



Health Watch USAsm Newsletter

<https://www.healthwatchusa.org> April 1, 2025

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 March Health Watch USAsm:

- 1 Continuing Education Course.
- 1 Presentation.
- 2 Articles
- 2023 HW USA Conference Videos are Available.

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

Health Watch USAsm 2023 Activities Report:

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

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 - Continuing Education



COVID-19
ENDEMIC IMPACT & RESPONSIBILITY

4 CME/CEU Credits
CME- Physicians, PA, NHA, NP
Kentucky Approved Credits 4 Hours: EMS, PT, Respiratory, Dentistry, and Kentucky Board of Nursing (4.8 credits Nursing)

COVID-19: Endemic Impact & Responsibility

Four credit hours for Physicians - Category I AMA Credits and four hours of corresponding Kentucky Board Accreditation, Physical Therapy, Respiratory, EMS, & Nursing (4.8 hrs.)

Course Objectives:

- To better diagnose and recognize the multiple presentations of Long COVID, including behavioral health implications.
- To be able discuss with patients the importance of preventing COVID-19 and other respiratory diseases.
- To combat patient misinformation regarding vaccines and the risks of COVID and Long COVID.
- To identify and reschedule patients who missed disease screenings during the pandemic.
- To discuss how COVID-19 is spread through the air by a continuum of particle sizes.

- To discuss with office staff and other health care professionals' strategies to prevent the spread of respiratory pathogens including use of N95 masks and improvement in indoor ventilation.
- To better discuss with patients the benefits and need for vaccinations.

Link to Course (Southern Kentucky AHEC)

<https://sokyahec.thinkific.com/courses/COVID-enduring>

Download Brochure: https://www.healthconference.org/healthconference.org-files/2024Conference_downloads/20240901-HWUSA_Brochure-AHEC.pdf

Health Watch USAsm - Articles & OpEds



DOGE won't save our Social Security money. COVID might. | Opinion

"So far DOGE says it has saved \$232 million. Although some are disputing this figure reporting it as low as a little over a half a million dollars. However, the real savior of Social Security dollars may well be COVID and all those who have promoted its spread. COVID alone has saved almost 1000 times more Social Security dollars than DOGE, an estimated \$205 billion. Pandemic mantras of "don't worry, be happy" appear to have evolved from an effort to motivate action in the face of adversity, to one of apathy and inaction regarding the disease." ... "Public comment is of utmost importance during the formulation of public health recommendations. Current plans to sideline this important voice should be

abandoned. Efforts to ban COVID-19 vaccines and prohibit health departments from promoting them will only expand the number of individuals afflicted with COVID-19 and long COVID. To mark COVID-19's five-year anniversary, we must take our heads out of the sand and stop approaching this pandemic by ignoring its impact. The virus has become endemic. This does not mean COVID-19 is at a safe level, only that we have failed in our eradication efforts." Courier Journal. March 11, 2025.

<https://www.courier-journal.com/story/opinion/contributors/2025/03/11/covid-19-deaths-social-security-doge-musk-vaccine/81412327007/?tbref=hp>

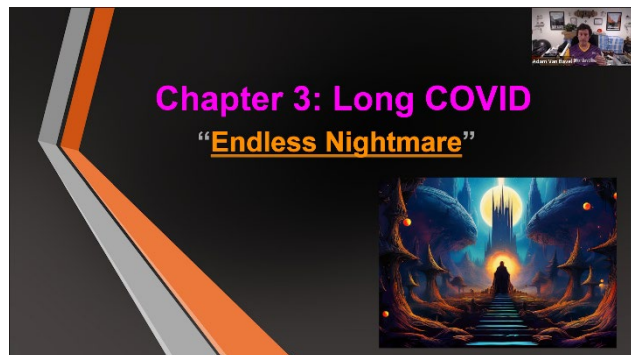


H5N1 Avian Flu Crisis: The Growing Threat to US Food Supply and Public Health

As of January 2025, there have been 67 reported human cases of H5N1 in the US and 1 death. However, confirmed cases of human-to-human spread have not yet been reported. Since January 2022, there have been 1490 bird outbreaks affecting over 150 million animals. Over the last year, there have also been 957 confirmed cases in cattle, with 736 cases in California. A rigorous response to the H5N1 threat is desperately needed. Unfortunately, surveillance for H5N1 is spotty at best and mainly focused on dairy cattle. The lack of a robust surveillance system and data has allowed many in the public and our leadership to ignore this pandemic. At a minimum, expanded testing and

enhanced reporting are needed to help secure our food industry. Few can comprehend or imagine what it was like to live in fear of infectious diseases before vaccines. However, if we do not develop a uniform, effective response to emerging pathogens, we will experience this horrible reality firsthand. We must follow the science that has demonstrated the effectiveness and safety of N95 masks, vaccines, and clean indoor air so we do not have to live through another pandemic. A pandemic that devastates not only our food supply but also risks our health and the foundations of our society. Infection Control Today. March 10, 2025. <https://www.infectioncontrolday.com/view/h5n1-avian-flu-crisis-growing-threat-us-food-supply-public-health>

Health Watch USAsm – Meetings



Utility of Bacteriophages to Combat Drug Resistant Bacteria

Below is an excellent detailed presentation from a Long COVID patient activist. The video is indexed so you can locate topics and watch it in stages.

