



Breakspear Medical Special Report

Breakspear Medical Group Ltd.

2006

Individual MMR Vaccinations

Why Breakspear offers the alternative

We offer the individual vaccinations for measles, rubella and mumps because we believe you should have the right to choose what is best for you and/or your child. We encourage you to make an informed decision and will provide you with all the information you need. (See *Inside*.) We also have more extensive medical papers on specific topics available upon request.

Breakspear Hospital is a private day clinic that specialises in treating allergy and environmental sensitivities.

There are over 45 staff members including doctors, nurses, laboratory technicians, and administration. Breakspear is a family owned and run operation that has treated over 14,000 patients since 1982.

We guarantee that either a doctor or specialist nurse will administer all our measles,

rubella and mumps vaccinations. Breakspear Hospital conforms to the standards required by the Healthcare Commission



There is an alternative to the triple MMR available for children's first vaccinations and boosters.

(Certificate of Registration Number C010000662).

We purchase our live vaccines from pharmaceutical suppliers who are licensed to import them. The vaccines are licensed with the equivalent of our Medicines and Healthcare products Regulatory Authority in their

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Registered by the



C010000662

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What is immunisation?

Simply put, immunisation is a way of protecting ourselves against disease.

The terms vaccination or immunisation are used to describe the administration of a vaccine that causes the body to produce antibodies against infectious diseases. After our bodies have developed these antibodies, if we encounter the disease again, the antibodies can fight the infection immediately and it is unlikely that we will catch the disease.

In order for vaccinations to work their best, our immune system should be at its highest

performing level. If we are sick or running a fever, by injecting a live virus into our bodies, we are putting the body at risk of overworking the immune system. This overburdening may cause our immune system to break down and let one of the intruding diseases progress.

It is important to vaccinate to help protect everyone from disease, especially children with immune deficiencies.

By the use of effective vaccines and high uptake within the population, some diseases can be eradicated.

MMR diseases quickly explained

Measles

Measles is one of the most infectious viral diseases of childhood. It causes a skin rash and sometimes serious complications can occur, such as pneumonia, croup or encephalitis. The time between exposure and development of symptoms is 10 –12 days and the infection usually lasts about 7 days.

Measles starts with various symptoms such as a cold, fever, cough, conjunctivitis (red eye) and fatigue and these are followed 3 days later with a red blotchy rash, which starts on the face and spreads to the rest of the body. There may be some fine peeling of the skin after the rash fades.



Mumps

Mumps is an infectious disease that causes swelling of the saliva-producing glands near the ears. The swelling often occurs on one side and can spread to both sides. Incubation is usually 14 to 21 days after exposure to the virus and the infection can last 7-10 days, though the duration of the illness varies.

Common symptoms include painful swelling in front of and below the ears, often with pain when eating or moving the jaw. Sometimes this is accompanied by headaches, loss of appetite, fever and lethargy. Complications include hearing impairment, painful inflammation of the testicles in boys/young men, and painful inflammation of the ovaries in girls/young women.

Rubella

Rubella is a mild but very infectious viral illness. While rubella is rarely serious in children, encephalitis is an extremely rare complication and the effects of rubella can be very serious to the unborn during the first 3 months of pregnancy. The incubation period is 14 - 21 days, and infection can last 4 - 5 days. Rubella starts with a mild fever, then progresses with swollen glands behind ears, and the final stage is when an orange-pink rash spreads from the face to the rest of the body. One attack usually ensures immunity for life.



It is important to immunise to protect everyone from disease especially children with immune deficiencies.

Why three when one might do?

It's hard for any parent to watch their child having an injection. This leaflet is full of reasons to consider when you choose the method to protect your child from measles, rubella and mumps. We believe giving the 3 vaccines separately is the best choice for every child's health.

It is possible that a child will become immune to all 3 diseases with the 3-in-1 injection but this includes the risk of overburdening his or her immune system, which could lead to serious side effects, including new food sensitivities and bowel disease. The measles vaccine is known to be an immunosuppressant and this means that, if given at the same time as other vaccines, it may reduce their effectiveness. Giving the vaccines separately can reduce the burden on the immune system and decrease the risk of complications.

As with the 3-in-1 vaccine, the separate vaccinations of measles, rubella and mumps may require your child to receive a booster immunisation in a few years to ensure that he or she is immune.

In line with the National Health Service immunisation policy, boosters for measles, rubella and mumps are recommended 3 years after the first measles, rubella and mumps vaccination - usually between 4 and 6 years of age - and are given at 6-week intervals. Alternatively, if parents are concerned about re-immunising, a blood test can be taken to determine antibody level. If there are sufficient antibodies present, the child has immunity and booster vaccinations will not be required. It should, however, be pointed out that the blood test will indicate the child's immunity to these illnesses at present, but that the child's immunity might change as the immune system matures. Therefore, a further blood test is recommended at 15-18 years to confirm immunity. Alternatively, booster vaccinations may be given.

