



# From Pandemic to Endemic

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The basis for this article revolves around two recent MMWR (Morbidity and Mortality Weekly Report) articles, one from 10/29/2021 dating to pre-omicron, evaluating the Covid vaccines and all-cause mortality [https://www.cdc.gov/mmwr/volumes/70/wr/mm7043e2.htm?s\\_cid=mm7043e2\\_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7043e2.htm?s_cid=mm7043e2_w). This article stands in strong support of the safety of the vaccines. It speaks to the actual data regarding what science says about vaccine safety prior to recommending boosters.

The other article is a tad more recent dating 02/11/2022 and incorporates data from the delta and omicron waves of Covid detailing the failing immunity of even a 3<sup>rd</sup> vaccine dose after 4 months [https://www.cdc.gov/mmwr/volumes/71/wr/mm7107e2.htm?s\\_cid=mm7107e2\\_w](https://www.cdc.gov/mmwr/volumes/71/wr/mm7107e2.htm?s_cid=mm7107e2_w). This article demonstrates that as the virus adapts, we must as well, otherwise we will be recommending vaccine boosters every 4 months. Lost in the conversation is that the vaccine is *no longer about public health* as no one is even hinting at prevention of transmission of the virus, solely at minimizing individual's risks when they catch the virus.

The first article attempts to use an observational study evaluating 6.4 million Covid vaccinated people vs 4.6 million unvaccinated people looking at all-cause mortality, excluding Covid mortality. Multitudinous trials have proven that the mRNA vaccines dramatically decrease covid mortality from the original virus through delta, but the argument that the vaccines increase other causes of mortality persist on the political right. This study is solely looking at non-Covid deaths and calculating Standardized Mortality Rates (**SMRs**, deaths per 100 person years).

Taking quite a load of data, and probably oversimplifying it, what you need to know is that every grouping of individuals (except teens age 12-17) appeared to have an additional survival benefit to the vaccine above and beyond the improved survival from Covid! The calculated adjusted Relative Risk (of dying during the survey period of 12/14/2020 – 7/31/2021 **aRR**) after 2 doses Moderna was 0.31, after 2 doses of Pfizer was 0.34, and after one dose J&J 0.54. What this means is fewer deaths from any cause, 69% lower mortality with Moderna, 66% lower mortality with Pfizer, and 46% lower with J&J.

This observational study does not end the question of side effects, or even the potential for rare lethal side effects as seen with the J&J vaccine. What it dramatically shows is an *opposite* association with the Moderna and Pfizer vaccine and all-cause mortality. What the study can't answer is the rate of non-lethal side effects and long-term side effects.

Please also note that the Pfizer vaccine, the only one approved for 12–17-year-olds, had no mortality benefits or negatives in this age group, as there were only 12 deaths in both vaccinated and unvaccinated groups. As this data point holds as an outlier compared to other age groups (who do have apparent mortality benefits), more studies need to be done on anyone under 18 to justify vaccinating our children. We all know herd immunity cannot occur through vaccination and

experimenting on our youth should not be a public health strategy as young people have a very low Covid complication rate that might be exceeded by the risk of the vaccine.

In the more recent article Vaccine Efficacy (VE, ability to prevent urgent care or emergency department visits) in the delta and omicron era; I promise to simplify a long article. The key point is that at 5 months post booster vaccine, *VE dropped to 31% vs omicron*, although more data needs to be accumulated. This has led to a call for a 4<sup>th</sup> vaccination at 4 months. You may recall my previous article where the data from the UK indicates VE against omicron with a booster shot will last about 10 weeks.

Whether you are talking 10 or 17 weeks, we are talking about an unsustainable vaccination schedule with a novel form of vaccine that has never been used this way before. Furthermore, we are no longer even discussing preventing the spread of the virus, simply mitigating its severity in an individual. Which means these boosters cannot prevent the spread of the virus, the point of mandates, at least theoretically.

Most of you already know this omicron variant replicates up to 70-fold more than delta and has made masks nearly useless as well, anything but an N95 is actually truly useless. This has made mask mandates untenable and unwise.

Time for America, the world, to adapt to a virus that has adapted to us. Yes, we must fund public health better and survey for future variants and other infections. We must learn to live together no matter what political viewpoints we hold. We need to actually see each other and *put away our masks both cloth and egoic*.

Please stop listening to the messages of fear. The vaccines were brilliant at the beginning, and saved countless lives. They did not cause mortality, sterility, or shed from our skin! However, they are no longer necessary or wise. Stop the mandates, stop the vaccination card requirements proving you vaccinated against a virus that no longer exists to “prove” you’re “validated” to enter a business or travel in a world where that virus no longer exists. Your validation has become meaningless in terms of your ability to spread said virus.

Let’s live again, only wiser and more caring for others who hold different viewpoints. Let those who wish to continue the cycle of booster shots do so. But there is no longer a reason to push the masks or the vaccines as public safety measures as they no longer are effective at preventing viral transmission.

Your Journey to Health and Healing,

Gary E Foresman MD