



# Health Watch USA<sup>sm</sup> Newsletter

<https://www.healthwatchusa.org> May. 1, 2024

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 Nov. Health Watch USA<sup>sm</sup>:**

- 1 Articles/Op-Ed regarding COVID-19.
- 1 Presentation.
- 2023 HW USA Conference Videos are Available.

**Information Regarding Health Watch USA<sup>sm</sup> Nov. 1st, 2023: Long COVID's Impact on Patients, Workers & Society:** <https://healthconference.org>

## **Health Watch USA<sup>sm</sup> 2023 Activities Report:**

<https://www.healthwatchusa.org/HWUSA-Officers/20231231-HWUSA-Report-2023.pdf>

## **Health Watch USA<sup>sm</sup> 2022 Activities Report:**

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

## **Health Watch USA<sup>sm</sup> 2021 Activities Report:**

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

## **Health Watch USA<sup>sm</sup> 2020 Activities Report:**

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

## **Nov. 1st, 2023, Health Watch USA<sup>sm</sup> Webinar**



**Long COVID's  
Impact on  
Patients, Workers &  
Society  
Health Watch USA<sup>sm</sup>**

**Speaker Presentation Videos and PowerPoints Can Be Viewed**

**At: <https://healthconference.org>**

**To take the continuing education course (no charges apply) go**

**to: <https://sokyahec.thinkific.com/courses/longcovidimpact>**

# Health Watch USA<sup>sm</sup> - Peer-Reviewed Publications, News Articles & OpEds



## Long COVID's Impact on Patients, Workers, & Society: A review

**Abstract:** The incidence of long COVID in adult survivors of an acute SARS-CoV-2 infection is approximately 11%. Of those afflicted, 26% have difficulty with day-to-day activities. The majority of long COVID cases occur after mild or asymptomatic acute infection. Children can spread SARS-CoV-2 infections and can also develop long-term neurological, endocrine (type I diabetes), and immunological sequelae. Immunological hypofunction is exemplified by the recent large outbreaks of respiratory syncytial virus and streptococcal infections. Neurological manifestations are associated with anatomical brain damage demonstrated on brain scans and autopsy studies. The prefrontal cortex is particularly susceptible. Common symptoms include brain fog, memory loss, executive dysfunction, and personality changes. The impact

on society has been profound. Fewer than half of previously employed adults who develop long COVID are working full-time, and 42% of patients reported food insecurity and 20% reported difficulties paying rent. Vaccination not only helps prevent severe COVID-19, but numerous studies have found beneficial effects in preventing and mitigating long COVID. There is also evidence that vaccination after an acute infection can lessen the symptoms of long COVID. Physical and occupational therapy can also help patients regain function, but the approach must be "low and slow." Too much physical or mental activity can result in post-exertional malaise and set back the recovery process by days or weeks. The complexity of long COVID presentations coupled with rampant organized disinformation, have caused significant segments of the public to ignore sound public health advice. Further research is needed regarding treatment and effective public communication. Proceedings from Health Watch USA 2023 Webinar. Medicine. Mar. 20, 2024. Download Article: [https://journals.lww.com/md-journal/fulltext/2024/03220/long\\_covid\\_s\\_impact\\_on\\_patients\\_workers\\_.50.aspx](https://journals.lww.com/md-journal/fulltext/2024/03220/long_covid_s_impact_on_patients_workers_.50.aspx)



## Understanding the Impact of COVID-19 on Personality and Brain Function: A Grim Reality or a Wake-Up Call?

"Opinion: A summary of studies on how COVID-19 may damage the brain's frontal lobes, alter

personality traits and cognitive functions, and potentially reshape society's dynamics. A nightmare scenario would be if mankind were targeted by a pathogen that attacks our frontal lobes and changes our personalities, making us less likely to get along, reach a consensus, and understand others' points of view. Such a pathogen could bring an end to society as we know it. Unfortunately, the nightmare may be real and taking shape in SARS-CoV-2, the virus that causes COVID-19. [References](#) Infection Control Today. April 30, 2024.

