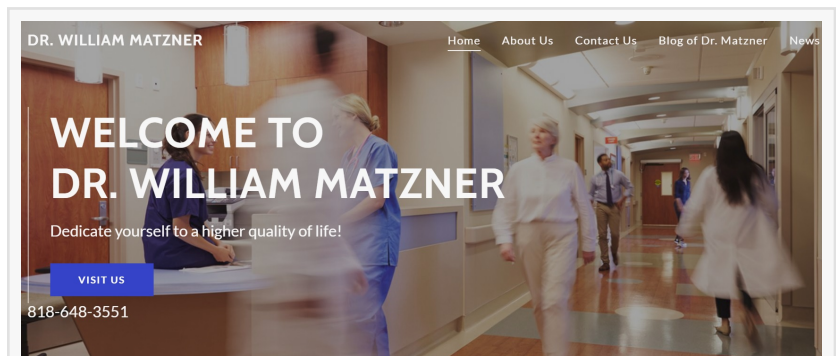


Medical doctor and researcher Dr William Matzner publishes note on the Flu Shot and gives a few good reasons to get one

The flu shot is a recurring health issue. Dr. William Matzner suggests to make an informed decision and possibly consult your primary care doctor.

SIMI VALLEY, CALIFORNIA, UNITED STATES, January 17, 2019 /EINPresswire.com/ -- The flu shot is one of those issues that is discussed anew every year when flu season starts. While it is true that there are many different strains of the influenza virus, the vaccine might not necessarily protect you from getting the flu. However, there is also the broader picture that if many get the flu shot, fewer people overall will be infected. So consider getting a flu shot not just for you, but for the people around you. Dr. [William Matzner](#), MD, based in Simi Valley, California, provides his thoughts on this issue. The complete article is available on the Blog of Dr. Matzner at <https://drwilliammatzner.blogspot.com>



Website of Dr William Matzner California

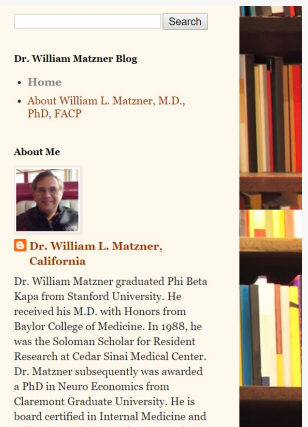
William Matzner, MD starts Blog with information and insights on effective health care management

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Experienced doctor's blog will address medical practice management issues that affect the delivery of cost-effective health care.

Doctor William Matzner, with decades of experience practicing medicine and a business education, started a Blog to provide on practice management, available at <https://drwilliammatzner.blogspot.com>

In this era of increasing competitiveness and innovation, measuring the effectiveness of health and wellness programs using Cost Effectiveness Analysis is of crucial importance in the health care sector. In his Blog, Dr. Matzner review the significant forces that in the last several years have been changing the way healthcare has and will continue to be delivered. The emergence of more unique



Dr. William L. Matzner, California

Dr. William Matzner graduated Phi Beta Kappa from Stanford University. He received his M.D. with Honors from Baylor College of Medicine. In 1988, he was the Solomon Scholar for Resident Research at Cedar Sinai Medical Center. Dr. Matzner subsequently was awarded a PhD in Neuro Economics from Claremont Graduate University. He is board certified in Internal Medicine and Pediatric Medicine. He has authored

As usual, with all health issues, if you have any doubts, review the matter with your primary care doctor to make an informed decision. The flu shot is not for everybody, and it should be age appropriate. Your doctor, with the benefit of your particular medical history, can provide personalized advice. Also, the Centers for Disease

Control and Prevention (CDC) maintain a website with detailed information about the flu shot, and related information. See

<https://www.cdc.gov/flu/protect/keyfacts.htm>.

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*Dr. William Matzner,
California (Healthcare
Analytics, LLC)*

As a general matter, we underestimate the seriousness of the flu and place it next to the common cold. This is a common misconception, but just so you know, the Influenza virus is considerably more serious in nature. The CDC estimates it has caused between 140,000 to 710,000 hospitalizations and as many as 12,000 and 56,000 deaths annually in the U.S. since 2010. A yearly flu vaccine is the first step towards gaining protection against this disease and the CDC recommends it for everyone who is 6 months

of age and older.

What will the flu do to you?

Initially, flu viruses will infect your nose, throat and lungs, but it can go on to cause a wide range of complications. While sinus and ear infections are moderate complications, Pneumonia is a serious flu complication that arises either due to the flu infection itself or if you're simultaneously infected by bacteria as well as the flu virus.

