

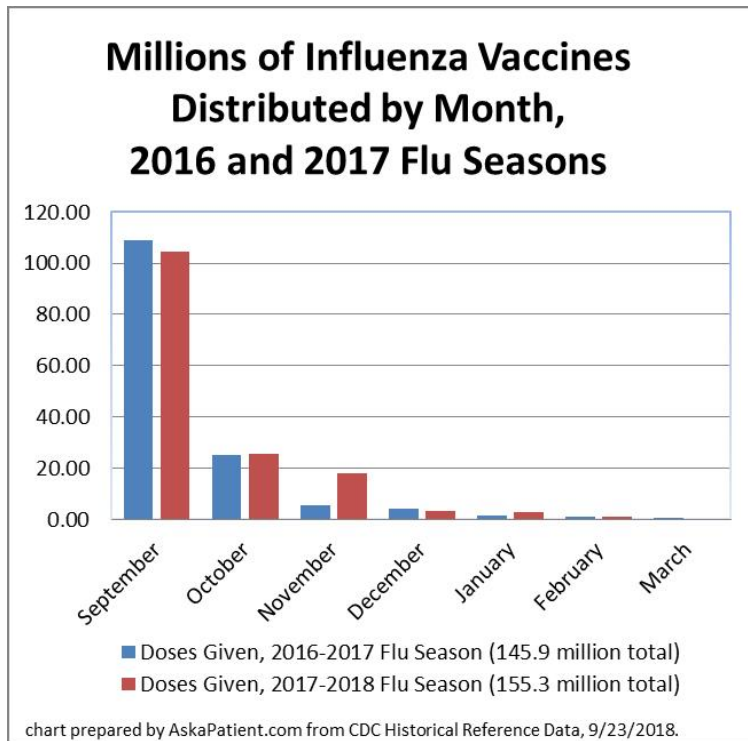
Here are this week's health care news highlights from AskaPatient:

- Prominent cancer researcher failed to disclose that he received \$3.5 million from numerous healthcare companies. <http://ow.ly/HyZF30IQdZY> (09-17-18)
- BPA-free plastic comes with its own biological risks, according to the same researchers who linked BPA to genetic abnormalities. <http://ow.ly/Y0Pq30IQe3N> (09-17-18)
- Australia to begin public inquiry into aged-care industry amid disturbing number of elderly abuse reports. <http://ow.ly/3kOD30IQe6N> (09-17-18)
- Activity, not rest, helps the brain recover faster after a concussion. <http://ow.ly/gWHf30IRIZu> (09-18-18)
- Epidural stimulation for patients with spinal cord injuries helps stabilize dangerous drops in blood pressure. <http://ow.ly/IAqA30IRm0n> (09-18-18)
- Air purifiers improve fetal growth in pregnant women who live in areas with high air pollution. <http://ow.ly/Jg4t30IRm7B> (09-18-18)
- Levels of BPA considered safe by the FDA may still be enough to impact development of diabetes. <http://ow.ly/rYTI30IRmfY> (09-19-18)
- Scientists investigate compounds that could prevent mosquitoes from becoming infected with malaria, halting the spread. <http://ow.ly/H8yL30ISnVQ> (09-19-18)
- Japanese scientists create hens to lay special eggs designed to treat cancer and hepatitis. <http://ow.ly/OABf30ISo8K> (09-19-18)
- Bacteria and cell stress are to blame for developing colon cancer, new research suggests. <http://ow.ly/Azfb30ISobu> (09-20-18)
- Zika vaccine can take advantage of the virus's devastating effects on newborn brains to treat a deadly brain cancer. <http://ow.ly/Lmmc30ISof2> (09-20-18)
- Experts suspect drug manufacturers opportunistically hike prices during shortages with no clear reasoning. <http://ow.ly/RQyo30ITkkr> (09-20-18)
- Using DNA samples from elephant tusks, scientists were able to expose the 3 largest ivory smuggling operations. <http://ow.ly/U6cK30ITkCO> (09-21-18)
- Microbubble scrubber destroys potentially dangerous biofilms on medical devices with the help of algae skeletons. <http://ow.ly/pXjJ30ITkTb> (09-21-18)
- More doctor visits lead to fewer suicide attempts for fibromyalgia patients, who are ten times more likely to die from suicide. <http://ow.ly/M6kl30ITIdu> (09-21-18)
- Experts challenge the idea that high cholesterol causes heart disease in a new review. <http://ow.ly/5MwM30IUnwr> (09-22-18)
- Medical scribes may be the answer to reducing physician burnout and increasing time spent with patients. <http://ow.ly/V0am30IUnAD> (09-22-18)
- Alcohol is to blame for one in 20 deaths worldwide, more than AIDS, road injuries, and violence combined, WHO says. <http://ow.ly/HTgv30IVnae> (09-22-18)

From AskaPatient: A new flu season begins with 10 vaccine options

September is the official start of the flu season, and most people who choose to get a vaccine will do so by the end of this month. According

to the CDC's annual survey, 43% of adults and 59% of children received a flu vaccine during the 2017-2018 flu season. Last year, more people than in the previous year received flu shots during November, leading to more total doses given last flu season than in 2016-2017.



