



Health Watch USAsm Newsletter

<https://www.healthwatchusa.org> Apr. 1, 2023

Member of the National Quality Forum & designated "Community Leader" for Value-Driven Healthcare by the U.S. Dept. of Health and Human Services

Activity for the Month of Mar. Health Watch USAsm:

- 3 Articles/op-eds regarding COVID-19.
- 1 Presentation (PACCARB).

Information Regarding Health Watch USAsm Sept. 14th, 2022 COVID-19 Conference - Frontline Worker Safety: <https://healthconference.org>

Health Watch USAsm 2022 Activities Report:

<https://www.healthwatchusa.org/HWUSA-Officers/20221231-HWUSA-Report-2022-2.pdf>

Health Watch USAsm 2021 Activities Report:

<https://www.healthwatchusa.org/HWUSA-Officers/20211231-HWUSA-Report-2021.pdf>

Health Watch USAsm 2020 Activities Report:

<https://www.healthwatchusa.org/HWUSA-Officers/20201231-HWUSA-Report-2020.pdf>

Health Watch USAsm - News Articles & OpEds



Industry Voices—Amid a return to normalcy, COVID remains a threat.

Raising interest rates will not cure the bird flu, nor will it cure COVID. The infections have a lasting negative impact on our workforce, shackling our healthcare system with chronically sick long COVID patients with far too few healthcare staff to service them. Banks are collapsing; our economy is obviously not overheating. Our current economic strategy is like telling someone to run with a broken leg and work through the pain. **References** Fierce Healthcare. Mar. 27, 2023. <https://www.fiercehealthcare.com/providers/commentary-we-may-be-done-tracking-covid-19-its-not-done-attacking-us>



Addressing COVID-19 Misinformation:

What the Experts Got Right—and Wrong

Information presented at this week's Congressional Committee needs a much deeper evaluation and consideration. The Cochrane Masking study may even vindicate the federal government's initial COVID-19 response.

Type of environment	Week 46	Week 47	Week 48	Week 49	Week 50
Places of Work	45	52	47	39	39
Nursery School	17	35	27	30	28
Elementary Schools	17	35	27	30	90
Grammar School	34	36	27	20	23
College	3	5	7	7	3
Junior Sports	2	0	0	2	2
Leisure Junior	0	0	0	0	0
Sports Senior	11	10	7	4	1
Leisure Senior	2	1	0	1	0
Spread of infection within societies	1	1	4	3	9
Spread of infection between parties	2	1	1	0	0
Religious gatherings	0	3	2	0	1
Other environments	1	9	5	2	3
Total number of outbreaks	135	214	208	207	199
Number of Reporting Infection Control Units	12	14	12	12	13

Natural Immunity Is Superior to Vaccinated Immunity.

This is a self-fulfilling prophecy. Early on, it was stated that if the virus continued to spread, it would mutate, and the vaccine would become less effective. This has happened with the help of many individuals who discouraged adopting public health strategies.

Prior to the Delta variant, the vaccine had the edge; afterward, the vaccine's efficacy diminished. However, neither type of immunity is adequate, and whether infected or vaccinated, your immunity will wane, and a booster is beneficial to obtain hybrid immunity.

Masks Prevent COVID-19 Transmission.

One of the main problems is that the Cochrane study relies heavily on research evaluating the seasonal flu, a virus that is NOT felt to spread primarily by the airborne route. For the seasonal flu, masking will not stop its major route of transmission. For SARS-CoV-2, which is airborne, cloth masks and even surgical masks will not provide optimal protection. Well-fitted N95

masks will provide the greatest protection.

School Closures Reduce COVID-19 Transmission

Abundant evidence exists that children can spread COVID-19. The Public Health Agency of Sweden's Weekly Report #50 states: "(translated) among the environments for the public (excluding health care) was primary school, the environment from which the most outbreaks were reported in week 50..." (Total outbreaks 199, Nursery Schools 39, Elementary Schools 90, Grammar Schools 23, Workplace 39, High Schools were closed.)

