



Chapter 9—Chapter Nine—Chapter 9—Chapter Nine

October 2020 Issue

TRAILER TRACKS

Chapter Officers for 2020-2021

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MONTHLY MEETING

ALL ESCAPEES ARE WELCOME

2nd Wednesday of the month at 9 AM,
Abbys Pizza, 1011 W Central, Sutherlin.
Please sign up at TV clubhouse by the Tues-
day before.

FOR MORE INFO ON RALLIES, ETC

President Betty's Update

Hi Folks, it's Fall and not much has changed in the way of **Covid-19**, still the same restrictions which means we cannot plan anymore get to-
gethers or activities until more restrictions are lifted. I know we are all anxious to socialize as a group but we need to stay safe.

We missed our September **elections** and right now the Officers will remain the same until further notice.

June has come and gone and it is past time to pay annual dues (**\$5.00 a person**) you can drop your envelope at the office for Ed Spense lot 179 or Betty Bush lot 46.

As a SKP Chapter we have also made a contribution of \$500.00 annually to **CARE** which is the National Assisted Living in Texas. Since our funds are low at this time and you have it in your heart to make a contribution that would be very much appreciated, send to Ed or Betty.

I hate to close without giving you more exciting news. All of you **Snow Birds** that will be leaving we wish you a safe journey and know we will be thinking of you.



Flu Season is at hand

By Jackie Deal

USA Today reports that the Center for Disease Control says "People over 65 should get Fluzone High-Dose or FLUAD, because it provides better protection against flu viruses".

Fluzone High-Dose contains four times the antigen that's in a standard dose, effectively making it a stronger version of the regular flu shot. FLUAD pairs the regular vaccine with an adjuvant, an immune stimulant, to cause the immune system to have a higher response to the vaccine.

Research indicates that high-dose flu vaccines have improved a patient's protection against the flu.

An observational study in 2013 found FLUAD is 51% effective in preventing flu-related hospitalizations for patients 65 and older. (USA Today from CDC)

Dr. Brady McNulty (Pharmacology Doctorate) at Sutherlin's Bi Mart Pharmacy answered some further questions for us. "Flu vaccines typically last 4-6 months so getting them mid-September to mid-October provides the best coverage." All flu shots are dead virus not attenuated or weakened virus. So they positively cannot cause the flu.

Bi-Mart will have two types of High-Dose vaccine: Flublock and Fluzone. The difference is that Flublock is not made with egg products so it's safe for those with egg allergies. Both contain more concentrated doses of the vaccine and are recommended for folks over 50.

Another flu shot available in some places will be Fluad. This uses an adjuvant to increase the effectiveness of the shots by increasing the response of your immune system without increasing dosage.

Dr. McNulty advised that it's also a good time to get your pneumonia shots. These are two shots given a year apart and then you should have lifetime protection.

So, what are your choices??

Not take the vaccine: risk getting Guillain-Barre just from having the flu or possibility from other infections.

Take the High-Dose Fluzone vaccine: lower risk of having the flu. 8.8 chances out of one million of getting Guillain-Barre from the shot.

IS THE HIGH-DOSE FLU VACCINE SAFE?

The question came up at a Jacks and Jill's meeting: Does the high-dose flu shot cause Guillain-Barre disease? Confusion and panic arose so I volunteered to research and report.

#1. I use only medically valid sources in my research. No "he said-she said."

#2. I will cite the resources so **YOU** can research for yourself. All research was done on the internet.

Let's begin with a definition of this condition most of us have never heard of. (I've seen one case and she survived.) It is when the body's immune system mistakenly attacks the peripheral nervous system. That's the network of nerves located outside the brain and the spinal cord. (From the National Institute of Neurological Disorder and Strokes.) That means just about everything, right? Often it begins with tingling in the hands and feet and muscle weakness, usually both sides of the body. It can progress rapidly to almost total paralysis. Something I'm sure we wish to avoid if at all possible.

Now the real question does the high dose flu shot cause GBD (medical people love abbreviations and after typing that several times, I love it too). First: "An increased incidence of Guillain-Barre syndrome followed influenza immunization in the 1976 Swine flu outbreak (H1N1 A/NJ/76); 8.8 cases per million recipients developed the complication. Since then, close monitoring of cases attributable to vaccination has demonstrated that influenza itself can induce GBS. Small increases in incidence have been observed in subsequent vaccination campaigns, but not to the same extent." (Wikipedia)

The increase was by just one additional case per 100,000. Research has also shown that individuals are more at risk of developing the condition after a case of the flu than they are from the vaccination.

"This fall, nothing can be more important than to try to increase the American public's decision to embrace the flu vaccine with confidence. **This is a critical year for us to try to take flu as much off the table as we can.**" (Editor of JAMA)