

(Nezhat C et al. *Int J Fertil Menopausal Stud.* 1994;39[1]:39-44; Kho KA et al. *J Minim Invasive Gynecol.* 2009;16[5]:616-617). "In our experience, these methods could eliminate the spread of benign or malignant tissue and also decrease or eliminate traumatic injuries related to intracorporeal morcellation," he said.

Kho noted that these techniques are very promising. The existing studies, although few in number, are "quite compelling and have demonstrated the feasi-

bility and safety of [such modifications] to electric morcellation," she said.

George agreed that these and other alternatives deserve a closer look. "It's clear that when a sarcoma is disrupted inside a body cavity, it leads to worse outcomes," she said. "We need to think about what can be done to avoid these worsened outcomes for patients with unsuspected sarcomas while maintaining the benefits that minimally invasive surgery has for many women." ■

2014 Adult Immunization Schedule: Recombinant Flu Vaccine Expands Options for People With Egg Allergies

Jill Jin, MD, MPH

The latest update of the guideline for recommended adult immunizations released in February by the Advisory Committee on Immunization Practices and the Centers for Disease Control and Prevention (CDC) features use of a recombinant influenza vaccine that for the first time allows people with severe egg allergies to receive protective immunization against this infection.

The 2014 immunization recommendations for adults were published in the CDC's *Morbidity and Mortality Weekly Report* (MMWR *Morb Mortal Wkly Rep.* 2014;63[5]:110-112) and are available online on the CDC's immunizations webpage (<http://1.usa.gov/1bJaoje>). According to the CDC, all individuals 6 months or older should be vaccinated against influenza annually, with rare exceptions.

The 2 types of traditional influenza vaccines, the live attenuated vaccine and the inactivated vaccine (IIV), are manufactured by growing influenza virus in chicken eggs. The new flu vaccine, called the recombinant influenza vaccine (RIV), is produced using a genetically engineered insect virus that contains genes encoding hemagglutinin, the main protein involved in eliciting immunity against influenza. Cells grown in culture that are infected with this engineered virus produce large quantities of this key protein.

Because RIV does not contain any egg protein, it is safe to give to individuals with

egg allergies, even severe ones. People with mild egg allergies (hives only) can receive either RIV or IIV, although additional clinical monitoring after receiving IIV is recommended. In addition, because the process for manufacturing RIV does not require the time-consuming step of growing flu virus in eggs, it offers the possibility of faster influenza vaccine production during an outbreak.

Another notable change in the new adult immunization guideline addresses use of the vaccine that protects against *Haemophilus influenzae* type b (Hib), a bacterium that causes meningitis, pneumonia, and upper respiratory infections. The Hib vaccine is now recommended for adults who undergo a successful stem cell transplant. All infants in the United States are routinely given the Hib vaccine, which should generally provide lifelong protection, except in this select case of adults who should be revaccinated.

Recommendations for other routine vaccinations remained essentially unchanged, aside from some instances of minor changes in wording.

An article published in *Annals of Internal Medicine* that coincided with release of the guidelines further discusses the recommendations (*Ann Intern Med.* 2014;160[3]:190-197). It notes the generally low levels of vaccine coverage among adults compared with children and encourages clinicians who treat adults to routinely assess vaccination status during clinic visits.

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Does a Healthy Diet Really Cost More?

The cost of a healthy diet may be difficult to quantify, but a recent study estimates that nutritious foods cost about \$1.50 per day more than less wholesome options.

Researchers analyzed 27 studies published since 2000 that evaluated price differences for a variety of foods in 10 high-income countries. A diet rich in fruits, vegetables, fish, and nuts cost about \$1.50 per day more than one filled with processed foods, fatty meat, and refined grains, the study showed. The cost difference was greatest for meat: 29 cents per serving and 47 cents per 200 calories more for healthy options.

<http://jama.md/1nuoRoz>

Preemie Drugs Lack Safety Information

Physicians face huge knowledge gaps about which medications are safe for newborns in neonatal intensive care units, according to a recent study.

Investigators reported that in a cohort of nearly half a million hospitalized infants, 399 drugs were used and there were more than 1.5 million drug exposures in the newborns' first 28 days of life. Yet a review of US Food and Drug Administration databases found that only 28 drugs had been studied in this population, resulting in labeling changes for 24. Only 11 of the label changes provided safety and efficacy information for premature infants.

<http://jama.md/1Ylyr9>

Gains From Massachusetts Health Reforms

Massachusetts' 2006 health care reform law, the model for the federal Affordable Care Act, apparently improved residents' health and boosted use of preventive services in the state.

A recent study reported on 345 211 adult New Englanders who were surveyed between 2001 and 2011. Relative to neighboring states, Massachusetts residents reported greater improvements in general health (1.7%), physical health (1.3%), and mental health (1.5%). They also reported relative increases in rates of Pap screening (2.3%), colonoscopy (5.5%), and cholesterol testing (1.4%). Health status gains were comparable among whites, blacks, and Hispanics, suggesting that the law didn't change health care disparities.

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