UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

October 2024

October 29, 2024

Paxlovid reduces severe COVID-19 and the risks of post-COVID conditions (PCC) in high-risk patients

Paxlovid, an antiviral medication, has been shown to significantly reduce the risk of hospitalization and PCC in a recent study. Researchers compared outcomes of COVID-19 patients who received Paxlovid to those who did not, finding that Paxlovid was associated with a 61 percent lower risk of hospitalization and a 58 percent lower risk of developing PCC. These findings highlight the potential benefits of early treatment in mitigating the severe consequences of COVID-19.

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October 9, 2024

A reservoir of the COVID-19 virus in the body may explain why some people experience PCC

A new study suggests that a persistent reservoir of the virus in the body may contribute to PCC in a subset of patients. Researchers found that people with PCC were twice as likely to have viral proteins from COVID-19 in their blood compared to those without PCC. However, this may not be the only factor contributing to PCC, as other mechanisms may also play a role.

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October 23, 2024

CDC recommends a second dose of the 2024-2025 COVID-19 vaccine for some populations

The CDC has issued new guidelines for COVID-19 vaccinations. People who are 65 years old or older, as well as those with weakened immune systems, should receive a second dose of the updated COVID-19 vaccine six months after their first dose. Individuals with severely weakened immune systems may need additional doses but should consult with their doctor for specific advice.

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October 8, 2024

Damage to the brainstem could be driving PCC in some patients

A new study using advanced MRI technology has revealed that COVID-19 can cause inflammation in the brainstem, a vital part of the brain that controls essential functions like breathing and heart rate. This finding may explain the persistent symptoms experienced by many patients with PCC, such as fatigue, breathlessness and chest pain. The study suggests that long-term damage to the brainstem could be a significant factor contributing to the debilitating effects of PCC.

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October 25, 2024

PCC symptoms can be distinct from other respiratory infections

Another recent study has identified seven specific symptoms that are more common in PCC patients compared to those who have recovered from other respiratory infections. These symptoms include loss of taste, severe fatigue, loss of smell, rapid heart rate upon standing, problems with thinking, bone pain and mild fatigue. The study highlights the unique and long-lasting nature of COVID-19 and the need for further research to understand and treat these persistent symptoms.

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