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Family Medicine & Bariatrics

PFP CMPS April Newsletter: J&J Vaccine, COVID update



Happy April.



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*“Spring work is going on with joyful enthusiasm.”
— John Muir*

As the season changes, our way of life has begun to look more optimistic. There is a sense of returning to a life of normalcy as more vaccinations are readily available.

Outline of this month’s newsletter:

- Johnson & Johnson vaccine updates as of 04/13/2021
- Vaccine updates & Questions

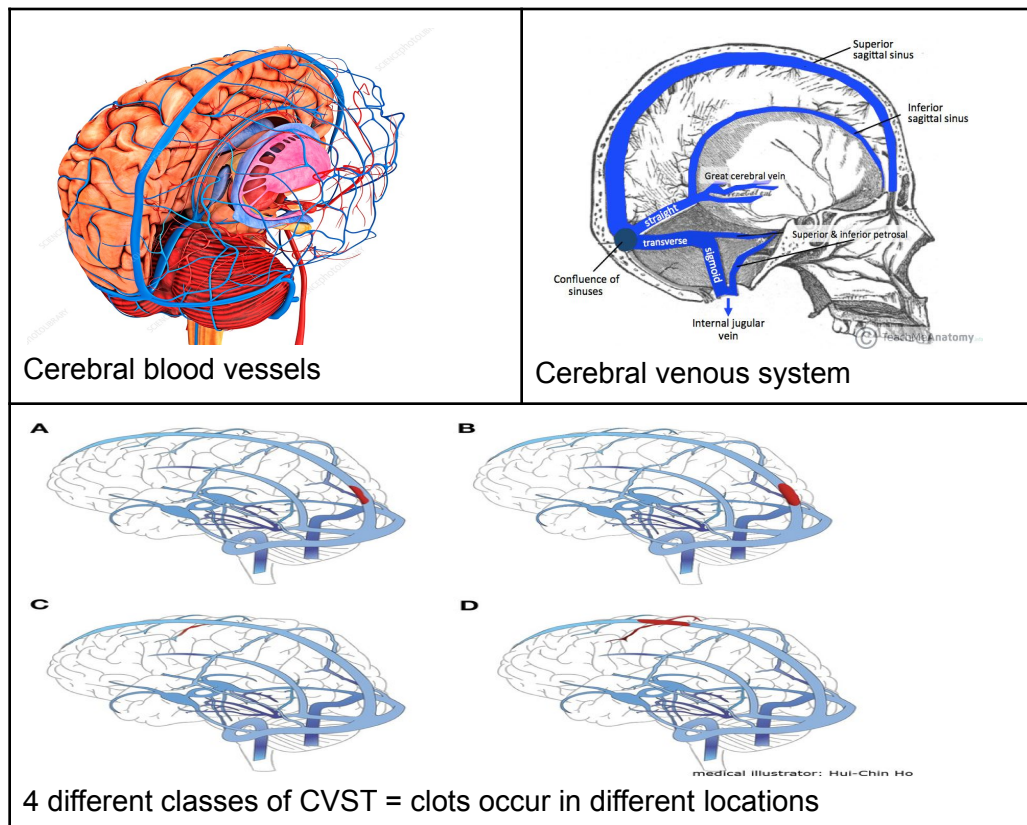
Johnson & Johnson Vaccine (update as of April 13, 2021)

1. Vaccine Alert

- As of April 13, 2021, J&J 1 shot vaccine usage has been paused
- 6 women ages between 18-48 were found to have a **rare disorder of blood clots called cerebral venous sinus thrombosis (CVST) in combination with low platelets**. 1 individual passed away. 1 individual in critical condition.
- 7.2 million doses have been administered to individuals

2. What is CVST (Cerebral venous sinus thrombosis)

- CVST is clot in the cerebral venous system. Once clot forms, blood flow back to the heart may be obstructed and will lead to possible increase in pressure, swelling or bleeding in the brain.
- Blood flow to the brain: Heart → cerebral arteries - (provide oxygen and nutrition to the brain cells) → cerebral veins (take waste product to the heart)

