

**Davis Square Family Practice  
COVID Newsletter #18  
March 3, 2021**



## **Table of Contents**

1. Rescheduling of March 6 Vaccine Clinic
2. How the New Johnson and Johnson Vaccine Works

### **1. State Sent Us No Vaccine So We Are Rescheduling the Saturday March 6 Vaccine Clinic**

Because the State of Massachusetts has failed to come through on its promised second doses of vaccine, for us and many other medical offices this week, we will be rescheduling the vaccine clinic. The solution is a good one in that we will be able to schedule our patients for an essentially guaranteed second dose 2 weeks later on Saturday March 20. There will also be the possibility of getting the second vaccine on either Thursday or Friday (March 18 and 19) if space is available. The CDC has stipulated that the vaccine is effective if given 6 weeks after the first dose. It may actually be more effective.

#### **Details:**

**A.** We are going to be able to use the services and vaccine given to Family Practice Group in Arlington through their good graces!!

**B.** They will contact you and register you through proper channels so they can offer you **an appointment INDOORS at our office on Saturday March 20** or you can choose to **get the vaccine at their office on Thursday March 18 or Friday March 19**

**C.** Please call OUR office or send a MyChart message to us stating that you understand that the original **Saturday March 6 date has been postponed**. If we do not get confirmation from you by the end of the day **TODAY MARCH 3** we will be calling you to let you know to expect a scheduling call from our friends at Family Practice Group. We want to avoid any more 'surprises'.

**D.** We currently do not know the status of future vaccine clinics. Please look for the information to appear in our newsletters. We remain buoyantly optimistic that the State will get more weekly shipments so that we get back into the pipeline. No need to call the office. You ARE on our minds.

We apologize for this inconvenience. This is not the kind of treatment you have hopefully grown to expect from us. We are frustrated and angry after having gotten multiple weekly emails from the Mass Covid Vaccine Program that we should not hold back any vaccine - second doses are guaranteed.

## **Good News on Moderna Vaccine!**

*This is from a late January bulletin from the World Health Organization*

**How efficacious is the vaccine?**

**The Moderna vaccine has been shown to have an efficacy of approximately 92 per cent in protecting against COVID-19, starting 14 days after the first dose.** Now I need to add that the immunity will eventually wane over many weeks so the booster is still deemed necessary (unless you already had Covid-19 and then one shot may be enough)

## 2. More Good News on Vaccines!! And How the Johnson and Johnson Vaccine Works

It is certainly exciting to hear that we may have enough vaccine on tap by the end of May to vaccinate the entire country. The fact that Merck is stepping in to produce additional single-shot J&J vaccine certainly went a long way to cut off about 2 months from that expected date. It may take quite some time beyond May to get the vaccine in people's arms though.

**Below I have included links to detailed and exquisitely illustrated explanations of how the currently approved vaccines work.**

[How the Johnson and Johnson vaccine works](#)

[How the Moderna and Pfizer vaccines work](#)

All 3 approved vaccines work by getting some of our cells to manufacture parts of the spike protein that is on the outside of the Covid-19 virus. This allows our immune system to be able to recognize the spike protein immediately upon being exposed to the virus and to rapidly attack it. All 3 vaccines do this through messenger RNA. The J & J vaccine does this by introducing a piece of Covid-19 spike protein DNA into the cell and then that DNA produces spike-protein messenger RNA and eventually spike proteins. The Moderna and Pfizer vaccines have the spike protein messenger RNA in them and enter cells directly.

It is our obligation to answer all your questions about the vaccines whether you are enthusiastic or hesitant to be immunized. One **misconception** that is making the rounds is **that the new J&J vaccine changes your DNA**. I actually found it challenging to find medical literature that addresses that subject. Fortunately I have a friend and colleague that worked with Dr. Barouch who helped design the J&J vaccine. The human adenovirus used in the vaccine, which has been rendered incompetent to cause infection, has coronavirus DNA attached to it but it **DOES NOT** incorporate into our own DNA.

This adenovirus has been used in vaccines for over 20 years BTW without complications in the mostly unsuccessful crusade to find an AIDS vaccine.

Ultimately our chances to achieve herd immunity (a high enough percentage of the population being immune so that the virus cannot get from sick person A to person B because all the person B's are immune. The non-immune person C is surrounded by so many immune B's that they have minimal chance to meet up with person A before A is no longer contagious) will depend more on what percentage of people get vaccinated than on how effective one shot is over another.

Prior vaccines that have had serious (although rare) complications associated with them such as the oral polio and yellow fever vaccine have all shown up within 6 weeks of getting vaccinated. But this disease, Covid-19, is associated with up to 25% of people having symptoms for at least 4 weeks and 10% beyond 3 months. We are not just talking about old and debilitated people who become so-called 'long-haulers' but also many young people who had apparently minor symptoms during the illness. So fear the devil you know (covid-19) and don't overplay about the devil you don't know (the approved vaccines).

**Get the vaccine when it is available !!**

Sincerely,

Deborah Bershel, MD  
Michelle Clarke, FNP  
Andrea Dandridge, FNP  
Carmen Phillips, FNP  
Perry Blank, FNP  
and all our wonderful support staff:  
Anne Roche - Practice Manager  
Nicole Preusch, MA  
Daketa Bowens, MA  
Jennifer Runyun, MA  
Will Estes - Secretary Extraordinaire  
Valerie Aviles Mancia - Secretary Beyond Compare



Davis Square Family Practice  
617-666-9577

---

Company Name [Davis Square Family Practice](#)

