

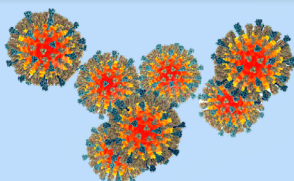
MEASLES

the largest outbreak in Rockland County since the 1970's

by Doug Puder, MD



Our young patients have formed a shield around the areas where measles is spreading!



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We admire the parents of our young patients. You have kept Rockland County's measles outbreak from spreading further! The doctors at Clarkstown Pediatrics see how much you care about protecting your children and our community.

It is all of you who responded to this threat to our children. You brought your 6 month old infants for *MMR* vaccine, even if they were sick. You made sure your children over age one have had two doses of *MMR* vaccine even if they were in the office for some other illness.

Some parents had to overcome their fear or distrust of medical science. Despite inaccurate and sometimes fraudulent comments posted on the internet, you listened to us tell you that *MMR* is safe and life saving. Measles vaccine is not the cause of autism or any other problem. You considered the fact that autism is diagnosed more often in groups of children who have *not* had *MMR* vaccine as in those who have. That last year about 100,000 children died from measles worldwide.

And so the young patients of Clarkstown Pediatrics have formed a shield around the areas where measles is spreading. As of January 11th, 2019 there have been **108 cases** of measles confirmed in Rockland County. More are suspected. In the entire United States there were only 86 cases in 2016 for comparison, and 63 in 2010.

Without your help it would have spread like a wildfire through the entire tri-state area. One child with measles spreads it to an average of 18 others! Measles is just about the most contagious infectious disease. An unvaccinated child has a 90% chance of getting measles just by walking through a room even two hours after a child with measles has left it.

The few who cannot be vaccinated are protected by all of you. You are protecting infants under age six months, premature infants, and children with cancer or weakened immune systems.

www.clarkstownped.com

MEASLES

at our doorstep...

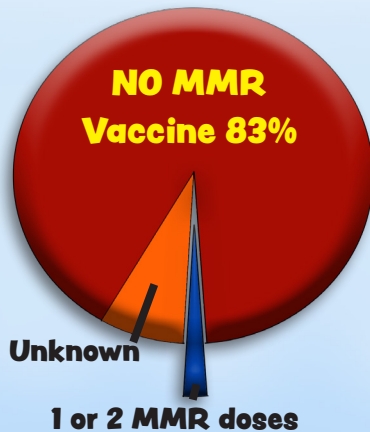
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by Doug Puder, MD

98%
CLARKSTOWN
pediatrics

Could measles at our doorstep teach us something important? That diseases we thought were gone can come back if we let down our "vaccine shields"...

Of 108 Measles Cases:



Over 98% of Clarkstown Pediatric patients over age six months have gotten at least one MMR vaccine. We continue to make calls to those few who have yet to be vaccinated.

Rockland county's measles outbreak began in early October 2018. Several children visiting the USA from overseas spread measles in the Monsey community. Seventy percent of children in this community are vaccinated. (Orthodox Rabbis **do** encourage vaccination of children.)

During that first week, a child was diagnosed with measles at our New City office. All patients in the office in that day were contacted and immunized. None of them developed measles.

Since then there have been **no cases of measles among any patient of Clarkstown Pediatrics!** Our MMR shield is working. In partnership with all of the pediatricians and Rockland County Department of Health over 13,000 doses of MMR have been given to children since October. We are using an accelerated schedule starting at age six months (details are posted on the homepage of our website).

Of the 108 cases of measles confirmed in Rockland County ages range from 1 day old to 62 years (most around age six). There have been eight intensive care hospitalizations for pneumonias, respiratory distress, and dehydration. Thankfully none have died or developed neurologic complications so far. But neurologic disease can appear almost a decade after measles infection in some cases. The expected rate of such severe problems is about 3 to 4 per thousand infected people. Prior to 1963 when measles vaccine was first given, measles caused about 500 deaths per year in the USA.

Of the 108 cases of measles confirmed in Rockland County, 83% occurred in people who have not been vaccinated, 10% in people with unknown vaccine records, 2% in children who received one MMR dose, and 5% in people who had two MMR doses. All cases in the vaccinated group were mild and without complications. (We know that measles protection from one MMR is 93% and from two 97%.)

To protect the fragile patients who cannot be vaccinated and to protect the 3% of children who develop only partial protection from two doses of MMR vaccine the rest of us need to be vaccinated. In a community where 95% of people are vaccinated, measles will not spread.

By year 2000, measles had been considered "eliminated" in this country. Could having measles at our doorstep teach us something important? That diseases we thought were gone can come back if we let down our "vaccine shields".

Thank all of you loving parents for helping create a shield. You protected your own children but also kept measles from spreading. You protected Rockland county's most fragile children too!

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