



By Anne Barry, D.O.

Straight talk about vaccinations

As a young mother myself, I enjoy seeing newborns and young children in my practice. I also feel an affinity with new mothers, and feel comfortable sharing the joys and frustration that accompany parenthood. Sometimes a new parent will express concern about the many immunizations scheduled throughout their children's first years. I know that each parent wants the best for their children, and I am very clear about what the best medical advice is:

1. Vaccinate your children.

I have two young daughters and an infant son who are fully vaccinated according to the schedule advised by the Centers for Disease Control and Prevention (CDC). My advice as a physician and a mother, is that you do the same with your children.

Childhood vaccines protect children from a variety of serious and potentially fatal diseases including diphtheria, measles, polio and whooping cough. There are still many parts of the world not lucky enough to have access to vaccines to protect themselves and their children, and many children die from otherwise preventable diseases. The recommended vaccine schedule has been extensively studied by many people whose number one priority is the health of children.

2. Vaccines do not cause Autism

Despite years of controversy, researchers have not found a connection between autism and childhood vaccines. The original study that

caused the uproar was proven to be false, and the doctor who wrote it lost his medical license.

3. Vaccine preventable diseases are more serious for the very young, and that is why we vaccinate in infancy.

The CDC and the American Academy of Pediatrics recommend that healthy children get vaccinated against 14 diseases by age two. Immunizations are regarded as one of the greatest public health achievements. Some children cannot receive vaccines so they depend on the rest of the population to be vaccinated. This concept is called Herd Immunity, and if populations are under vaccinated (as occurred in parts of California) there is no herd immunity to protect those who cannot be vaccinated. This was evident at last year's measles outbreak in California.

As a doctor and a mother, I advise the same protections for your child's health as I do for the health of my own children.



Meet Tom Hagner

Tom Hagner, LICSW, is a licensed independent clinical social worker who provides the behavioral counseling services to referred Derry Medical Center patients. Tom, who has twenty years of clinical experience in behavioral health, joined Derry Medical Center in 2015. His scope of practice includes treatment expertise in Depression, Anxiety, Obsessive Compulsive Disorders, ADHD, Conduct Disorders, Family Issues and Substance Use Disorders. Tom is brief-solution focused and works with patients to foster independent growth rather than dependence on a clinical relationship.

Speak with your Primary Care Provider to request a referral to see Tom Hagner, LICSW, if you feel you might benefit from an appointment.

Be Well — a Behavioral Wellness service for Derry Medical Center patients.

Another benefit that patients of Derry Medical Center receive is access to Behavioral Health Services and medication management, when needed. If you believe that you would benefit from behavioral health counseling, your Primary Care Provider (PCP) can refer you to these services, located in the Wellness Center building in Suite 301 at 14A Tsienneto Road in Derry. These services are managed through Community Health Services (CHS), where you can depend upon discreet, confidential support. *For more information, speak with your PCP at your next visit.*