Egg or milk sensitivity & MMR vaccinations

If your child is suspected of having sensitivity to egg and/or milk, we suggest there should be a desensitisation programme prior to any immunisation that could contain traces of egg or casein (milk). Mumps vaccines for both single and MMR triple vaccinations are cultured on chick embryo cell cultures.

If you suspect that your child has a reaction to eggs or milk, it is best to embark on a desensitising programme prior to receiving the single vaccinations of measles, rubella and mumps.

Breakspear Hospital specialises in treatment of allergies. We use a treatment that involves provocation/neutralisation. The technique is entirely safe in our experienced hands and



usually employs intradermal skin tests of sequentially lower concentrations of antigens,

until a wheal response that does not increase in size is obtained. With children, similar readings are available by putting a series of small doses of substances under the tongue and monitoring the symptoms until one dose is selected which suits the individual. Once the correct dosage is determined, an allergy vaccine is specially made and should be administered regularly for a period of up to 3 months. Over 3,000 doctors worldwide use this method of treating allergies.

If you would like further information on egg or milk sensitivities, which includes specific actions to follow in the desensitising treatment, please ask for Dr Jean Monro's paper entitled "Egg or Milk Sensitivity".

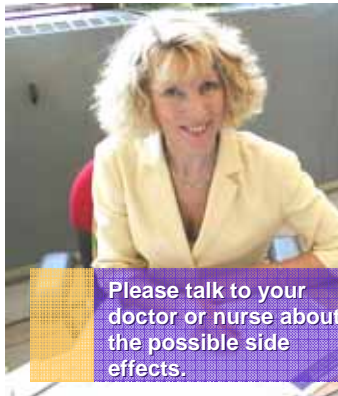
Possible Side Effects of MMR Vaccinations

Autism Links

It has been reported by doctors at the Royal Free Hospital that the combined vaccination of MMR has resulted in ileal-hyperplasia (the lining of the small intestine becoming inflamed and lumpy). When this occurs, particles of food get through the gut lining systemically. Understandably, this can cause adverse reactions in children and could lead to children developing food sensitivities. Some partially broken down proteins, called "peptides", get through the lower end of the small intestine and then circulate through the body. These peptides can be irritating to the brain and some parents believe this is the connection between MMR triple vaccine and their child's autism (a disorder causing metabolic, behavioural, learning and language problems).

It is better not to run the risk of your child developing ileal-hyperplasia and allowing peptides to gain access to the body. Though it is possible to measure peptides from a urine sample, in our Medical Director's opinion, it is better to have the measles, rubella and mumps vaccinations separately and not increase the risk. Another point to consider is that an ingredient in the rubella vaccination acts as an adjuvant (an immunological stimulant) for the other vaccines. Therefore when all three vaccinations are injected at the same time, there is the risk that any reactions your child may have will be increased in intensity.

Dr Gordon Bell and colleagues at Stirling University took hair samples from 24 children with autism, 5 with Asperger Syndrome and 8 healthy control children. All 24 autistic children were found to have significantly higher levels of antimony, lead and/or aluminium. Antimony, lead and aluminium all



Please talk to your doctor or nurse about the possible side effects.

suppress the immune system. Therefore high levels of these elements may cause the immune system to react abnormally to the assault of the MMR triple vaccine. Antimony has also been linked to fatigue, low blood pressure, angina and immune dysfunction.

Lead has also been linked to severe gastrointestinal problems, loss of appetite, insomnia and nervousness. Aluminium has also been linked to dementia. By giving the vaccines separately, you are reducing the burden on the immune system.

Blotchy Rashes

A causal association between MMR triple vaccines and idiopathic thrombocytopenic purpura ("ITP" is a blotchy rash due to a shortage of platelets, which help stop bleeding) has been confirmed using immunisation hospital administration record comparisons and linkage.

Epilepsy

A link has been found between epilepsy and the MMR triple vaccine. Children with epilepsy may experience a seizure after receiving the MMR triple vaccine, which may be a result of the assault on the immune system. According to NHS Health Promotion England, it has been reported that 1 in 1000 of all children experience convulsions after their first immunisation with the MMR triple vaccine.

Meningitis

The strain of mumps vaccine that we use is not one of the vaccines linked to the increased risk of meningitis that was present in some of the early MMR vaccines.

Allergies to Egg & Milk

The mumps vaccine, either on its own or in

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Why Breakspear offers the alternative

(Continued from page 1)

country of origin. All our vaccines are from reputable companies. Currently we are using

manufacturers based in USA, Switzerland and Germany and we are evaluating other highly regarded

sources. The vaccines must be imported because pharmaceutical companies in the UK are not licensed by the Department of Health to produce the separate vaccines. The vaccines are shipped to us in temperature-controlled containers and stored in our refrigerators, away from light, as specified in the manufacturers' instructions.