Other more serious complications include inflammation of the heart, brain or muscle. It can also cause multi-organ failure. An extreme inflammatory response can result in sepsis. In the past 7 flu seasons, influenza vaccination prevented around 5.3 million illnesses and 85,000 hospitalizations and as per the CDC a mere 5% increase in the number of vaccinations could have further prevented as many as 483,000 influenza illnesses. It would have stopped another two hundred thousand plus influenza-associated medical visits, and around seven thousand influenza-associated hospitalizations across the U.S.A.

Some are more at risk than others

While anyone can get the flu, some people are susceptible to a more severe form of infection. These include:

- * Children younger than 5 years old, particularly those that are younger than 2 years old
- * People older than 65 years old
- * People suffering from asthma or chronic lung disease
- * People with neurological conditions, heart disease and those suffering from blood, liver, kidney, endocrine and metabolic disorders
- * People whose immune system has recently been compromised due to an illness
- * Pregnant women

So does the flu shot really work?



Dr William Matzner, California

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Since there are different strains of the influenza virus each year, the flu vaccine needs to be modified accordingly to target the particular strain that will circulate that year. However, there is no way of knowing which strain it might be. Thus the effectiveness of the vaccine is somewhat compromised. Despite this, the CDC still heavily recommends that you get the flu vaccine as it offers at least some degree of protection even if it's not completely effective in preventing the disease. Since the influenza virus is transmittable, it is logical to assume that if a fewer number of people get sick, then the virus won't be able to penetrate as deeply and spread. Besides CDC, other professional medical groups like the American Academy of Pediatrics, the National Foundation of Infectious Diseases and the American Medical Association also recommend an annual flu vaccine.

There are several options for the 2018-2019 flu season, these include:

- * Standard dose flu shots given into the muscle. A needle is used to inject these, but for some people between the ages of 18 and 64 years old, a jet injector can be used.
- * Shots made with adjuvant. These are suitable for older people.
- * Shots made the help of virus previously grown via cell culture technique.
- * Shots made using vaccine production technology. These do not employ the flu virus and follow a different mechanism.
- * The nasal spray vaccine, also known as the live attenuated influenza vaccine (LAIV). This is recommended for use in non-pregnant individuals between the ages of 2 and 49 years. People with underlying medical conditions are advised against using the nasal spray flu vaccine.

Are there side effects?

The influenza vaccine is made from an inactivated or weakened version of the influenza virus so you might experience flu-like symptoms post vaccination. These will subside however, and you won't suffer from a full bout of the flu. There may also be some redness or swelling in the arm that was administered the flu shot, and low-grade fever. The side-effects are not really a matter of concern because really it just means that the vaccine is working and will be able to protect you from the actual virus.

As should be obvious now, last year's flu shot work will not work. First, the immune response generated by last year's vaccine has gradually declined. Therefore, you need to be injected with a new one for continued protection. Another thing with the flu virus is that it is constantly changing in form. The flu vaccine is also analyzed accordingly and redesigned to combat new forms of the virus each year.

I am so busy, I don't have time to get a flu shot

Flu vaccines are easily available at doctor's offices, clinics, pharmacies and college health centers. Many employers and schools offer them as well. It is recommended to get a flu shot before the virus starts spreading in your community as it takes around 2 weeks for your body to build up a sufficient immune response to protect you from it. If you're looking to get one, it is best not to wait around and get one as soon as possible to ensure maximum protection.

Should everybody get a flu shot?

As mentioned earlier, when in doubt, as your primary care doctor who understands your particular situation. While the CDC recommends that anyone older than 6 months get the flu shot, including pregnant women and people with chronic health conditions, there are exceptions. If you're severely allergic to the components in the flu shot then you should not get vaccinated. If you have ever had the Guillan-Barré Syndrome (an immune disorder), then consult your doctor before getting a flu shot.

One of the components involved in the manufacturing of flu vaccines are eggs but as per the CDC, even if you suffer from egg allergies, you can still get the flu shot. In case your allergies are

serious and you are concerned side effects from vaccinations, please consult your doctor.

About [William L. Matzner](#), M.D., PhD, FACP

Dr. [William Lee Matzner](#) works in the area of healthcare economics consulting at Healthcare Analytics, LLC, in California. He graduated Phi Beta Kappa from Stanford University. He received his M.D. with Honors from Baylor College of Medicine. In 1988, he was the Solomon Scholar for Resident Research at Cedar Sinai Medical Center. Dr. Matzner subsequently was awarded a PhD in Neuro Economics from Claremont Graduate University. He is board certified in Internal Medicine and Palliative Medicine. He has researched and published extensively on the issue of reproduction and immunology in medical literature. He has been in private practice since 1989, specializing in Reproductive Immunology and Internal medicine.

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