<https://www.infectioncontroltoday.com/view/understanding-impact-covid-19-personality-brain-function-grim-reality-wake-up-call->

## Health Watch USAsm - Meetings



### Impacts of COVID-19 in Pathology and Cancer Care

Dr. Kaitlin Sundling, MD, PhD discusses the impact of COVID-19 on cancer patients and needed precautions the healthcare system needs to adopt to augment the safety of immunocompromised patients. A comprehensive listing of topics and discussions are listed in the timeline below.

Health Watch USAsm meeting, April 14, 2024. [https://youtu.be/LLN7jB\\_Vwrk](https://youtu.be/LLN7jB_Vwrk)

### Timeline

02:00 Pap test a public health success story.br /> 04:31 Decrease in cancer screening during the pandemic.  
05:54 Recommended time for initial HPV primary screening.  
07:46 Impact of COVID-19 on cancer screening.  
09:18 Parallels between COVID-19 antivax movement and HPV vaccination adoption.  
12:06 Other Viruses which can cause cancer (HPB, HBV, EBV, HIV, HHV-8, HTLV-1, Merkel cell Polyomavirus).  
13:14 COVID-19's lung damage pathology.  
15:02 Pathology examples of COVID-19's multi-system organ damage.  
15:39 Long-term impact of COVID-19 on cancer risks is not known.  
16:53 Many forms of Long COVID.  
17:38 How can cancer patients decrease the chances of catching COVID-19?  
19:27 Healthcare facilities and providers need to implement strategies to protect high-risk patients.  
20:24 COVID-19 vaccination of cancer patients.  
21:07 Cancer increases the risk of COVID-19.  
22:15 Expert disagreement with the CDC's relaxation of COVID-19 preventive strategies.  
23:11 Misinformation similarities with COVID-19 and cancer.  
24:21 Impact of COVID-19 on pathology practices and resident training, along with mitigation

strategies.

26:51 Need for multi-layered COVID protections and virtual options in medical training and conferences.

28:06 Impact of artificial intelligence on pathological practices.

30:37 Dr. Rudolf Virchow: An old but new approach to medicine.

331:38 References and Resources



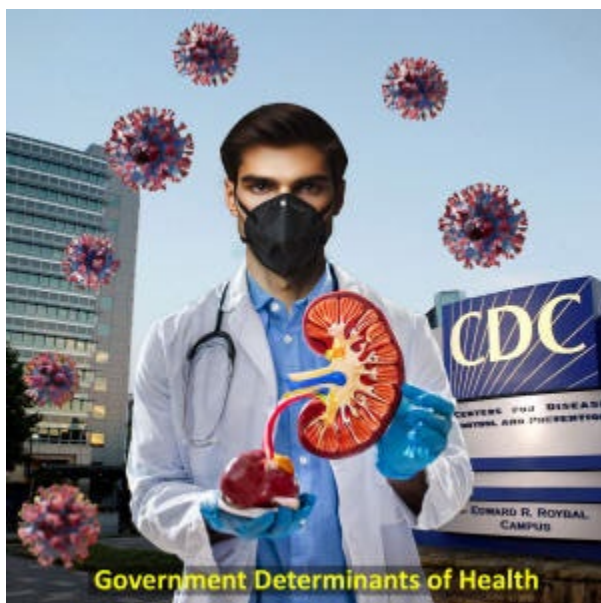
Upcoming Meetings - Save the date

**May 15, 2024 - 7 PM EST:** Dr. Jacqueline Helcer Becker, Ph.D. Overview of the Impacts of Long COVID on Behavioral Health. Cognitive and Psychiatric Symptoms and Potential Mechanisms.

