

Physician's Assessment of Flu Vaccine in Pregnancy

By Cindy Schneider, M.D., SafeMinds Scientific & Clinical Advisory Board Member

*Primum non nocere, the philosophy attributed to Hippocrates, is taught to every medical student in the country. A doctor has two objectives at all times: The obvious objective is to heal, but the overruling objective, before all others, is **to do no harm**.*

... All interventions carry some risk, and we often accept these risks. A patient with cancer may willingly undergo chemotherapy with full knowledge that there will be serious, even potentially life-threatening side effects.

When the risk of doing nothing is quite high, the risk of any given intervention may be justifiable. But the burden of proof of safety should be far greater for interventions designed to *prevent* illness, rather than treat it.

Vaccinations are such an example.

Vaccines are given to healthy individuals in the hope that they will provide protection against infection....

In a study published in the May issue of the *British Medical Journal*, Giuseppe Traversa and colleagues assessed maternal, fetal, and neonatal outcomes of women given the influenza A/H1N1 vaccine. **The outcomes of over 86,000 pregnancies revealed that vaccinated women had significantly higher rates of gestational diabetes and eclampsia.** Eclampsia is the development of seizures in a woman with severe toxemia (also known as pre-eclampsia), a condition characterized by high blood pressure and protein loss in the urine. Eclampsia is fatal in 2% of women and can result in long-term health problems in those who survive. Fetal complications, including neurological damage and death, are common. **Both gestational diabetes and eclampsia are related to inflammation and immune dysregulation, making the connection to the immune stimulation of the flu vaccine very plausible...**

Many women question the wisdom of flu vaccination during pregnancy, but are unable to articulate their concerns during prenatal visits. I am a former obstetrician who has spent over 24 years protecting women and children from environmental toxins and the past 19 years studying the potential causes of the autism epidemic. Allow me to be the bridge between you and your doctor, family members, or friends who question your decision not to get vaccinated while pregnant.

I have included a list of references cited for your doctors or other health care providers to review and I encourage you to print this article and bring it to your doctor's office. Please help us educate both physicians and the general public by sharing this information by email, Facebook, and printed copies.

As a physician, researcher, and mother of two adults with autism, I have studied this subject extensively. **In the face of so much evidence of risk and an unconvincing promise of benefit, I cannot recommend vaccinations of any kind during pregnancy.**

Hippocrates would agree.

<http://www.safeminds.org/blog/2014/09/24/physicians-assessment-flu-vaccines-pregnancy/#comment-30526>

Best regards,

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