See Figure -- COVID-19 Outbreaks in Non-Healthcare Settings in Sweden during 2020

<https://www.folkhalsomyndigheten.se/globalassets/statistik-uppfoljning/smittsamma-sjukdomar/veckorapporter-covid-19/2020/veckorapport-covid-19-v50-final.pdf> **References** Infection Control Today. March 3, 2023. <https://www.infectioncontroltoday.com/view/addressing-covid-19-misinformation-what-experts-got-right-wrong>

COVID-19: Study Suggests Long-term Damage to Immune System

NIH News Release: "...findings suggest that SARS-CoV-2 infection damages the CD8+ T cell response, an effect akin to that observed in earlier studies showing long-term damage to the immune system after infection with viruses such as hepatitis C or HIV." These findings mirror those reported by Jacob Files, PhD, et. al., who stated, "Overall, expression of these activation and exhaustion markers indicated more severe immune dysregulation of CD8+ T cells in the hospitalized group." And they found that "CD8 T cell expression of exhaustion markers increased in nonhospitalized individuals over time...." We can choose to declare the pandemic over, but SARS-CoV-2 is deaf to these pronouncements. Hopefully, the dysfunction will be temporary and progressive in most individuals. However, just the possibility makes avoiding COVID-19 infections paramount, and we must keep our immunity as high as possible. Infection Control Today. March 21, 2023. <https://www.infectioncontroltoday.com/view/covid-19-study-suggests-long-term-damage-immune-system>

FDA Authorized Pfizer's COVID-19 Bivalent Vaccine for 6 Months to 4 Years

Kevin Kavanagh, MD, Founder and Board Chairman of Health Watch USA, and Infection Control Today®'s

<https://www.infectioncontroltoday.com/view/fda-authorized-pfizer-s-covid-19-bivalent-vaccine-6-months-4-years>

[illegible]

Daniel Perez, PhD discusses avian influenza viruses. Some, such as the H5N1 are highly pathogenic and have low infectivity in humans while others have low pathogenicity such as the H9N2 virus but are highly infectious in humans. Even though the H5N1 has caused a massive avian pandemic, there are relatively

Several lessons can be learned regarding our current pandemic.

- Health Watch USAsm meeting March 15, 2023. <https://youtu.be/O0Fj95cECcE>

Comment Regarding Household Transmission of Influenza A Viruses in 2021-2022

I found the magnitude of the increase in influenza infections to be surprisingly high and not supportive of the Immune Debt hypothesis. The authors observed a 150% increase in transmission. This is far greater than a theoretical Immune Debt caused by a 1 year lack of exposure to influenza. According to the CDC, the average number of symptomatic influenza cases each year approximates 10% of our population. Thus, one should also consider the possibility of Post COVID-19 Immunodysfunction or hypofunction. JAMA Network. Mar. 1, 2023. <https://jamanetwork.com/journals/jama/fullarticle/2800976>

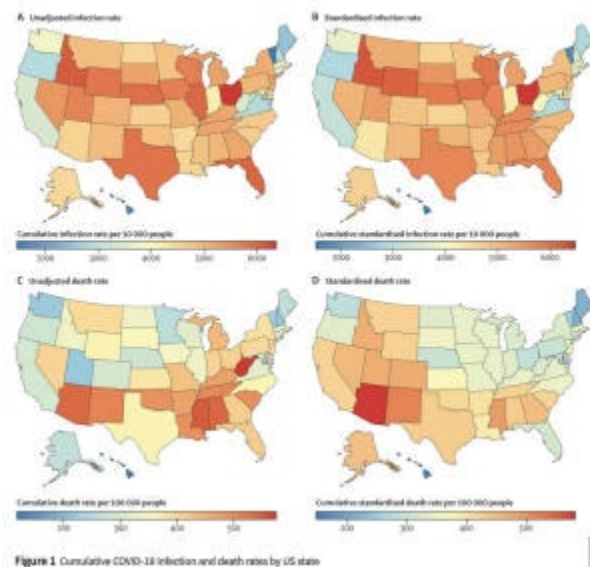
Health Watch USAsm - Articles of Interest



