

The New (Pfizer) Covid-19 Vaccine: A Few Hopefully Helpful Notes—July update

Risks and Side Effects and Efficacy

“The Pfizer vaccine cuts cases of Covid by about 95%, but it does have very common side-effects including pain from the injection, headache, chills and muscle pain. These could affect more than one in 10 people.”

<https://www.bbc.com/news/health-55216047>

What does 95% efficacy mean?

Here’s a good article on the efficacy and the math (based on the research for the current vaccine):

<https://www.nytimes.com/2020/12/13/learning/what-does-95-effective-mean-teaching-the-math-of-vaccine-efficacy.html>

From a BBC article the day after vaccines were introduced in the UK:

"No effective medicine is without side effects so you have to balance the risk and the benefit.

"Remember, one in a thousand of the entire UK population have died after being infected with coronavirus this year and that figure is rising daily."

"Two people, out of thousands vaccinated yesterday, had an allergic reaction which they recovered from."

<https://www.bbc.com/news/health-55244122>

The ingredients look fairly straightforward and there aren’t too many according to this article:

<https://chicago.suntimes.com/coronavirus/2020/12/14/22174829/pfizers-covid-19-vaccine-ingredients>

This article digs down and asks more questions:

<https://www.independent.co.uk/news/world/americas/covid-19-pfizer-vaccine-ingredients-b1774537.html>

All medical interventions, including or especially vaccines, come with risk. The risk can be small or bigger than small. We shan’t know about any long term side effects for ages. We each come with any number of ‘risks’ including beliefs, pre-existing conditions, feelings and experiences.

Our job is to weigh up the risks from the disease vs. the risks from the vaccine. Mostly our doctors will not do this: they don’t have the time and they may not have the expertise to help you make an informed decision. Doctors and public health officials are interested in herd immunity at almost any cost.

If you have a history of serious allergies especially respiratory (breathing) problems after certain foods or medications then your doctors will think twice before having one of the mRNA vaccines. If you decide to have one of these stay inside, or close to the medical facility for at least an hour afterwards.

Bear in mind that it will be much easier for ICU doctors to help you if you have an allergic response to a vaccine than if you contract Covid and need hospitalization and respiratory and other emergency interventions.

Here are two reliable resources to help you sort the ‘wheat from the chaff’ during these crazy times:

Thomas Pueyo (engineer, writer and thinker) has been insightful and accurate and detailed from the beginning of this pandemic – his articles are worth reading carefully.

His latest on the Delta variant: <https://unchartedterritories.tomaspueyo.com/p/delta-variant-everything-you-need>

His previous articles (including his first “The Hammer and The Dance”) <https://tomaspueyo.medium.com/>

Carl Juneau PhD (public health epidemiologist and researcher) emails regular summaries (without comment) of the best research studies focusing on Covid including the disease and the vaccines <https://covid1.substack.com/>

Homeopathic Remedies for after the vaccine

About 15% of people experience redness/discomfort at the site of the vaccination and/or fever, headache and/or fatigue and body aches for 1-3 days after any of the vaccines.

Ledum 30

Take immediately after vaccine for local reactions

Take a second dose a few hours later if there's any 'site' redness and/or discomfort.

Arnica 30

After taking Ledum if your arm becomes sore, stiff and swollen and/or you have trouble using it, take Arnica every 2-4 hours for a couple of days – backing off to every 6-8 hours once it starts to help i.e. take more often if there is more soreness and more stiffness and/or more swelling.

Silica 30

For headache or fever take 3 times a day for up to 2 days. Stop after 1 day if symptoms improve.

Gelsemium 30

For body aches and lethargy as well as headache and fever. Take 3 times a day for up to 2 days.

Contact your homeopath if it doesn't help.

Homeopathic Remedies for lungs and immune system health and strength

Thymuline 12C *

Supports the immune system and the lungs.

Take once a month if healthy, once a week if you have chronic lung/immune system problems

Kali mur 6X

Nourishes the lungs, heart and blood.

Take 1-2 times a day Mondays through Fridays only. You can take it more often if your lungs or heart are struggling, less often if all is fine.

Preventing Flu during flu season

Influenzinum 9C or 30C *

Every 2-3 months during flu seasons

Take an additional dose if in contact with an infected person or if you become sick.

* The starred remedies are available from Miranda Castro's Shop <http://www.mirandacastro.com/>

Tuesday, December 15, 2020

Regarding: Safety and efficacy of the Pfizer-BioNTech COVID-19 Vaccine (BNT162b2) for patients with aspirin-exacerbated respiratory disease (AERD)

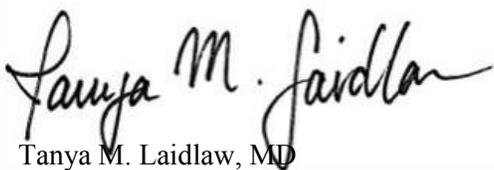
On 12/12/2020, the U.S Centers for Disease Control (CDC) Advisory Committee on Immunization Practices voted to recommend the Pfizer-BioNTech COVID-19 Vaccine in people 16 years and older under the Emergency Use Authorization (EUA) issued by the U.S. Food and Drug Administration (FDA).

Overall, the data show that this vaccine is both very safe and very efficacious in preventing COVID-19. There is no evidence that patients with asthma, sinus disease, nasal polyps, or aspirin/NSAID allergy would be at increased risk of adverse reactions to the vaccine.

Consistent with the CDC guidelines, and with the evidence overall, we generally would recommend:

- Patients with AERD who are 16-years-of-age or older should be able to receive the Pfizer COVID-19 vaccination without special precautions.
- Patients with AERD who are being treated with an FDA-approved biologic medication for their disease (i.e., Dupixent®, Nucala®, Xolair®, Fasenna®, Cinqair®) should also be able to receive the Pfizer COVID-19 vaccination without special precautions.
- Patients who have a history of severe allergy or anaphylaxis to polyethylene glycol (PEG), which is a component of the Pfizer COVID-19 vaccine, should not be vaccinated at this time. This is an extremely rare allergy. Please contact your allergist **if you have a history of PEG allergy** as there may be further testing available to better determine whether this vaccine would be safe for you.
- Patients who have a history of anaphylaxis to a previous vaccine should contact their allergist. This is unlikely to be a true risk factor for reaction to this Pfizer COVID-19 vaccine (no vaccine has previously contained PEG), but they may recommend that you get this vaccine with a 30-minute observation period instead of the usual 15-minute observation.
- Patients who have a history of anaphylaxis to an injected medication should contact their allergist. This is unlikely to be a true risk factor for reaction to the Pfizer COVID-19 vaccine, but they may recommend that you get this vaccination with a 30-minute observation period instead of the usual 15-minute observation.

Please note that although we expect the recommendations to be similar for the upcoming COVID-19 vaccines from other companies (Moderna, AstraZeneca, etc), we cannot fully comment on those until the trials and reviews are complete.



Tanya M. Laidlaw, MD
Director of Translational Research in Allergy
Brigham and Women's Hospital
Associate Professor of Medicine, Harvard Medical School



Andrew A. White, MD
Director, AERD Center
Scripps Clinic