

Do Flu Shots Really Work!

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A new comprehensive analysis of flu studies concludes that most flu vaccines provide only moderate protection against influenza, and in some years barely make a difference at all. The study showed that the vaccine was about 59 percent effective overall in individuals 18 to 65 years of age. As for the nasal vaccine study?

Dr. C.J. Mengh of Mayo Health Systems says new flu vaccines are in development, but he believes they won't advance to the market as long as the current vaccine is considered adequate.