



Dear Patients of Achievable Health,

You may have come across recent news about vaccines and acetaminophen use in pregnancy, and we know it can be confusing. As always, we appreciate your trust in us for your medical care and encourage you to bring any questions you have about vaccines and medications to us.

At Achievable Health, your safety is always our top priority. We want to assure you that our recommendations on vaccines — including the COVID-19 vaccine — follow the guidance of trusted medical experts and organizations such as the American Academy of Pediatrics (AAP), the American College of Obstetricians and Gynecologists (ACOG), the American Academy of Family Physicians (AAFP), and the California Department of Public Health (CDPH).

Vaccines are safe, effective, and one of the best ways to protect yourself, your loved ones, and our community from serious illness. If you have questions, our care team is here to talk with you and provide the information you need to make the best decision for your health. Please discuss any questions you have about vaccines with your provider at any visit.

Vaccines do not cause autism. Decades of careful research around the world, involving millions of children and adults, show no link. Acetaminophen use in pregnancy does not cause autism and the largest study to date found no evidence that it increases the chances of autism. If you are pregnant and have questions about whether to use acetaminophen in a particular situation, please discuss it with your OB/GYN or your provider at Achievable Health.

Experts know that autism doesn't have just one cause. It likely comes from a combination of genetics, biology, and environmental factors. Spending time and money on unfounded claims about connections between vaccines and acetaminophen and autism distracts from the important work that needs to be done to support individuals with autism. Achievable Health joins with individuals with autism and their families and communities in supporting ongoing research to better understand the causes of autism and most importantly, the ways to better support individuals with autism who are vital members of our communities.



Thank you again for your ongoing trust in Achievable Health as your medical home.

Sincerely,

A handwritten signature in blue ink, appearing to read "Michelle Catanzarite".

Michelle Catanzarite, MD
Chief Medical Officer