



A child is revaccinated by government health care workers at a clinic in East Jakarta, Indonesia. Nearly 200 Indonesian children received fake versions of imported inoculations from a drug-counterfeiting ring which was broken up last month after operating for more than a decade. No illnesses or deaths have been directly linked to the fake vaccines, officials have said. At least 28 health care facilities throughout the country, including Jakarta and the tourist resort island of Bali, were suspected of buying fake booster vaccines for hepatitis B, diphtheria, tetanus and whooping cough. The ring used stolen vials and forged labels to make the fake medicine look like imported vaccines.

Picture: Darren Whiteside/Reuters/
Picture Media.



Physical damage caused by racism

A growing body of research now links experiencing racism to poorer health outcomes — from depression to low-birth weight to cardiovascular disease, reports *Wired*. “Experiencing racism, whether it’s violence or insults or more subtle snubbing, makes life more difficult. That added stress becomes ‘allostatic load’, which disrupts the normal function of the body: more stress means more cortisol in the body means more cardiovascular disease. In a 2012 study, researchers compared the performance of students trying to solve a simple task after they had experienced subtle or blatant racism from the person at the desk next to them. The subtle stuff — having someone inch away while sitting next to the student — was a bigger drag on performance than the blatant bigotry. Uncertainty about racism in a situation can sometimes make it worse.” Naa Oyo Kwate, a psychologist and professor of Africana at Rutgers University in New Jersey said: “The literature is quite consistent. The more racism you experience, the worse your health experience in a number of domains. So much of

what people contend with is not just their individual experience, but also their family and friends and broader society with the police killings.”

New deaths from avian flu

The Chinese National Health and Family Planning Commission has notified the World Health Organization of seven laboratory-confirmed cases of human infection with avian influenza A (H7N9) virus, including four deaths, the WHO reports. “Onset dates range from 26 May to 23 June. The cases range in age from 52 to 68 years, with a median age of 61 years. Of these seven cases, four (57%) are male. The majority (five cases, 71%) reported exposure to live poultry, slaughtered poultry or live poultry markets. One case has no history of exposure to poultry and the remaining case worked in a market where live poultry is sold. No human to human transmission was reported.”

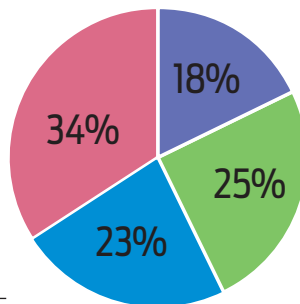
Cate Swannell doi:10.5694/mja16.n1508

MJA InSight Poll

Which political party has the best health policies?

Total votes = 163

- Liberals
- Labor
- Greens
- None of the above



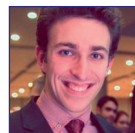
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Professor Ingrid Scheffer is a paediatric neurologist and professor at the University of Melbourne and Florey Institute of Neuroscience and Mental Health. She is a world leader in the diagnosis and treatment of epilepsy. She is a founding fellow of the Australian Academy of Health and

Medical Sciences. Her son, **Eddie Cliff**, is a final year medical student at Monash University. They discuss the role of the clinician-scientist and their passion for promoting research to medical students.



Associate Professor Sofianos Andrikopoulos is Head of the Metabolism Research Group at the University of Melbourne. He discusses the Paleolithic diet and the evidence about its benefits for people with diabetes.

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