

UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

August 2024

August 12, 2024

Study identifies risk factors for post-COVID conditions (PCC) in postmenopausal women

A [new study](#) found several risk factors associated with PCC in older women. Surveys of over 37,000 postmenopausal women aged 50-79 showed that fatigue, malaise, memory problems and brain fog were common PCC symptoms that lasted more than 8 weeks. Risk factors for PCC included recent weight loss, sleep problems, limited physical function, previous heart-valve procedures and rheumatoid arthritis. Older age and use of calcium supplements were associated with lower odds of obtaining PCC.

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August 12, 2024

Routine lab tests cannot reliably distinguish between PCC and other illnesses

A new NIH study found that standard lab tests may not be helpful in diagnosing PCC. The study, part of the NIH RECOVER Initiative, examined biomarkers in over 10,000 participants. While some minor differences were found between people with and without PCC, they were not significant enough to aid in diagnosis. Researchers are now exploring more innovative lab tests to find biomarkers of PCC.

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August 9, 2024

Lingering COVID-19 symptoms are a global health crisis with significant economic impact

A new report estimates that over 400 million people worldwide have been affected by PCC, with a staggering economic cost of \$1 trillion annually. The condition has had a profound impact on patients' lives, leading to job losses, reduced quality of life and significant challenges in accessing effective treatment. Despite ongoing research, understanding and treating PCC still present major challenges.

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August 20, 2024

COVID-19 vaccine might help treat post-COVID metabolic complications

COVID-19 vaccines could be used to treat high blood sugar levels that start and linger after a COVID-19 infection. Researchers found that administering the vaccine to nonhuman primates four days after infection significantly improved their blood sugar levels in the long run. This discovery could lead to new strategies for managing long-term metabolic complications associated with COVID-19.

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July 29, 2024

Living a healthy lifestyle may protect against PCC

A healthy pre-infection lifestyle can significantly lower the risk of PCC. Researchers analyzed data from over 68,000 people and found that those who adhered to a healthy lifestyle (i.e., did not smoke, drank moderately, maintained a healthy weight and got enough exercise) were 36% less likely to develop PCC. The researchers suggested that adopting a healthy lifestyle could help protect against PCC, regardless of disease severity or vaccination status.

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