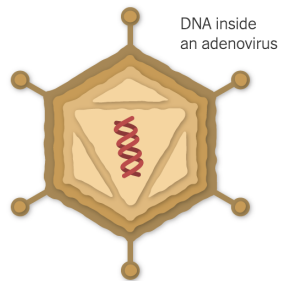


3. What should I do if I already received the vaccine?

- Be aware of symptoms such as - **severe headache, severe abdominal pain, leg pain, shortness of breath**

4. What is Johnson & Johnson vaccine?

- It is a vector immunization. Adenovirus shell carrying COVID DNA.



5. Why does the vaccine cause clotting?

- Working theory is the adenovirus shell in rare cases can cause immune response against certain components in the blood causing clotting. This is similar to the clotting cases that occurred in AstraZenica's vaccine. (<https://www.nejm.org/doi/full/10.1056/NEJMoa2104840>)

Vaccine Updates:

1. Who may receive vaccine in Texas (updated on March 29, 2021)
 - *Everyone 16 and older can receive vaccine*
 - *Moderna - 2 dose 4 weeks apart*
 - *Pfizer - 2 dose 3 weeks apart*
 - *Johnson and Johnson - 1 dose (currently paused)*

2. Updates on commonly asked questions
 - Will the COVID vaccine cause me to test positive?
 - No. COVID tests checks for active disease. Vaccine helps to produce immunity.

 - Should I get Antibody test after vaccination to see if I have immunity?
 - Not recommended. Commercial antibody tests may not search for the same antibodies that the vaccine triggers, leading to an unreliable result. Just because antibody tested negative, does not mean the vaccine did not work.

 - Who should not receive COVID vaccine?
 - patient who has history of severe allergies or severe allergic reaction

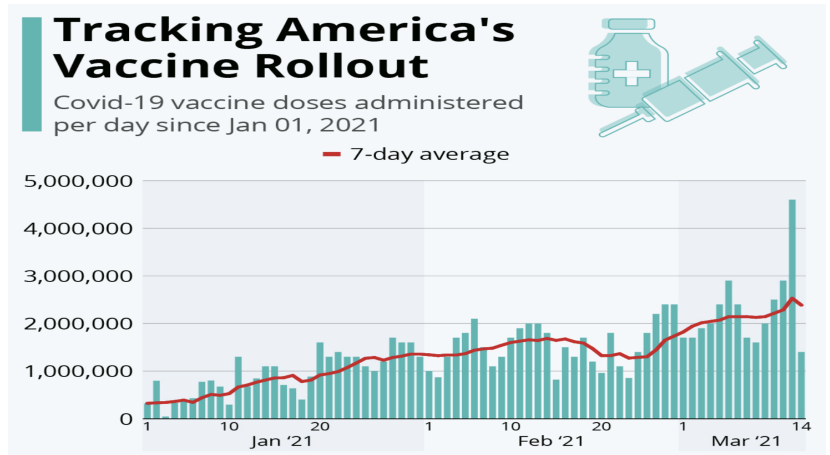
 - Pregnancy or breastfeeding. Should I get COVID vaccine?
 - Currently under studying - limited safety data at this time (CDC)

 - Should individuals with autoimmune or poor immune system get COVID vaccine?
 - Recommended to get COVID vaccine

 - Should one get COVID vaccine if planning to get pregnant?
 - Yes, recommended to get COVID vaccine. No evidence of causing fertility problems (CDC)

 - How long will vaccinations protect me?
 - Both Pfizer and Moderna state at least 6 month. More studies will be needed to see if it will last longer

3. Vaccination progress in the U.S



We continue to wish you all the best. Please feel free to contact us if you have any questions.

Sincerely,
Staff at Pucillo Family Practice