**June 19, 2024: 12:00 Noon EST:** Dr. Jonathan Fluxman, COVID-19 Safety and the United Kingdom's COVID-19 Inquiry.

**Space is limited. To attend any of these meetings, send an email to [kavanagh.ent@gmail.com](mailto:kavanagh.ent@gmail.com)**

## Health Watch USA<sup>sm</sup> - Initiatives



### **HHS and CDC Omission Labeled a Government Determinant of Health** **Serious Questions Build Over Inconsistent HHS Approach to Kidney Health**

"AAKP is calling out CDC leadership, as well as appointed leaders at the U.S. Department of Health and Human Services (HHS), for their failure to specifically highlight the documented, higher risks of severe COVID illness, hospitalization, and death among immunosuppressed kidney transplant recipients and immunocompromised chronic kidney disease (CKD) and dialysis patients. The unique vulnerabilities of kidney patients, who often manage multiple co-morbidities including



diabetes and hypertension, were not specifically mentioned during the CDC's March 1st policy announcement, despite AAKP's request these concerns not be ignored." Read Full News Release - AAKP:

[https://www.healthwatchusa.org/HWUSA-Initiatives/PDF-Downloads/20240307-AAKP\\_Press\\_Release\\_NewCDC\\_Respiratory\\_Guidance\\_Ignores\\_Kidney\\_Patient\\_Concerns.pdf](https://www.healthwatchusa.org/HWUSA-Initiatives/PDF-Downloads/20240307-AAKP_Press_Release_NewCDC_Respiratory_Guidance_Ignores_Kidney_Patient_Concerns.pdf)

## Health Watch USA<sup>sm</sup> - Articles of Interest



### **Monica Bertagnolli, MD. Here is what she has to say about viral persistence and long COVID.**

(HW USA: Very interesting interview with the new head of the NIH, Monica Bertagnolli, MD.)

Monica Bertagnolli: U.S. 'Ready' for Next Pandemic Threat

— We are going to be as ready as any government or organization could possibly be, says NIH leader

Jermey Faust (MedPage Today Editor): I just want to follow up on something you said a moment ago about where this virus can be found in tissues. Are you suggesting that long COVID is

actually, the mechanism of that, is persistent live virus in humans?

Bertagnolli: We see evidence of persistent live virus in humans in various tissue reservoirs, including surrounding nerves, the brain, the GI [gastrointestinal] tract, to the lung.

Faust: OK. And you're saying this goes beyond the PCR's [polymerase chain reaction test] ability to get it in a regular swab so that we are missing chronic cases of SARS-CoV-2?

Bertagnolli: Correct. The virus can persist in tissues for months, perhaps even years.

Faust: OK. I think that's certainly one theory, but I'm not sure that that's settled. Is that fair? I mean, there's one thing between people who are autopsy, they died of viral sepsis, as opposed to people walking around. Is there a distinction there?

Bertagnolli: Our emerging data shows that the virus can persist into tissues in the long term, and I think that's really critical because it does help us think about possible ways to combat it, one being better antivirals. I think there's a lot of focus on developing new antivirals as a possible way

of preventing long COVID, and the other might be more aggressive treatment with antiviral therapy upon initial diagnosis.

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<https://www.medpagetoday.com/opinion/faustfiles/109672>

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### **Most surgical infections have been observed from bacteria already on the patient's skin before surgery.**

Contribution of the patient microbiome to surgical site infection and antibiotic prophylaxis failure in spine surgery

"Despite enhanced sterility procedures, surgical site infections can still occur after surgery. To examine why, Long et al. compared the microbes found in surgical site infections with the endogenous microbiome at the to-be surgical location of those same patients before spine surgery. Genomic analysis of these pre- and postoperative strains showed no evidence of between-patient pathogen transfer. Rather, for most individuals, the bacteria responsible for the surgical site infection, along with any antibiotic resistance genes circumventing the chosen prophylactic antibiotic, were likely already present on the patient's own skin before the first incision. These findings suggest a need for alternative antiseptic strategies. —Catherine Charneski"

<https://www.science.org/doi/10.1126/scitranslmed.adk8222>

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### **They're young and athletic. They're also ill with a condition called POTS.**

"First described more than 150 years ago, the syndrome has proliferated since the coronavirus pandemic. Before 2020, 1 million to 3 million people suffered from POTS in the United States, researchers estimate. Precise numbers are difficult to come by because the condition encompasses a spectrum of symptoms, and many people have still never heard of it. Recent studies suggest 2 to 14 percent of people infected with the coronavirus may go on to develop POTS."

