

Information on Covid 19 and Immunoprotection

We understand the great amount of anxiety that is going on with the current Covid 19 pandemic. It is difficult when we are receiving sometimes conflicting information from so many sources.

Currently our best understanding of the most recent information is:

Covid 19 is quite contagious. It appears to be mostly spread by respiratory droplets and sometimes from contact with objects that have been contaminated by sick individuals.

People can be contagious before appearing ill, so transmission is occurring without obvious contact.

The mortality of Covid 19 seems to be somewhere around 1% which is 10x higher than influenza. Because there is no immunization for Covid 19, then it means that many people that are exposed get infected.

At this time most concern is related to an exponential spread of infection in our communities. Such a rapid escalation in the number of cases makes it difficult for our health care facilities to diagnose and care for seriously ill individuals.

Social distancing is being enforced to try and slow down the spread of the transmission. Try to keep at least 6 feet away from individuals and avoid individuals as much as possible with clear signs of respiratory illness.

There are currently no treatments for Covid 19 other than supportive care. That means if you have a mild illness then try to care for yourself unless you get so ill that you feel that you need acute care in the hospital (things like oxygen, intubation, or mechanical ventilation). Going to a hospital for a mild illness will likely dramatically increase your risk of exposure to Covid 19.

The CDC has published guidelines for testing of Covid 19 if you feel that you may have the virus. If you believe that you are ill, then please self-quarantine yourself to avoid infecting others.

What you can do to help protect yourself:

Wash your hands and try to avoid unnecessary facial contact. If you are ill wear a mask but realize wearing a mask does not protect you from other people. Sneeze or cough into the inside of your elbow. As much as possible, avoid other people that are sneezing and coughing or obviously ill.

Try to eat well and avoid eating only heavily processed foods – try and keep the nutrient levels high. Stay hydrated with water and electrolyte containing healthy drinks (not lots of soda and other sugary drinks). Consider adding fermented foods or things with probiotics to your diet in order to help keep your gut bacteria healthy.

Try and get some aerobic exercise each day. Home based stretching, yoga, or other isometric forms of exercise keep the body healthy. There are many online videos available to help you with the process.

Try to get outside in the sunshine as much as you can. Sitting or walking outside in a yard or on a deck is felt to boost immunity. Maintain social distancing as able.

Keep your mind distracted by entertaining hobbies or things like practicing an instrument, painting, or enjoying music. Think about having this down time as a “bonus” to enjoy some things you may not typically have time for. Do not to simply scroll through social media channels or watch non-stop news channels. This will only make you feel worse.

This is going to be a bit of a marathon. We are all in this together. Keep in mind the long game and pace yourself and reserve mental energy to fight this battle over the next 2-3 months. The problem is likely not going away really soon.

Daily meditation or mindfulness has been clearly shown to improve things. Use an app or online program to practice 15-30m of mindfulness each day. Wellbrain, Healthjourneys.com, Headspace, Heartmath, and Calm are all good options to explore. A brief gratitude mantra or prayer before bed will help with nighttime insomnia and anxiety. PMC does monitor mental health for many of our patients ongoing using the BHI program.

Do not be surprised if pain and perceived suffering feels worse over the next 2-3 months. Additional stress and anxiety and alterations in daily routines have all been shown to increase the underlying pain related symptoms that our patients experience. Realize that as things calm down you will probably start feeling better again.

Some supplements could be helpful, but this has not been subject to rigorous clinical studies. NOW brand or another reputable Turmeric or Curcumin product, Garlic tablets, "Wellness Formula", or "Host Defense Stamets 7" could be potentially helpful to bolster the immune system. Consider 1 tabs 2-3 times a day of one or all of them. They will not likely interfere with your other medications.

We have 2 IM injections available at PMC that have been clinically shown to facilitate an immune response against potential infections. A combination of B12 and B complex as well as a naturopathic medication Engystol can be provided to you today if you are interested. Insurance will sometimes cover the B injections. They do not cover the Engystol injection, but the cost is relatively low at 40.00.

Due to the state of emergency imposed by the president, we may have the option to provide telemedicine services to you for things that don't require you to be seen in person. This is still considered a medical visit and you are still responsible for co-pays or out of pocket portions. Please let us know if you are interested in this option when available.

We want to be a good resource for you. We are learning day by day and trying to help our patients as much as we are able. Please feel free to ask us questions and we will try and provide you with any answers or thoughts that we may have.

For more information:

www.cdc.gov/coronavirus