Children coming in for single vaccinations of measles, rubella and mumps must be a minimum of 13 months old. You will need to re-schedule your appointment if your child is clearly ill or has had antibiotics in the last 7 days. To ensure your child is well, we will take your child's temperature at each visit before we perform the immunisation. It is very important that your child is healthy before being vaccinated. (See article "What is Immunisation?")

We require parents and guardians to complete a questionnaire prior to the first visit. We suggest administering the vaccines at 6 week

intervals. It is believed that children usually develop immunity within 2 weeks of receiving an injection. If you wish to wait longer between vaccinations, this can easily be arranged.

We also offer the laboratory blood test to check to see if your child is immune to measles, rubella and mumps. After an anaesthetic cream

We also offer the laboratory blood test to check to see if your child is immune to measles, rubella and mumps.

is applied, a blood sample is taken and sent to a leading independent pathology laboratory and the results are posted

back to you and your child's doctor within days.

Parents are naturally afraid of the thought of a blood test on a tiny child and wonder how it will affect their child. We reassure you that the process is almost painless as a result of the anaesthetic cream. The only problem is that some children do not like being held and need a distraction that the medical staff and parents can provide.

It should, however, be pointed out that the blood test will indicate the child's immunity to these illnesses at present, but that the child's immunity might change as the immune system matures.

Please refer to our price list for costs for our variety of services. We do not require a deposit in advance and payment may be made by cash, debit card, cheque or credit card on the day of your appointment. We offer a discount if a course of all three immunisations is paid for on the first visit. Prices are the same for first-time vaccinations and boosters.

(Continued from page 4)

the MMR triple vaccine, is grown on egg. Also, many different vaccines are prepared in growth media that contain casein, the protein component of milk. Parents of egg and milk sensitive children should consider the risk. (See article "Egg, Milk and MMR Vaccinations".)

Various Other Reactions

It is a view held by some that to have multiple vaccinations in one vaccination carries a

greater risk of side effects than having individual vaccines. Remember even the individual vaccines carry their own precautionary advice. Please talk to your doctor or nurse about the possible side effects.

References: Wakefield AJ, Murch SH, Anthony A, et al. Ileal-lymphoid-nodular hyperplasia, non specific colitis and pervasive developmental disorder in children. *Lancet* 1998;351:637-41. Miller E, Waight P, Farrington P, Andrews N, Stowe J, Taylor B. Idiopathic thrombocytopenic purpura and MMR vaccine. *Arch Dis Child* 2001;84:227-9. Health Promotion England. MMR the facts leaflet. NHS, 2001.

Frequently asked MMR questions

Are there any side effects from separate vaccines?

All immunisations carry some contraindications and special warnings. In our own experience we have not seen adverse reactions, except very mild responses to some of the vaccines such as a slight fever or a rash.



Types of vaccines available

If you wish to know the specific manufacturer, country of origin, and strain of vaccines which are currently available, please refer to our latest supply list available from the Immunisation Department Reception 01442 867 280. We only use vaccines from reputable companies which are licensed in their country of origin.

Where do your separate vaccines come from?

We purchase our live vaccines from pharmaceutical suppliers who are licensed to import them into the UK. The vaccines are licensed with the equivalent of our Medicines and Healthcare products Regulatory Authority in their country of origin. All our vaccines are from reputable companies. The vaccines are shipped to us in temperature-controlled containers and stored in our refrigerators, away from light, as specified in the manufacturers' instructions.

Can any of the vaccines be contagious?

Measles, rubella and mumps are all contagious diseases. However, there are no reports of transmission of live measles, rubella or mumps virus from vaccines to susceptible contacts.

Can you check if my child is immune before starting school?

Yes, we can take a blood sample after anaesthetic cream is applied. The sample then goes to a leading pathology laboratory and the results are back within a few days. We will call you, and you and your child's doctor will be posted a copy of the results. The blood test can be done for each vaccine separately or all 3 in one.

It should, however, be pointed out that the blood test will indicate the child's immunity to these illnesses at present, but that the child's immunity might change as the immune system matures. Therefore, a further blood test is recommended at 15-18 years to confirm immunity. Alternatively booster shots may be given.

How did you decide what strain of virus is used in the vaccine?

The vaccines we provide contain the same strains of viruses as the MMR triple vaccines offered by the NHS. We offer the safest and most effective single vaccinations available.

Can I be sure that my child will be immune after vaccination at Breakspear Hospital?

The vaccines we use are extremely effective. The manufacturers' literature concerning the vaccines we use states the seroconversion rates are from 90 - 99.8%. If you are still concerned, a blood test will indicate if your child is immune.

What gap do you suggest between jabs?

