

Mayo Clinic News Network

Title: Flu Shots During Pregnancy Reduce Autism Risk

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Intro: Expectant moms have yet another good reason to get their flu shot. It will lower their new baby’s risk of autism. The Centers for Disease Control, or CDC, says autism has increased 10-fold over the past 40 years. Autism Spectrum Disorder (ADS) now affects one in 88 American children. So, who wouldn’t roll up their sleeve to lower the risk? Here’s Dennis Douda for the Mayo Clinic News Network.

Video	Audio
Total est. running time [1:50]	
// NATS Flu Clinic	// NATS Flu Clinic
TRACK – 1 trt :12 Flu Clinic video – women getting shots	Women who are pregnant, or may become pregnant, have extra incentives for getting their flu shots. According to several recent studies, influenza vaccinations have potentially life-changing benefits to unborn children.
CG: Dr. Greg Poland trt :15 Mayo Clinic Vaccine Researcher	“And what they found was that, in the pregnant women who had gotten the vaccine, the risk of autism in their children was reduced 2-to-3 fold. [1.] And the risk of bi-polar disorder [2.] reduced 4 to 6 fold.”
TRACK – 2 trt :24 Mayo vaccine research lab b-roll Women at Flu shot clinic	Dr. Greg Poland serves on the CDC’s Advisory Committee on Immunization Practices ... and heads the Vaccine Research Group at Mayo Clinic. His team has been studying the flu virus and its impact on the population for 25-years. He believes that rather than the flu vaccine itself preventing some occurrences of autism and mental illness, it’s more likely that <i>keeping mother’s healthy during pregnancy</i> lowers the risk to their offspring.
/// SOT trt :12 Dr. Greg Poland speaking B-roll of “Pediatrics” web page, article and statistics	“In one study they looked at about 100,000 pregnant women and they looked at those women who developed influenza and fever and those women who didn’t and then looked at their children, about 96,000 children.”
TRACK – 3 trt :11	Bonnie Sexton says she wanted her flu shot because she knew pregnant women are at higher risk of severe flu complications, even death. But, news of this extra benefit brings even more peace of mind.
CG: Bonnie Sexton trt :08 Expectant Mother	“It’s nice to know that you can help a little bit, that it isn’t all in somebody else’s hands, that there’s something you can do to reduce the risk of autism.”
TRACK – 4 trt :08 Flu Clinic video – women getting shots	Dr. Poland says women vaccinated for <i>Rubella</i> also lower their children’s autism risk, although that vaccine has to be administered before becoming pregnant.

/// SOT trt :13 Dr. Poland On Camera	“In the U.S. alone, for example, the use of the rubella vaccine over the last decade is estimated to have saved somewhere around 8,000 autism cases.” [3.]
/// SOT trt :05 Dr. Greg Poland speaking Flu Clinic video – women getting shots	“I like to say it this way - you can think of flu vaccine and rubella vaccines as anti-autism vaccines .”
TRAK – 5 trt :03	For the Mayo Clinic News Network, I'm Dennis Douda.

Anchor tag: It's important that pregnant women request the flu **shot**, not the nasal spray. The **shot** is made from an inactivated virus, so it's safe for both mother and baby during any stage of pregnancy. By the way, with just a few exceptions, flu vaccination is recommended for everyone 6 months and older.

REFERENCES:

[1.] Pediatrics, 2012 Dec;130(6):e1447-54. doi: 10.1542/peds.2012-1107. Epub 2012 Nov 12.

<http://www.ncbi.nlm.nih.gov/pubmed/23147969>

[2.] NIH/National Inst. Of Mental Health <http://www.nimh.nih.gov/news/science-news/2013/flu-in-pregnancy-may-quadruple-childs-risk-for-bipolar-disorder.shtml>

[3.] Pediatrics, 2001 May;107(5):E84. <http://www.ncbi.nlm.nih.gov/pubmed/11331734>

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