



September 27, 2016 – Grand Rapids, MI

A Reasonable Discussion

I spent the past weekend with thousands of people in Peoria. It's always refreshing to talk face-to-face and answer questions. Occasionally I'm challenged, but I don't mind because it forces me to do more research to find answers for things I don't know. But it's not the science that presents the biggest challenge; it's the people interpreting the science that's the challenge. I'm going to use what I read and saw Monday morning to help illustrate the issue.

I'll begin with a network TV morning show. The show did a segment about a woman who did not vaccinate her children. After reading all the anti-vaccination material, she decided did not want her children vaccinated. That was fine until the family contracted rotavirus when her twins were three and her daughter was five. Her children, her husband, and herself all caught the virus and got very sick. They all recovered but it was a wake-up call. The reason she was on the show was to let other people know that they should read all the material on vaccinations, not just that put out by the anti-vaccination group. Her daughters are now all up to date on their vaccinations.



Vaccinations are always a hot topic. She lost several of her close friends because she decided to vaccinate her children. The point of her experience is that she made her initial decision not to vaccinate based on a single perspective. That can happen when people use health groups and gurus as their only source for whether a health practice such as vaccinations or medications, a specific diet, supplement, or exercise program is good or bad. Even if science isn't your area, most people can tell when a viewpoint is based on emotion instead of science and fact.

Why is that a bad thing? I found the answer in a blog and I'll cover that on Thursday. If you want to read ahead, check out the link below.

What are you prepared to do today?

Dr. Chet

Reference: <http://bit.ly/2cPEskL>

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