# UNMASK THE FACTS

## A Post-COVID Research Digest for Time-Crunched Clinicians

### November 2024

November 12, 2024

### Inflammation from post-COVID conditions (PCC) can damage the heart

A recent study has linked trace levels of inflammatory proteins, or cytokines, in the blood to cardiac PCC like chest pain and shortness of breath. Researchers found that COVID-19 patients with these symptoms had elevated levels of cytokines, which can directly affect the heart's function. While more research is needed, these findings may help explain some PCC mechanisms and lead to new treatment strategies.

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November 8, 2024

### New AI tool identifies additional undiagnosed cases of PCC from patient health records

A new AI tool has revealed that the prevalence of PCC may be significantly higher than previously estimated, potentially affecting up to 23% of the population. This tool can analyze electronic health records to identify patients with PCC, even in cases where traditional diagnostic methods might miss them. While this technology holds significant promise, further research is needed to refine the tool and address its limitations.

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November 1, 2024

### For kids and teens, extra weight could mean a higher chance of experiencing PCC

A new study has found that children with obesity are at a significantly higher risk of developing PCC. The study analyzed data from over 172,000 children and found that those with obesity or severe obesity were 25.4% and 42.1% more likely to develop PCC, respectively. These findings highlight the importance of addressing childhood obesity to reduce the burden of PCC and improve overall child health.

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November 13, 2024

### Women's immune system responses to COVID-19 might explain their higher rates of PCC

Women are more likely to experience PCC than men. A recent study suggests that this may be due to differences in how women's immune systems respond to the virus. Researchers found that women with PCC exhibit increased expression of certain genes involved in inflammation, particularly the XIST gene, which has been linked to autoimmune diseases. These findings may help explain why women are more likely to experience PCC and could inform the development of targeted treatments.

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November 14, 2024

### Science Translational Medicine releases a free-to-read special issue on PCC

The journal Science Translational Medicine has released a special issue on Long COVID (and PCC). The issue is free for anyone to read and explores various aspects of PCC, including potential causes, impacts on different populations and the challenges of developing effective treatments. By understanding the underlying mechanisms of PCC and collaborating on research efforts, scientists hope to create better treatments and improve the lives of those affected by PCC.

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