

Sellwood Family Medicine
Leigh Ann Chapman, ND
www.chapmanND.com

Responsible Decision Making About Childhood Vaccinations

A thoughtful approach to vaccination will optimize your child's health. If you choose to vaccinate your child, there are proactive steps you can take to minimize the risk of adverse effects associated with vaccinations.

If you do decide to vaccinate, make sure you know the answer to these questions...

1. Is my child sick right now?
2. Has my child had a bad reaction to a vaccination before?
3. Does my child have a personal or family history of:
 - vaccine reactions
 - convulsions or neurological disorders
 - severe allergies
 - developmental disorders
 - immune system disorders
4. Do I know if my child is at high risk of reacting?
5. Do I know how to identify a vaccine reaction?
6. Do I know how to report a vaccine reaction?
7. Do I know the vaccine manufacturer's name and lot number?
8. Do I know if my vaccine is Thimerosal free?
9. Do I know I have a choice?

The following steps are recommended if you choose to vaccinate:

- Get a copy of the Vaccine Information Statement before your child's immunization visit so you can read it before the scheduled appointment and formulate questions. These statements are available from your pediatrician or from www.immunize.org.
- Tell your doctor if your child has been recently ill, or anyone in the family is currently ill. Evidence suggests that having a viral or bacterial infection may prevent the body from mounting an adequate antibody response to vaccination. **Never vaccinate a sick child!**
- Compile a complete family history, including adverse vaccine reactions, a history of seizures or autoimmune disease, neurologic disease or severe allergies. Give a copy to your child's doctor and ask that it be included in their medical record.
- Check every immunization vial for ingredients, name, manufacturer and lot-number. Write this information down!
- At this point in time, drug manufacturers are no longer producing childhood vaccinations with thimerosal. However, as a parent, you have the right to make sure that the vial on the shelf is thimerosal free. Ask your doctor for thimerosal-free vaccinations.

On the days before, during and following a vaccine:

- An ice compress applied following vaccination can reduce local swelling.
- Vitamin A supplementation before and after the vaccination at the daily recommended intake level for age. This varies between 1250-1500 IU/day. Ask your child's doctor.
- Vitamin C supplementation on the days before and following vaccination. 150-300 mg two times per day depending on the child.
- Homeopathic Ledum 30C for puncture wounds.
- Homeopathic Thuja 30C for minimizing adverse reactions.
- Keep your kids healthy. Healthy, vital, robust children will have the best outcomes.

Vaccine Reactions:

Severe vaccine reactions include seizure, convulsions, shock, anaphylaxis, paralysis and death. Short-term (within 24 hours) adverse reactions include high fever, high-pitched screaming, irritability, sleeplessness, rashes and failure to nurse. Report any and all reactions.

Children with constitutional weakness, chronic illness, constant respiratory congestion, neurodevelopmental disorders, infection and allergies seem to be especially vulnerable to an aggressive vaccination schedule.

Reporting Adverse Reactions:

The National Childhood Vaccine Injury Act (NCVIA) requires health care providers to report:

- Any event listed by the manufacturer as a contraindication to further doses of the vaccine.
- Any event in the Reportable Events Table that occurs within the specified time period after vaccination.

The National Vaccine Injury Compensation Program has paid out over 1.2 billion dollars in damages to families of vaccine-injured or vaccine deaths since 1986. Call to obtain an information packet detailing filing a claim, criteria for eligibility, and required documentation.

National Vaccine Injury Compensation Program
Parklawn Building, Room 8A-35
5600 Fishers Lane
Rockville, Maryland 20857
1-800-338-2382

The Vaccine Adverse Event Reporting System (VAERS) is a national vaccine safety surveillance program co-sponsored by the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA). VAERS collects and analyzes information from reports of adverse events following immunization and that may possibly be related to the vaccines administered. This 12-year old federal database receives approximately 1000 reports a month of adverse events including paralysis, brain damage, shock, encephalopathy, and death. For further information:

Vaccine Adverse Event Reporting System (VAERS)
P.O. Box 1100
Rockville, MD 20849-1100
1-800-822-7967
Fax inquiries: 877-721-0366
Email inquiries: info@vaers.org

The National Vaccine Information Center (NVIC) is a national, non-profit educational organization founded in 1982 advocating reformation of America's current vaccination system and protocols. For more information and/or to report an adverse reaction:

National Vaccine Information Center (NVIC)
1-800-909-SHOT or 1-703-938-DPT3
Fax inquiries: 703-938-5768
Email inquiries: info@909shot.com

Additional Recommended Reading:

The Vaccine Book: Making the Right Decision for Your Child by Robert Sears MD - ☆ Dr.C's favorite!
What Your Doctor May Not Tell You About Children's Vaccinations
By: Stephanie Cave
Vaccinations: A Thoughtful Parent's Guide; How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives By: Aviva Jill Romm

Monovalent Vaccines: Vaccines that target only one disease at a time are called "monovalent" vaccines. This is different than the conventional method of "polyvalent" vaccines that are typically administered such as MMR, Pediarix and DtaP. These single vaccines are useful for children who are using a modified vaccination schedule. Monovalent vaccines are available through our clinic or can be ordered by any doctor from Wellness Pharmacy 1-800-227-2627.

Alternative Schedules: Several alternative vaccination schedules have been created, by both doctors and immunologists, to spread the shots out into more frequent visits. Although this takes more time, effort and trips to the clinic, it can be a way to minimize the risk of side effects. It is also assumed that this may be a more gentle way to vaccinate, allowing the immune system to concentrate its efforts on one immune response at a time. Talk to your doctor about modifications that can be made to the existing CDC schedule that fits the individual needs of your child.

Opting Out: Information on your right to exemption from mandatory vaccination is regulated state by state and can be found at www.909shot.com under "state laws and exemptions."

Disclaimer: The information provided here is for educational purposes only and is not to be construed as medical or legal advice.