign each year and exposing our citizens to annual doses of formaldehyde and mercury?

Unless one happens to live in Québec, there is no compensation program available to assist with the costs associated with adverse events. The costs can be enormous and many will not be covered by provincial health plans. At the present time, most Canadians are left to their own resources and must go to court if they wish to receive compensation. This is no easy matter, however, because most available studies on vaccines have been conducted by the vaccine manufacturers themselves and are undertaken with the express purpose of demonstrating a vaccine's safety and efficacy in the most positive light possible. Post-licensure, adverse events are reported less than 10 percent of the time, so one cannot even count upon government records to provide accurate assessments of adverse events or their frequency. Essentially, if you are injured by a vaccine in most of Canada, you are on your own to deal with it.

Since there are looming questions about vaccine safety and efficacy, it is essential that each individual become educated before making a decision. What should you know before making a decision? At a minimum, you will want to know:

How prevalent is the disease? What are the chances I, or my child, will contract the disease?

What are the available treatments? What is the expected outcome?

Which adverse reactions have been associated with the vaccine?

What are the contraindications to vaccination?

Should vaccination be deferred due to any potential illness, no matter how minor it seems?

Is there a history of vaccine reactions within the family?
What are the alternatives to vaccination? (e.g. homeopathy, nutrition, immune system enhancement)

These questions provide merely a basic start but they will at least focus your energy on the most pertinent questions. If in doubt, defer the appointment until you are comfortable that you have enough information to make an informed and voluntary choice. It is your legal right to do so.

Some suggested sites:

Vaccination Risk Awareness Network (Canada) <http://www.vran.org>

Thinktwice Global Vaccine Institute (USA) <http://www.thinktwice.com>

National Vaccine Information Center (USA) <http://www.909shot.com/>

Australian Vaccination Network <http://www.avn.org.au/>

Immunisation Awareness Society (New Zealand) <http://www.ias.org.nz/>

Whaleto Vaccine Website (UK) <http://www.whale.to/vaccines.html>

Dr. Diodati's newest book "Vaccine Guide for Dogs & Cats – What Every Pet Lover Should Know" is available for sale at our store for \$20.00.

The following excerpt is from the December 3rd issue of "The Wysong Health Letter" (www.wysong.net):

AUTISM-VACCINE LINK: A recent study presents the first epidemiological evidence, based upon tens of millions of doses of vaccines administered in the United States, that associates increasing thimerosal (a mercury-based preservative) levels from vaccines with neurodevelopmental disorders. Specifically, the study showed statistical increases in the incidence rates of autism, mental retardation and speech disorders in those who had received thimerosal-containing vaccines compared to those given thimerosal-free vaccines. During the 1990s, the U.S. childhood vaccination schedule exposed some children to up to 125 times the federal limit on mercury exposure set by the Environmental Protection Agency. Autism rates have increased 10 times since the late 1980s, and the CDC says that one in 300 American children may suffer from the condition. (*Exp Biol Med (Maywood)*, 2003; 228(6):660-4.)

To The Customers of Healthy Paws

It has been a year this January 2004 since I was fortunate enough to become a part of the many families and their pets who are part of Healthy Paws & Nature's Herbs for Pets.

I thank you for all the kindness and knowledge you have bestowed upon me and I look forward to another year of success and experiences to remember.

Sincerely, Jayne

In good health, MIKE, LEE & JAYNE

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