

Changing the Way We Work

October 17, 2025: Infectious Disease & Managing Nutrition

Panelists: Dr. Gerald Evans, Dr. Mary Sco.

Moderator: Dr. Eleanor Colledge

Curated answers from CoP guests, panelists and co-hosts to the top five in-session questions posed by participants, based on current guidance and information available at the time.

What is the upper age limit for RSV and Shingrix vaccination?

For public funding, Shingrix is only covered for individuals aged 65-70. RSV is covered for everyone over 75 and high-risk individuals 60 and older. There is no clinical upper age limit to receiving either of these vaccines, it's just the limit to Shingrix for public funding.

If a 65+ yr old pt comes in when we are out of the high dose, should we give the regular one or wait for the high dose?

Great question. if you are just waiting for an order of either the high dose or adjuvanted (either are equivalent per NACI) to come in, then best to wait so they can get the best possible protection. But if it is later in the season, often these products are already out of stock in which case the standard dose is still recommended and provides good protection. The enhanced products are definitely preferred if available.

Some parents want their kids to get first MMR at 6 months or 2nd at 3 yrs of age instead of 4 yrs of age. With US border states having increasing Measles numbers, what should we advise parents?

I would strongly recommend against getting an early dose before the age of 1 unless travelling to an area of high risk for measles. The immune response at 6 months is not as robust as for a child over 1, and that initial dose essentially primes the immune system for that response for life. Even with the 2 recommended doses after age 1 following it, we don't see protection rise to the same levels as for children who received the first dose after age 1. So, it's really a balance between current risk and future risk. If current risk to them is high due to travel to a high-risk area (to be clear, Ontario is not high risk and most of the US is not either) then I would not recommend it early. For the 2nd dose coming early, that can be given as soon as 4 weeks after the first dose (although 3 months is preferred) and we still see good protection.

Do the legacy vaccines that we all got in 2021 offer us any protection against covid now? Or are they now useless?

Likely not much. Just like flu mutates every year so we need a new vaccine, COVID is similar and has changed significantly. It is extremely difficult to give numbers on that though, as most people would have also had COVID infection since that time and developed an immune response based on that. The short answer though is we definitely cannot rely on protection now from those early doses 4 years ago.

People over 50 often ask me about measles. should i confirm their immunity?

People in Canada born prior to 1970 are considered immune due to how much measles was circulating in Canada prior to that year (it's different in other countries, 1957 for US for example). If they are born after 1970 but have no records, we recommend immunizing rather than serology, as serology can have false positive and there is no harm in receiving additional doses.

These additional questions and comments were answered live during the session. To view responses, please refer to the session recording.

- Can you please comment on food processing: i.e. glyphosate, additives, preservative's role in creating inflammation and disease in the body?
- Hi Dr. Evans, can a person younger than age 65 get RSV vaccine pay out of pocket off label. i.e. age 40's if they have asthma, for example? (Can you answer in writing too so I can show my family doctor/pharmacists.)
- What do you think of anti-inflammatory diets: avoiding gluten, night shade veg, lectins etc. I have seen patients have great results even though industry has been promoting it. We still have a lot of disease despite "whole food diets).
- Dr Evans, could you please comment on the influenza situation in Japan?
- Dr Evans Is 10 days of Paxlovid better than 5 given prolonged test positivity/rebound on Paxlovid 5 days.
- Dr Evans, can you please give the new Metformin dosing in writing for COVID treatment. Thanks.
- How can we get Covid tests?
- is there testing available for influenza and RSV in the community?
- Dr Evans what do you predict the % EFFECTIVENESS of the vaccine is against infection & DURATION please for COVID. Is Moderna better than Pfizer?
- Any new data on covid vaccine use on kids?
- Is the current flu vaccine effective for what is expected this year in Canada?
- Based on current measles trends, is the current advice to get MMR early for babies from 6 months? Or wait 12 months?
- What ages should get a COVID booster?
- What is the name of that portal to order COVID tests??
- Can you repeat what's available on the public supply portal?



- is taking omega 3 epa/dha just as good as flax seeds
- How much red meat is, ok?
- Does flaxseed compare to omega 3 pills?
- Are you saying there is no benefit at all in omega 3 supplement?
- Is the BP benefit from flax seeds from ground or whole flax seeds?
- Dr Sco is the reason that the flaxseed is more effective than omega 3 supplements.
- Does flaxseed have fiber? Also very important to note flax must be ground to absorb it. We cannot break down the seed itself.
- How can we get this sodium and potassium poster?!
- Dr Sco does fruit (the sugar) in it contribute to diabetes, HTN, triglycerides increase?
- Any diet can be advised for Isolated Diastolic Hypertension?
- If someone has baseline low bp, what happens when they eat diet high in potassium?
- can Dr Sco comment on effectiveness of whole flax seeds, freshly ground flax seeds vs buying ground flax seed. I had heard in past that if flax seed whole or not freshly ground that effectiveness decreased - presumably because of the instability/oxidation you mentioned.
- Can you comment on glycemic index if higher carb foods are cooled or frozen prior to consumption.
- Dr sco does prolonged fasting increased risk of gallstones?
- How best to increase HDL?
- Dr. Sco, does intermittent fasting or what you called time-restricted eating affect other metabolic indices: weight, blood pressure, cholesterol?
- Dr sco how did you get into this field and what is your nutrition training/ courses you took?
- Excellent presentation, Dr Sco. Re lipids/portfolio diet- what are your thoughts on the new phytosterol product- Cardiosmile? <https://www.cardiosmile.ca/en/>
- What are your thoughts on protein powders as a supplement? Are we all as deficient in protein as new products seem to push?
- Is the benefit from flax seeds preserved if baked/cooked?
- Can you talk about glycemic index vs glycemic load?
- How can you improve triglyceride? Does flax seed help
- Is there any evidence for the use of omega 3 in ADHD?
- Is there evidence to support taking Vit K along with Vit D to aid absorption?
- does roasted almond change the nutrition value to lower bp
- Is creatine a good supplement?