



## A Letter From The Director

### Have you or someone you care about received more than one mRNA vaccine?

Recent studies have highlighted an important issue regarding the effects of mRNA vaccines on gut health\*, specifically the levels of Bifidobacterium, a beneficial type of gut bacteria. Research indicates that after receiving mRNA vaccinations, there is a significant decrease in the abundance of Bifidobacterium. This reduction is concerning due to emerging evidence linking lower levels of this bacteria to an increased risk of colorectal cancer. The progression from benign polyps, especially adenomas, to colon cancer or colorectal cancer typically takes place over a span of 10 to 15 years. Bifidobacterium is crucial for overall health as it produces short-chain fatty acids (SCFAs) such as butyrate, recognized for their anti-inflammatory properties. These SCFAs play a vital role in reducing inflammation by inhibiting pro-inflammatory cytokines and supporting the differentiation of regulatory T cells, which may collectively contribute to a lower cancer risk. Given these findings, it is important to further investigate how mRNA vaccines may impact gut health and cancer risk. Advocating for additional research in this area is essential for safeguarding public health and ensuring that individuals are informed about potential health implications.

\*COVID 2024, 4, 1368-1378.

<https://www.mdpi.com/journal/covid>

Thank you,



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