<https://www.washingtonpost.com/health/2024/04/10/pots-medical-condition-athletes-covid-pandemic/>

### **1 in 5 US retail milk samples test positive for H5N1 avian flu fragments**

<https://www.cidrap.umn.edu/avian-influenza-bird-flu/1-5-us-retail-milk-samples-test-positive-h5n1-avian-flu-fragments>

### **US to test ground beef in states with bird-flu outbreaks in dairy cows**

CHICAGO, April 29 (Reuters) - "The U.S. government said on Monday it is collecting samples of ground beef at retail stores in states with outbreaks of bird flu in dairy cows for testing, but remains confident the meat supply is safe. Federal officials are seeking to verify the safety of milk and meat after confirming the H5N1 virus in 34 dairy cattle herds in nine states since late March, and in one person in Texas. Both the U.S. Centers for Disease Control and Prevention and the World Health Organization have said the overall public health risk is low, but is higher for those with exposure to infected animals."

<https://www.reuters.com/business/healthcare-pharmaceuticals/usda-test-ground-beef-us-states-with-outbreaks-bird-flu-dairy-cows-2024-04-29/>

### **H5N1 strain of bird flu found in raw milk from infected animals: WHO**

"GENEVA: The H5N1 bird flu virus strain has been detected in very high concentrations in raw milk from infected animals, the WHO said on Friday (Apr 19), though how long the virus can survive in milk is unknown. Avian influenza A (H5N1) first emerged in 1996 but since 2020, the number of outbreaks in birds has grown exponentially, alongside an increase in the number of infected mammals." <https://www.channelnewsasia.com/world/h5n1-strain-bird-flu-found-raw-milk-infected-animals-who-4278491>

### **In Reversal, Expert Panel Recommends Breast Cancer Screening at 40**

"Some researchers said the advice did not go far enough. The panel also declined to recommend extra scans for women with dense breast tissue. Citing rising breast cancer rates in young women, an expert panel on Tuesday recommended starting regular mammography screening at age 40, reversing longstanding and controversial guidance that most women wait until 50. The panel, the U.S. Preventive Services Task Force, finalized a draft recommendation made public last year. The group issues influential advice on preventive health, and its recommendations usually are widely adopted in the United States. In 2009, the task force raised the age for starting routine mammograms to 50 from 40, sparking wide controversy."

<https://www.nytimes.com/2024/04/30/health/breast-cancer-mammography-ultrasound.html?smid=li-share>

### **Have people died from 'long covid'?**

"The deniers of vaccine harm have only two ways of addressing the excess death problem. They either deny that it exists or try to blame it on covid or 'long covid'. What the CDC have demonstrated here looks more like evidence of some people dying within weeks of infection rather than explaining large numbers dying months or years later."

<https://www.hartgroup.org/long-covid-deaths/>

### **Only One Harm From mRNA COVID Vaccines, Report Determines**

"Independent reviewers confirmed a causal relationship between the first mRNA COVID-19 vaccines and myocarditis, and also determined that, more broadly, intramuscular shots can cause a series of shoulder injuries. It is important to note, however, that identifying a harm does not

mean that it occurs frequently," she cautioned. "Harms associated with vaccines are rare." At the same time, the National Academies of Sciences, Engineering, and Medicine (NASEM) committee rejected a causal relationship between the Pfizer-BioNTech BNT162b2 and Moderna mRNA-1273 (Comirnaty and Spikevax, respectively) mRNA COVID vaccines and female infertility, Guillain-Barré syndrome, Bell's palsy, thrombosis with thrombocytopenia syndrome (TTS), and myocardial infarction. The evidence was also deemed enough to reject a causal link between the Pfizer vaccine and ischemic stroke. There was insufficient data to say the same for the Moderna one, however, according to a report commissioned by the Health Resources and Services Administration (HRSA), a subagency of the HHS."