'Live free and die?' The sad state of U.S. life expectancy

"Across the lifespan, and across every demographic group, Americans die at younger ages than their counterparts in other wealthy nations. How could this happen? In a country that prides itself on scientific excellence and innovation, and spends an incredible amount of money on health care, the population keeps dying at younger and younger ages." STAT:

<https://www.npr.org/sections/health-shots/2023/03/25/1164819944/live-free-and-die-the-sad-state-of-u-s-life-expectancy>



Assessing COVID-19 pandemic policies and behaviours and their economic and educational trade-offs across US states from Jan. 1, 2020, to July 31, 2022: an observational analysis

"Assessing "The political affiliation of the state governor was not associated with lower SARS-CoV-2 infection or COVID-19 death rates, but worse COVID-19 outcomes were associated with the proportion of a state's voters who voted for the 2020 Republican presidential candidate. State governments' uses of protective mandates were associated with lower infection rates, as were mask use, lower mobility, and higher vaccination rate, while vaccination rates were associated with lower death rates."

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(23\)00461-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(23)00461-0/fulltext)

The New Crisis of Increasing All-Cause Mortality in US Children and Adolescents

"Between 2019 and 2020, the all-cause mortality rate for ages 1 to 19 years increased by 10.7%, and it increased by an additional 8.3% between 2020 and 2021" JAMA Network

<https://jamanetwork.com/journals/jama/fullarticle/2802602>

NIH News Release: SARS-CoV-2 Infection Weakens Immune-Cell Response to Vaccination

NIH-Funded Study Suggests Need to Boost CD8+ T Cell Response After Infection

"Taken together, the investigators write, these findings suggest that SARS-CoV-2 infection damages the CD8+ T cell response, an effect akin to that observed in earlier studies showing long-term damage to the immune system after infection with viruses such as hepatitis C or HIV." <https://www.niaid.nih.gov/news-events/sars-cov-2-infection-weakens-immune-cell-response-vaccination>

The following two articles report further spread of the Bird Flu to mammals. Jumping to humans is viewed by many to be all but inevitable.

1. Explosion of sea lion deaths in Peru & Foxes in France amid deadly bird flu outbreak

"Thousands of sea lions have died in Peru amid an outbreak of bird flu, according to Peru's National Service of Protected Areas by the State (SERNANP). SERNANP has now reported at least 63,000 dead birds due to the virus, as well as a rising number of deaths in other species. At least 3,487 sea lions have been found dead due to the virus, according to the agency – over 3% of Peru's sea lion population. It has also recorded five fur seal deaths linked to the bird flu.---the risk to humans remains low but added, 'we cannot assume that will remain the case.' "

<https://www.cnn.com/2023/03/06/americas/bird-flu-sea-lion-deaths-peru-intl-latam/index.html>

2. France reports bird flu outbreak in foxes near Paris, WOAHA says

"PARIS, March 7 (Reuters) - France reported an outbreak of highly pathogenic bird flu among red foxes northeast of Paris, the World Organisation for Animal Health (WOAH) said on Tuesday, as a spread of the virus to mammals is raising concern globally." <https://www.reuters.com/business/healthcare-pharmaceuticals/france-reports-bird-flu-outbreak-foxes-near-paris-woah-says-2023-03-07/>

What's Behind Losses At Large Nonprofit Health Systems

"Several academic studies, based on publicly available information, found that federal financial assistance to hospitals has offset the operating loss caused by the pandemic, and hospitals' overall profit margin remained largely unchanged in 2020 and early 2021 as compared to 2019" Similar to many retirement accounts that lost value in 2022, large health systems with exposed investment assets have not been immune to these broader impacts, which constitute the main driver for their financial strains. Wall Street losses should not impact private payers' and taxpayers' payments to hospitals. Asking these constituents to foot the bill for hospitals' investment losses not only lacks justification but will insulate hospitals from the consequences of their investment decisions, motivating less fiscally responsible behavior in the future.

