



**H1N1:
The Palm Beach
Perspective**

Palm Beach Civic Association Flu Forum

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Presented by

Earl J. Campazzi, Jr., M.D., M.P.H.

Today's Topics

- Should I get the H₁N₁ immunization?
- Tamiflu versus Relenza: Which is effective?
- Why is there so much press about H₁N₁?

About Dr. Campazzi

Johns Hopkins

Residency

Master of Public Health

Master of Immunology and
Infectious Diseases

Mayo Clinic

Former Medical Staff

U. of Pittsburgh

Medical Degree

Duke University

Master of Business Administration

Johns Hopkins

Undergraduate

Questions You Might Have About The H₁N₁ Immunization?

- Has it been thoroughly tested?
- What about the problems with the 1976 Swine Flu vaccine?
- Tell me about Thiomersal, the preservative in the vaccine
- Why are people afraid of this vaccine

Has It Been Thoroughly Tested?

Yes.

- Made by the same process (using chicken embryos) as seasonal flu vaccine
- This process has been greatly improved in the 33 years since the '76 Swine Flu vaccine

'76 Swine Flu Vaccine

- 2 flu cases reported in Fort Dix in Feb. '76
- Vaccine manufacturers insisted on being indemnified by the federal government
- 45 million doses were given and no further cases of Swine Flu occurred
- 50 cases of Guillain Barre Syndrome (GBS) were diagnosed after vaccination (1/1,000,000)
- The National Influenza Immunization Program was halted Dec. 16, 1976 because of lack of flu and concerns about GBS

Thiomersal

- Possibly, at worst, linked to Autism in children
 - World Health Organization does not support this interpretation of the data
 - America, as a precaution, is removing it from maternal and pediatric vaccines
- We are exposed to it frequently
 - Over-the-counter eye drops
 - Over-the-counter nasal sprays

H1N1 – Bad & Potentially Worse

- 76 children in the U.S. have died from it already
 - This is about the pediatric mortality rate for an entire flu season
- 667,000 confirmed cases worldwide
- 5,623 worldwide deaths

Perception of Risk

- Lightning kills 10 people per year in US
- You are 10x more likely to win the Florida Lotto with 1 ticket

YET...

- 40,000 per year are killed in MVAs
- 1/3 more likely to die in an MVA during a given year than to pick the 3 digit daily number

Risk Assessment

- “These are emotional rather than data-driven decisions. So it’s very hard to try to educate people because you can’t use data to change someone’s mind who has a made an emotional decision.” Gregory Poland, M.D., Mayo Clinic

Reasoning Flaws in the Anti-Vaccine Movement

- Natural desire to find order in random things
- Anecdotal evidence leads to difficulty in rational decision making
- Belief that diseases are already disappearing regardless of vaccination

Tamiflu and Relenza

- Effective against H₁N₁ if started within 2 days of symptom onset
- Relenza is not as effective in my experience
- Tamiflu can also prevent the flu if taken at half the normal dosage
- The CDC recommends anti-viral therapy for high risk groups, but deciding who to treat is up to individual physicians

H₁N₁ Attention

- Stems in part from the Spanish Flu (also H₁N₁) which killed 50 – 100 million people worldwide in 1918-1919
- New virus – people born after 1957 have no natural antibodies to it

Isabella, age 4



Photo Credit: Donna Starkey/First Person

Scary Worse Case Estimates

- US Population 307 million
- Attack Rate 15% 45 million
- Hospitalizations 6% 2.8 million
- Acute Respiratory Failure (ARF) 12% 330,000
- Deaths 58% 190,000

Lack of Ventilators: The Real Problem

- ARF cases cause pulmonary edema and bleeding into the lungs
- Need Oscillating Ventilators, ICU beds, ICU doctors and ICU nurses
- There are approximately 100,000 ICU beds in America

Huge Problems in the Worse Case

- Respirators will have to be rationed
- Ethical/Legal debate on basis of rationing

Therefore,

You **SHOULD** receive the H₁N₁ vaccination after consultation with your physician.