<https://www.linkedin.com/in/kevin-kavanagh-268bbb35/recent-activity/all/>

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**Nov. 1st, 2023**  
**Health Watch**  
**USA<sup>sm</sup> Webinar**

## **Long COVID's Impact on Patients, Workers & Society**

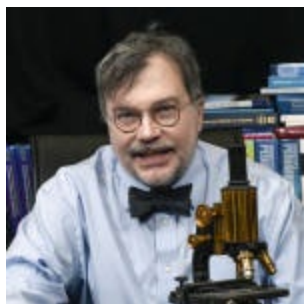
### **Health Watch USA<sup>sm</sup>**

**For More Information Go To:** <http://www.healthconference.org>

**Speakers for the Nov. 1st 2023 Webinar Include:**



**Ambassador Deborah Birx, MD** Past White House Coordinator Coronavirus Response (USA) "Impact of Long COVID on the United States".



**Peter J. Hotez, MD, PhD**, Dean of the National School of Tropical Medicine and Professor of Pediatrics and Molecular Virology & Microbiology at Baylor College of Medicine. will present on "Global Vaccines and Vaccinations: The Science vs The Anti-science." Dr Hotez will discuss the impact of developing new low cost and accessible vaccines for global health, including a recombinant protein COVID-19 "people's vaccine" now administered to more than 100 million adolescents and children in India and Indonesia. He will also discuss new trends in antivaccine sentiments in the US and an



escalating and globalizing antiscience empire.

**Additional Presenters:**

**1. Pam Belluck**, New York Times Reporter -- Presentation: "How Long COVID is affecting people's jobs and their needs at work."

**2. Eleni Iasonidou, MD**, Pediatrician, Founder of Long Covid Greece and a one of the very first Greek representatives to join Long Covid Kids. Presentation: "Long Covid and its impact on children."

**3. Georgios Pappas, MD, PhD**, Physician, Researcher and Advocate. Specializing on zoonoses and preparedness against deliberate and natural outbreaks/ epidemics – Presentation: "Combating Disinformation regarding COVID-19 and Long COVID."

**4. Jane Thomason, MSPH, CIH**, Industrial Hygienist, National Nurses United & California Nurses Association -- Presentation: "The impact of Long COVID on Nurses."

**5. Greg Vanichkachorn, MD, MPH**, Occupational and Aerospace Medicine, Mayo Clinic-- Presentation: "Symptoms, treatment and rehabilitation of patients with Long COVID."

**6. Dr. Wilmore Webley**, PhD, University of Massachusetts, -- Presentation: "The effectiveness of vaccines to prevent Long COVID."

**7. Brian T. Walitt, MD, MPH**, Clinician with the NIH's National Institute of Neurological Disorders and Stroke. -- Presentation: "Neuropsychiatric manifestations of Long COVID & Chronic Fatigue Syndrome."

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**Continuing Education Is Planned for Physicians, Nurses, Social Workers, Physical Therapists, Occupational Therapy, Dentistry and Respiratory Therapy. For More information Go To:**  
<http://www.healthconference.org>

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**Download last year's summary white paper from 2022  
Worker Safety Conference (Journal of Patient Safety):**  
[https://journals.lww.com/journalpatientsafety/Fulltext/9900/  
Frontline Worker Safety in the Age of COVID 19  
A.126.aspx](https://journals.lww.com/journalpatientsafety/Fulltext/9900/Frontline_Worker_Safety_in_the_Age_of_COVID_19_A.126.aspx)

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