



AFC
Robert Berry, DC
219 West Main Street
Montour Falls, NY 14865
(607)535-7080
www.advancedfamilychiropracticofny.com

October 19th, 2010

Dear AFC Patients,

A new 30-year study released in February suggests that administering the Flu shot to the elderly may be a waste of time and resources.

According to the authors of the study, the Flu shot has done nothing to save the lives of our senior population. Instead, researchers suggest that the Flu vaccination would best serve all age groups if given to children—the biggest spreaders of the virus. By reducing the Flu's ability to spread, less of the adult population would be affected.



Since the 1960s, yearly flu shots have been recommended for people 65 and older. In the year 2000, government health officials moved the age up to 50. But while vaccination rates did rise among the elderly from 20 percent before 1980 to 65 percent in 2001, researchers could find no corresponding decrease in death rates.

It should be noted that this study examined data from the whole elderly population over time—but did not directly compare elderly people who have been vaccinated with those who have not. Previous studies that made that comparison found a decreased rate of winter deaths from all causes among those who had been vaccinated.

Regardless of what age you are, your best defense against the flu is to enhance your body's ability to stay healthy and well. Regularly scheduled chiropractic adjustments are one of the best ways to improve your health and ward off sickness, without the use of medication or potentially risky vaccines.

Yours in health,
Robert Berry, DC

[Source: The Associated Press 02/14/05]