

The message below was taken from an email sent to all of the medical staff of the Tennessee Valley Veterans Administration on Wednesday 12/30/2020 after the VA started giving the Moderna Vaccine to all employees that wanted it. This email was sent out in attempt to alleviate some of the doubt and questions other employees may have about taking the vaccine:

Hello Fellow Co-Workers

I wanted to encourage you all to consider getting the vaccine ASAP. I realize there is some apprehension but it really is a great vaccine. It sounded rushed but they rushed the parts that didn't involve the outcome studies. (making millions of doses before they knew if it was effective) They did the usual large participant studies as usual.

Some are concerned about this being a mRNA vaccine. "What if it changes my DNA?" If you recall RNA is transcribed from the DNA and does not go the other way around. RNA is translated (reading the instructions to create proteins) in the Ribosome out in the cytoplasm (DNA remains safe and sound in the nucleus) So this RNA vaccine gets the ribosomes to create the spike proteins. Your body's immune system cruises around and when it comes across your cells with the spike proteins it says, "Hey buddy, what the heck are you doing here?" and when those cells can't come up with a good answer they are killed on the spot. Shortly after those cells are destroyed...Poof you are immune.

So mRNA enters the cell then immune response destroys those cells =COVID immunity at 95%. No webbed toes have been found in the side effects yet. 😊

Guys I teared up, and not like the Anthrax vaccine when I teared up b/c that sucker hurts, but I teared up with the emotional response. We are at the beginning of the end. In one month I will be safe to my patients, I will be safe to my family, I will be safe to my friends, I will be safe to my Dungeon and Dragons group. (kidding I leave D&D to nerds like Dr. Best) Once it is available to my family they'll be safe too. It is the beginning of the end!!!

The vaccine is safe. You wouldn't see smart guys like Dr. Hulgan (infectious disease MD and Christman-Chief of Medicaine) running to it. With that, it's not just for smart guys. I raced here on my day off when I heard I could get it.

It doesn't hurt (I swear, I actually didn't feel it at all but I'm tougher than your average psychiatrist) You can do this! You can do this for you, your pts, your families, and your community.

