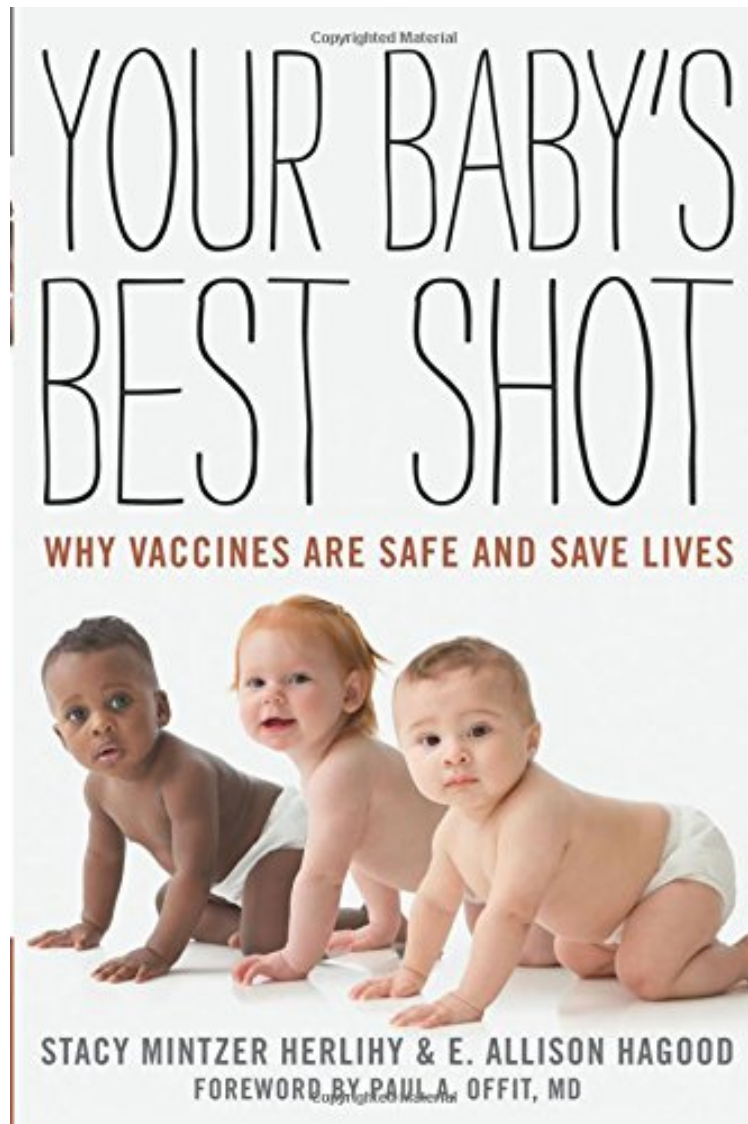


Your Baby's Best Shot: Why Vaccines Are Safe and Save Lives

Stacy Mintzer Herlihy, E. Allison Hagood
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Stacy Mintzer Herlihy, E. Allison Hagood : Your Baby's Best Shot: Why Vaccines Are Safe and Save Lives
before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Baby's Best Shot: Why Vaccines Are Safe and Save Lives:

14 of 25 people found the following review helpful. Not just a good book, but a useful bookBy James EasterThis is an excellent book, and not just because it is carefully researched, well written, and an interesting discussion of an important topic -- although it is all of these. This book is well worth buying and reading because it is useful.Firstly, "Your Baby's Best Shot" is a general resource on vaccines, and a valuable handbook for new parents.It packs a great

deal of information into its 211 pages, with chapters on the history of vaccines, the biology of immunization, vaccine manufacture and testing. It lists descriptions of individual vaccines, particularly those given in early childhood, and of the diseases they prevent. In addition, the book is partly a response to the vaccine opposition that has arisen in recent years. That opposition is, in general, passionate and very poorly informed. It persists because the community of vaccine opponents has become closed to any information inconsistent with its worldview. Anyone who tries to learn about the risks and benefits of vaccines by going to the Internet is likely to be engulfed by a tide of conspiracy-minded anti-vaccine sites, all reinforcing one another and each trying to be scarier than the next. "Your Baby's Best Shot" book attempts to counter this by presenting accurate scientific information regarding the benefits of immunization, by directly and honestly discussing its (real, though minor) risks, by pointing out what's true and what has been misunderstood about vaccines in the news, and by giving the reader links and references to a wealth of additional information. All this will do nothing to change the minds of true believers, as a glance at the negative reviews of this book will show. But they are not the intended audience for this book. Anyone who wants to know what is objectively true about infectious disease and immunization, and who wants the information necessary to make informed health decisions for his or her family, will get a lot out of this book. That is its intended audience, and it serves those readers extremely well. 97 of 115 people found the following review helpful. Read it. By J. M. Brown Excellent. In an age of pseudo scientific misinformation and alarmist drivel, it's good to read something that relies on the actual evidence rather than ghost stories and fear mongering. 118 of 140 people found the following review helpful. A welcome shot in the arm for immunization. By Lorenzo St. DuBois Oftentimes you hear people talk about having done "research" into a controversial health issue. What this commonly means for Internet users is a brief Google search followed by perusal of a few websites, which may or may not contain reliable information. Given the wilderness of competing claims online about benefits and drawbacks of vaccination, it is easy for parents to get confused about whether vaccines are right for their children. This book offers a path through that wilderness. The authors, Stacy Herlihy and E. Allison Hagood have actually done research in the full meaning of the word, making the benefits and issues surrounding immunization readily understandable to non-medical readers with the bonus of a parent's perspective. There is historical context, valuable in understanding the impact of once-feared infectious diseases now conquered or greatly reduced by vaccines. The book has an excellent section that explains vaccine ingredients and debunks the scaremongering on this subject by antivaccine activists. Other myths and false claims about vaccines are dispelled. The result is a highly readable and easy-to-understand book, with all the information parents will need to make sound and sensible choices for their children.