Breakspear Hospital recommends giving the measles, rubella and mumps vaccines at 6-week intervals. This is because it takes time for the body to make antibodies to the virus in the vaccine and they are all live vaccines.

With live vaccines formation of antibodies (seroconversion) takes place between 7 and 21 days. The antibody response is weakened if another live vaccine is given within a 3-week period. Therefore, a 4-week interval is the minimum recommended between live vaccines.

If you would like the medical research literature references, copies of the manufacturers' guidelines or any specific questions answered, which are not in this Special Report, please contact us in writing by email: info@breakspearmedical.com or by mail, addressed to the Immunisation Department. A member of our medical team will do their best to answer your individual queries in writing whenever possible.

Message from our Medical Director

All immunisations carry some contraindications and special warnings because they are supposed to have a therapeutic effect of stimulating the immune system.

The contraindications for MMR are similar to those for the measles, rubella and mumps vaccines that we use. If anyone would like to have copies of the data sheets, they are very welcome to them, but, as with all

Dr Jean Monro
MB BS, MRCS,
LRCP, FAAEM,
DIBEM,
MACOEM



medications, there is risk of some very rare adverse reactions, which are mentioned in these data sheets.

In our own experience we have not seen adverse reactions, except very mild responses such as a slight fever or rash to some of the vaccines.

If you would like to consider having these individual vaccinations for yourself or your child, we can provide them and give them at suitable intervals.



Breakspear offers only mercury-free vaccinations

At Breakspear Hospital, we will listen to and try to understand our patients' concerns, fears, and beliefs about vaccination and answer any questions before offering our mercury-free vaccines.

For the protection of ourselves and everyone in our community, we should all be immunised against preventable diseases.

Not being immunised can cause serious complications, which include ear infections, deafness, rashes, infertility, acute encephalitis and in some rare cases infections can be fatal.

Fortunately today in the UK and most developed countries many childhood diseases are largely a thing of the past and immunisation has been a key factor in achieving this.

We offer only mercury-free vaccines because mercury is one of the substances most toxic to mankind and we believe that it is best to avoid toxic exposure whenever possible.

If you would like to ensure that all your immunisations are mercury-free, make an appointment with our Immunisation Department 01442 867 280.

We administer many different mercury-free vaccines and boosters to infants, children and adults including those to protect against:

- Tetanus, diphtheria & polio
- Pneumococcal meningitis
- Chicken pox
- Pneumonia
- Meningitis
- Measles
- Mumps
- Rubella
- Typhoid
- Influenza
- Hepatitis A
- Hepatitis B
- Tuberculosis (BCG)

We also offer vaccinations and information to meet the needs of all travellers.

For more information, please visit
www.breakspearmedical.com

Simple steps to making your appointment

1. Call our dedicated immunisation appointment line 01442 867 280 to book an appointment. We administer vaccines 9:00am—5:00 pm Monday to Saturday. *(Children must be approaching 13 months of age or older.)*
2. Complete a questionnaire prior to or on the first visit. The questionnaires are available at Breakspear Hospital, by mail or may be downloaded from our website. Please bring your completed questionnaire to your appointment. Also, if the vaccine is for your child, please bring your child's developmental book on your first visit.
3. Charges for individual vaccines are payable on the day of the appointment. Measles and rubella vaccinations are £90 each and the mumps vaccination is £120. If all 3 vaccines are paid for in advance during the first visit, you pay only £270.* We accept cash, debit card, cheque or credit card.
4. Booster shots are available for children starting school. If you would like to check immunity, we offer a simple blood test to determine if your child is immune at present, however, a child's immunity might change as the immune system matures. (See *Why three when one might do?* on p.3 for further explanation.)

* Breakspear Medical Group reserves the right to alter prices without notice.

If you have any queries please submit them in writing by mail or email info@breakspearmedical.com. A member of our medical team will do their best to answer your individual queries in writing whenever possible.

We guarantee that all our vaccinations are administered by a member of our specialist medical team and that all our vaccines are mercury-free and supplied only by reputable companies.



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How to Find Us

By road

From M25—(clockwise) Exit Junction 20, take A41 to Hemel Hempstead. Exit and follow signs for Town Centre. At large (Plough) roundabout, take Exit A414 (M1). Take second left turning (Wood Lane).

From M25—(anti-clockwise) Exit Junction 21 and take M1 Northbound, then exit Junction 8, Hemel Hempstead. Follow the dual carriageway towards Town Centre, across 4 roundabouts. Then at the fifth roundabout, U-turn back up the dual carriageway and take second turning left (Wood Lane).

From M1—Junction 8 Hemel Hempstead, as above.

By Rail

There are regular trains from London Euston on the Northampton Line to Hemel Hempstead (approximately 25 minutes from London). There is a taxi rank at the station (approximately 2 miles).

www.breakspearmedical.com