<https://www.healthaffairs.org/content/forefront/s-behind-losses-large-nonprofit-health-systems>

Analysis by the Economist. White Paper: Understanding the economic consequences of the covid-19 pandemic

Countries characterised by both high infection rates and high productivity levels are likely to experience the greatest economic losses. Without measures in place to suppress infection rates, SARS-CoV-2 infection could continue to have substantial impacts on economies. Measures to reduce the severity of illness caused by the infection can play an important role in minimising the economic consequences across all countries, but particularly those with higher infection rates. "For a reference country characterised by high infection rates and high productivity levels, this analysis forecasts potential GDP losses in 2025 between 0.76% in the base case scenario and almost 1% in a pessimistic scenario. In a country the size of the UK, this could imply a loss of up to US\$ 25bn. Comparatively, a reference country with low infection rates and

productivity levels might lose between 0.019% to 0.023% of its GDP (around US\$ 1bn for an economy the size of the UK)." <https://impact.economist.com/perspectives/economic-development/understanding-economic-consequences-covid-19-pandemic>

Elderly and vulnerable to be offered spring Covid booster jab

(This article supports Health Watch USA's concerns regarding the need for a booster schedule sooner than once every 12 months in high risk individuals.) <https://www.infectioncontroltoday.com/view/how-soon-is-another-booster-needed-durability-vaccine-induced-immunity>)

The Independent: "People aged 75 and over will be offered a vaccination, along with care home residents and anyone aged five and over who is immunosuppressed. People will be offered the vaccine around six months after their previous dose, with the booster campaign in England running from April 17 to June 30. Dr Mary Ramsay, head of immunisation at the UK Health Security Agency, said: "Covid-19 is still circulating widely, and we have recently seen increases in older people being hospitalised."
<https://www.independent.co.uk/news/uk/people-covid-moderna-pfizer-mary-b2295673.html>

New research is being presented at the Annual Meeting of the American Academy of Neurology which observes CNS atrophy in COVID-19 patients with anxiety and depression.

The MRI Analysis of 300 Subjects Revealed Grey Matter Atrophy of the Frontal Lobe and Limbic System in Four SARS-CoV-2 Strains

Conclusion: "Despite the mild acute infection, all four groups presented GMA of the anterior cingula and ventromedial frontal area, suggesting similarities in neurotropism, cerebral injury, and physiopathology. Additionally, different strains showed individual variations of GMA. The atrophy of the limbic system and frontal lobes may be somehow associated with the highly prevalent neuropsychiatric symptoms (dysexecutive syndrome, depression, and anxiety) in the post-COVID syndrome. Further analyses are necessary to correlate brain atrophy with neuropsychiatric dysfunction and eventually provide therapeutic targets." <https://index.miramart.com/aan2023/PDFfiles/AAN2023-002787.html>

Interesting Allegations from the CENTER of Media and Democracy and The Lever Regarding the American Institute for Economic Research (AIER), Great Barrington Declaration and Brownstone Institute..