Your Baby's Best Shot: Why Vaccines Are Safe and Save Lives

From Publishers Weekly Herlihy and Hagood team up with their respective expertise in research/writing (Herlihy) and psychology (Hagood) to dispel the fear some parents have about vaccines and their ingredients and their possible negative effects on children. Unfortunately, the book lacks a careful critical presentation; instead, favoring mudslinging at a few already discredited researchers in the vaccine-safety field, admonitions against parents who question vaccine safety, and quoting slightly out-of-context information and imply that a baby can tolerate as much formaldehyde (a vaccine ingredient) as an adult, and a sometimes cavalier tone (they cite "high fevers or fussiness or even a few dirty looks" as negative side effects of vaccination). All this is based on generalizations rather than hard numbers. An outstanding section on historical epidemiology helps readers gain perspective on the dangers children faced from childhood diseases like polio before the widespread use of vaccination. However, despite many strong points, this book is not for parents who came to the table truly worried that the schedule of vaccines required by the Centers for Disease Control and Prevention is dangerous, ineffective, or even optimal. The authors do present some very interesting counterpoints to arguments offered by the movement against mandatory vaccination, but overall, parents who want to stay informed may want more out of their resources, and would do well to obtain books or articles written by scientists, like David Offit--a leader in the field of vaccine safety. (Sept.) From Booklist This thoroughly researched book should convince even ardent vaccine skeptics that the benefits of giving kids shots to prevent illnesses far outweigh any negatives. The authors are not big names in the vaccine world (one is a freelance writer, and the other is a psychology professor. Yet they show a commanding knowledge of their topic. In a coup that lends credibility to their scientifically sound book, they nabbed a foreword by Paul Offit, the famous University of Pennsylvania pediatrician who coined the rotavirus vaccine and who forcefully (and correctly) maintained that autism is not linked to inoculations. Herlihy and Hagood present many interesting facts: today there are vaccines against 22 diseases; George Washington and Abraham Lincoln survived smallpox; in 1979, smallpox officially became the first disease conquered by human efforts; the flavor enhancer MSG is added to vaccines to preserve their efficacy. An index would have been helpful, but this book, with its extensive notes and bibliography, should go a long way toward convincing even the most leery that vaccines save lives. --Karen Springen Journalist Herlihy and psychologist Hagood dispute the many myths surrounding vaccines in this extensively researched and forceful pro-vaccine text. The book covers a range of topics, including the history of vaccines and their ingredients, as well as

detailed descriptions of vaccine-preventable diseases (chicken pox, diphtheria, Hib, mumps, whooping cough). The authors also defend against anti-vaccine arguments, devoting several chapters to the 'myth' surrounding a link between vaccinations and autism, and exploring the cognitive biases that have fueled the vaccine backlash. . . . Indisputably pro-vaccine, this resource will aid parents as they make decisions about vaccinating their children. (Publishers Weekly) This thoroughly researched book should convince even ardent vaccine skeptics that the benefits of giving kids shots to prevent illnesses far outweigh any negatives. . . . [T]his book, with its extensive notes and bibliography, should go a long way toward convincing even the most leery that vaccines save lives. (Booklist) Written for parents who are pro-vaccine or who just want information about what's in all of those kids shots, this book is a great resource. The authors break down everything from ingredients to adverse reactions to the autism myth. This book is not for parents who agree with Jenny McCarthy. She still claims that there is a link between vaccinations and autism. This book whole-heartedly disagrees, and breaks down the medical research to back up their points. (Parents Magazine) Whichever side you fall on in the great vaccine debate, it's always in your best interest to arm yourself with accurate information. This book discusses the real science behind vaccinations. (Foreword) Herlihy and Hagood came to this book with many doubts and questions and a determination to provide something useful to parents who for one reason or another are worried about vaccinating their children. Anxious parents should take their honest, thorough examination of the subject as helpful advice from two good surrogates for a trusted neighbor or friend. (Arthur Allen, author, *Vaccine: the Controversial Story of Medicine's Greatest Lifesaver* and *Ripe: The Search for the Perfect Tomato*) Stacy Mintzer Herlihy and E. Allison Hagood have provided an exceptional and thorough explanation of vaccines, including what they are, their history, and how they have single-handedly changed the landscape for raising healthy children. This book is a must read for any new or expecting parent as it is a wonderful resource, giving parents and caregivers the opportunity to truly understand the real science behind vaccinations, as well as the positive impact they have had (and continue to have) on society. Thanks to these authors, I now have a new standard gift that I will be giving to all of my expecting friends, because the first step to making an informed parenting decision, especially when it comes to vaccination, is educating yourself. (Jeanne Garbarino, PhD, Biology Editor, *Double X Science*) Written in a clear, concise, no-nonsense fashion, Stacy Mintzer Herlihy and E. Allison Hagood discuss how vaccines work, why they are safe, and why the misinformation spread by the antivaccine movement and alternative medical practitioners is without a basis in science, while describing some of the dangerous quackery that is being promoted to treat "vaccine injury" that is not really vaccine injury. It is essential reading for all new parents with any doubts at all about vaccines. (David Gorski, MD, PhD, associate professor of surgery at the Wayne State University School of Medicine, and medical director of the Alexander J. Walt Comprehensive Breast Center at the Barbara Ann Karmanos Cancer Institute)