"High Octane" vaccine options available for seniors 65 and up

For the 2018-2019 flu season, besides regular flu shot options, two shots are available for seniors who would like to receive a vaccine that offers extra protection:

- the "high dose" flu shot (**Fluzone High Dose**) has four times the amount of antigen than in a regular shot. In 2016, almost 8.5 million Medicare beneficiaries received this version. Fluzone and Fluvirin (not offered this year) were the second and third most common vaccines taken among Medicare Part B recipients in 2016.
- the "adjuvanted" flu vaccine (**Fluad**) has an extra ingredient (an oil-in-water emulsion of squalene oil) that can create a stronger immune response to the vaccination. This is only the third flu season it has been available, and some pharmacies now offer this option to seniors instead of Fluzone High Dose. Product availability can vary among different stores, pharmacies, and health care settings, so you will need to check around for your preferred vaccine option.

FluMist is back for patients age 2 - 49

Last year, the FDA did not recommend **FluMist**, a live-vaccine nasal spray as a vaccine option due to its poorer performance. This year, with some changes to its formula, FluMist is again available as an option for people age 2 – 49.

Reduction in age recommendations: babies can now take Fluarix shots

For all three regular flu shots (see vaccines noted in chart below), the minimum age recommendation is now 6 months old instead of three years old. For **Afluria** (non-jet injected), the minimum age has been lowered from 18 to five.

No intradermal flu vaccines this season and most options are quadrivalent

Fluzone Intradermal (shot into the skin instead of the muscle) will not be offered this season. Also, most intra-muscular regular flu shots administered this season will be quadrivalent, protecting against four viruses: influenza A (H1N1) virus, and influenza A (h3N2) virus and two influenza B viruses.

Jet injector option available for patients age 18 - 64

If you don't like receiving the regular flu shot in your arm muscle, a jet injector option is available called **Afluria**, in both the trivalent and quadrivalent formulations. A high-pressure, narrow stream of fluid is used to penetrate the skin with the vaccine. Because the vaccine is stored in multi-use vials, it contains the preservative thimerosal. Most of the vaccines available this season are preservative-free; only those stored in multi-use vials contain thimerosal.

Share your experience with your flu shot

Here is the list of all ten vaccines available this 2018-2019 flu season. Please share your experience with the vaccine by completing our new vaccine rating form. Either click on the link for the vaccine that you received or bookmark this [2018 Influenza Vaccines](#) page and add your review after you get your flu shot.

Flu Vaccine	Age Range	Rate
AFLURIA	5 and up; 18-64 for jet injection	Add Rating
AFLURIA QUADRIVALENT	5 and up; 18-64 for jet injection	Add Rating
FLUAD	65 and up	Add Rating
FLUARIX QUADRIVALENT*	6 months and up	Add Rating
FLUBLOK RECOMBINANT QUADRIVALENT	18 and up	Add Rating
FLUCELVAX QUADRIVALENT	4 and up	Add Rating
FLULAVAL QUADRIVALENT*	6 months and up	Add Rating
FLUMIST QUADRIVALENT	2 and 49	Add Rating
FLUZONE HIGH DOSE	65 and up	Add Rating
FLUZONE QUADRIVALENT*	6 months and up	Add Rating

*Regular-dose, egg-based, intramuscular flu shot. This is the most common type of flu vaccine administered.

Sources and More Reading:

[Data on how many people receive flu shot](#). CDC article.

[How flu vaccines are made](#): Article from the CDC explains the 70-year old process of making vaccines from chicken eggs. Also explains techniques used for newer cell-based (**Flucelvax**) and recombinant vaccine (**Flublok**) production. Cell-based vaccine production could alleviate the possibility of shortages in the event of a flu pandemic, because of quicker production times.

Medicare Part B Public Spending Dashboard. Provides statistics on cost and number of patients receiving drugs (and vaccines) under Medicare Part B.

Vaccine Adverse Event Reporting System (VAERS): <https://vaers.hhs.gov/reportevent.html>

VAERS is co-managed by the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA).

List of Influenza Vaccines: [2018 Influenza Vaccines](#) Bookmark our list and then add your review after you get your flu shot.

Read patient opinions about Shingrix shingles vaccine: [Shingrix Vaccine Reviews](#)

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