How The Koch Network Hijacked The War On COVID

"All three co-authors (of the Great Barrington Declaration) are also now affiliated with the Brownstone Institute for Social and Economic Research, an Austin, Texas-based nonprofit founded by former AIER editorial director Jeffrey Tucker in May 2021 to prevent "the recurrence of lockdowns." Bhattacharya serves as the organization's senior scholar, Kulldorff is a senior scientific director, and Gupta is an author." <https://www.levernews.com/how-the-koch-network-hijacked-the-war-on-covid/>

Report shows Australia's excess mortality rate has risen to levels not seen since World War II

A troubling new study released this week has shown Australia is experiencing its highest excess mortality rates in over 80 years. According to the Actuaries Institute, there was a 12 per cent increase in excess

deaths in 2022. Of the additional 20,000 deaths, 10,300 were attributed to Covid-19 — with another 2,900 deaths where the virus was a contributing factor, <https://www.news.com.au/lifestyle/health/health-problems/report-shows-australias-excess-mortality-rate-has-risen-to-levels-not-seen-since-world-war-ii/news-story/2f86a5483b9ae8363fc80082ae95ba3d>

Long COVID Takes Toll on Already Stretched Healthcare Workforce

"The impact of long COVID – and its sometimes-disabling symptoms that can persist for more than a year -- has worsened health care's already severe workforce shortage." "The system has lost 20% of its workforce over the course of the pandemic, with hospital understaffing at hospitals resulting in burnout and fatigue among frontline medical professionals, according to the U.S. Bureau of Labor Statistics."

<https://www.medscape.com/viewarticle/989147?src=FYE>

Indoor air surveillance and factors associated with respiratory pathogen detection in community settings in Belgium

(Recent article in Nature Communications on the importance of air ventilation. It is evident that portable CO2 monitors are important in assuring a safe indoor environment.) "On average, 3.9 pathogens were positive per sample and 85.3% of samples tested positive for at least one. High CO2 and low natural ventilation were independent risk factors for detection. The odds ratio for detection was 1.09 (95% CI 1.03–1.15) per 100 parts per million (ppm) increase in CO2, and 0.88 (95% CI 0.80–0.97) per stepwise increase in natural ventilation (on a Likert scale). CO2 concentration and portable air filtration were independently associated with pathogen concentration. Each 100 ppm increase in CO2 was associated with a qPCR Ct value decrease of 0.08 (95% CI –0.12 to –0.04), and portable air filtration with a 0.58 (95% CI 0.25–0.91) increase." [https://www.nature.com/articles/s41467-023-36986-](https://www.nature.com/articles/s41467-023-36986-z)

[z](https://www.nature.com/articles/s41467-023-36986-z)

Sept. 14th, 2022 Health Watch USAsm Webinar

Frontline Workers: A Global Perspective



**Frontline Worker Safety in the
Age of COVID-19**
Health Watch USAsm

Speakers Included:



Past Surgeon General Joycelyn Elders, MD

– Introduction [View Video](#)



Professor Lidia Morawska, PhD, MSc. "Airborne infection transmission & Impact on Frontline Workers" Time Mag. Top 100 Most influential persons in the World for 2021. (Australia) [View Video](#)



Ambassador Deborah Birx, MD "COVID-19 USA - Lessons and new tools to improve workplace safety". Past White House Coordinator Coronavirus Response (USA) [View Video](#)



Professor Nele Brusselaers, MD, PhD "Evaluation of science advice during the COVID-19 pandemic in Sweden" (Sweden) View Video



Ziyad Al-Aly, MD "An Overview of Long COVID" (USA) View Video

Continuing Education Currently Available Online

Enduring materials are online and have been approved for 6 credit hours of Category I AMA Continuing Education and ANCC nursing credits for 6 hours. In addition, 6 hours of continuing education is provided for Physical Therapy, Respiratory Therapy, and Dentistry. 7.2 hours of continuing education is provided through the Kentucky Board of Nursing. Radiology has been approved for 5.5 hrs. Credits are pending for Occupational Therapy.

More information at <https://healthconference.org> There is no charge for continuing education credit hours. **For more information go to:** <https://healthconference.org>

=====

To subscribe to Health Watch USAsm

newsletter go to:

<https://healthwatchusa2016.hosted.phplist.com/lists/?p=subscribe&id=1>



Visit and "Like" Health Watch USAsm Facebook Page at:

<https://www.facebook.com/HealthWatchUsa>

