

TO YOUR HEALTH

Carleton-Willard Out-Patient Clinic

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Maintaining Hope

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The promise of a vaccine that is safe and effective against COVID-19 is on everyone's mind these days.



Scientists are racing to produce a safe and effective vaccine in less than a year when the typical time frame for researching and testing vaccines is multiple years. There are already more than 160 vaccines in development and over 25 vaccines in human trials. No doubt you've heard about "Operation Warp Speed". The U.S. government is pouring billions of dollars into a select group of vaccine projects with high hopes at least one contender will start producing doses of vaccine within the next couple of months.

The journey began in January when the SARS-CoV-2 genome was decoded. Vaccine trials showing promising results led to further investigation. There are many challenges in normal vaccine development, even more in these unprecedented times. Many trials will fail, others will be inconclusive. The hope is that a few will succeed but we are still a long ways from a vaccine against Coronavirus being available to all.

The New York Times Coronavirus Vaccine Tracker is an excellent source of detailed information with links to in depth information about the progress of vaccine development around the world. The website is <https://www.nytimes.com/interactive/2020/science/coronavirus-vaccine-tracker.html>.

Briefly, the process includes the following stages which are sometimes combined to accelerate vaccine development.

1) PRECLINICAL TESTING: Testing in animals to see if an immune response is produced.

2) PHASE I SAFETY TRIALS: Small groups of people are given the vaccine to test safety and dosage and confirm that it stimulates the immune system.

3) PHASE II EXPANDED TRIALS: Larger groups of different age groups are tested to see how the response differs. In June, the F.D.A. said that a coronavirus vaccine would have to protect at least 50% of vaccinated people to be considered effective.

4) PHASE III EFFICACY TRIALS: Thousands of people are given the vaccine or a placebo to see if the vaccine protects against the coronavirus.

5) APPROVAL: Data from clinical trials is reviewed to decide whether to approve the vaccine or not. During a pandemic, a vaccine may receive emergency use authorization before getting formal approval.

Moderna was the first American company to put a vaccine into human trials. Initial trials demonstrated the ability to generate an immune response in healthy individuals age 18-55 with a safety and tolerability profile similar to other vaccines. It remains to be seen if that effect will translate to an older population. Phase III trials are set to begin at the end of July and the company hopes to have vaccine doses ready by early 2021.

There are also a number of other companies around the world that are close to or have just begun Phase III trials. Other companies around the world are progressing through the phases as well. The world is in need of many options for vaccines.

This part of the country has made significant progress due in large part to the cooperation and participation of every resident. Each of us have been, and will continue to be, key players in the fight against COVID-19. Face coverings and social distancing have proven to be the most effective measures against the virus. We all need to remain vigilant to keep the virus away while we wait for a vaccine.

Flu Vaccines

While we wait for a vaccine to protect us from COVID-19 we must not forget the importance of an annual flu vaccine! Flu Clinics will look a little different this year. In order to maintain proper social distancing and follow infection control guidelines, flu clinics will be held in specially designated outdoor setting instead of the Auditorium. Once we receive delivery of the vaccine, dates will be set up. Watch for more information in Bits & Pieces!



What's Open in the Clinic

The Clinic has new safety measures in place including plexiglass and a screening station at the entrance. We are scheduling in-person and "virtual" visits. Telehealth is still recommended whenever possible and feasible. Assistance is available for virtual visits if needed. Please call the Clinic for an appointment if you are in need of medical care. We currently have available:

- Primary care and urgent visits
- Nursing visits (i.e. wound care, immunizations)
- Podiatry, Audiology, Chiropractic services
- Physical, occupational and speech therapy
- Dietary consults
- Dermatology and psychiatric services are virtual only at this time



Summer Heat Safety

Common sense tells us not to exercise in high heat but some conditions can pose dangers to health and not be so obvious. A heat index is the measure of discomfort a person feels based on the temperature **and** humidity of the air. The dewpoint, or the amount of moisture in the air, can produce extremely uncomfortable and unhealthy conditions outdoors. Below are the ranges of different **dew points** and how they can make you feel:



55 or less: Invigorating, refreshing air

55-60: Comfortable to somewhat humid

60-65: Uncomfortable, sticky

65-70: Oppressive

>70: Miserable, severe discomfort

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature and humidity can increase your core body temperature. Add a face mask on top of that and you can run into serious trouble without much effort.

Limit time outdoors

- Early morning or evening is best— and don't forget the bug spray.
- Exercise indoors, in air conditioning and away from the heat of the day. Try a new Zoom class with the fitness team! Watch for more information in Bits & Pieces.

Stay hydrated!

- The sensation of thirst diminishes with age, don't wait until you feel thirsty to drink. Have an extra glass of water or your favorite non alcoholic beverage on hot summer days. Try a little lemon in your water, it's a great way to start your day.