The NIH agrees, Living with Long COVID is Living with Airborne AIDS

Adam Van Bavel, a long COVID patient activist, discusses his experiences with long COVID and the impact long COVID has on society, including chronic illness, and weakening our country's workforce. He presents a number of informative videos and reviews the literature regarding prognosis and the dearth of available treatments. Prevention is key, if you do not get COVID you will not get long COVID. Clean air is one of the keys to prevent spread and focusing on children and schools are of utmost importance since it has been observed that 70% of community spread starts in schools. Health Watch USAsm meeting Mar. 19, 2025.

You Tube Video: <https://youtu.be/O5vjxQY83QE>

- 00:00 Introduction
- 00:29 Preamble
- 01:15 Pre COVID
- 03:30 COVID-19 "Night Terrors"
- 06:25 Long COVID Hits "Endless Nightmare"
- 09:03 Social Media Advocacy - Linked In
- 10:15 Biomarkers of Long COVID
- 12:00 The many faces of Long COVID
- 14:09 Impact on Dependent Children
- 14:43 Impact on the Body
- 16:24 Biomarkers & Symptoms of Long COVID
- 17:05 Treatments prescribed and tired.
- 19:56 What is long COVID -- Similar to Airborne Aids?
- 22:09 There is No Long COVID without first getting COVID
 - Video from PACO.
- 24:14 Long COVID's Devastation of Adam Van Bavel
 - Health, Wealth, Identity, Gratitude
- 26:52 NIH Activist Protest for "Long COVID Kids, Long COVID AIDs, Biomarkers Now, & Antivirals Now"

32:08 Long COVID Suicide
34:04 The pandemic is not over.
36:11 Video regarding the dangers and persistence of COVID and Long COVID
38:52 Long-term disability from long COVID affecting our Society and Workforce
41:10 Shifting of normality of tests to normalize the decline in
Population Health
41:38 Car Accidents increasing because of COVID-19 Brain Damage. Car Insurance &
life insurance rates are increasing.
42:47 What we need now. Funding, Research, Prevention, Diagnostics, Cure
43:38 Indoor air quality - 70% of Community Transmission Starts in Schools
44:34 MIAQA - Maryland Indoor Air Quality Advocates
46:35 Resources



Upcoming Meetings:

-- **Apr. 16, 2025. 7 pm ET:** Christopher Shaffer.
Bacteriophages – A patient's story.

Space is limited. To attend future meetings, send
an email to kavanagh.ent@gmail.com

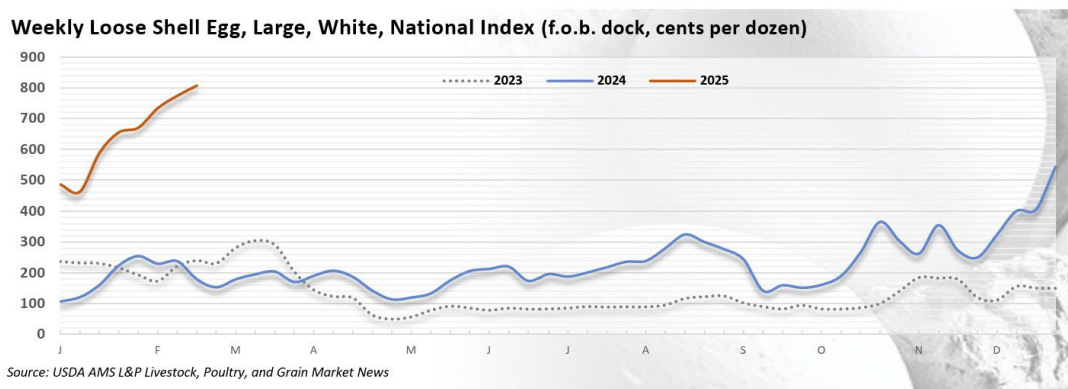
Health Watch USAsm – Articles of Interest



USDA Egg Markets Overview:

"The wholesale price on the New York market for formula trading of large cartoned shell eggs delivered to retailers rose \$0.24 to \$8.47 per dozen with a firm undertone. In the major Midwest production region, wholesale prices for large, white shell eggs delivered to warehouses increased \$0.28 to \$8.09 per dozen with a firm undertone while prices paid to producers for large cartoned shell eggs increased \$0.28 to \$7.92 per dozen. The California benchmark for large shell eggs rose \$0.05 to \$9.22 per dozen with a firm undertone. Delivered prices on the California-compliant wholesale loose egg market increased \$0.99 to \$9.68 per dozen with a higher undertone."

https://www.ams.usda.gov/mnreports/ams_3725.pdf



USDA rolls out \$1 billion plan to combat bird flu after egg prices rise

Agriculture Secretary Brooke Rollins said the new five-point plan would implement increased biosecurity measures for poultry farms to help reduce interactions between domestic flocks and wild birds, provide funding for farmers to quickly repopulate after having to cull infected flocks, remove some regulations, import eggs from other countries and research a vaccine.

<https://kentuckylandern.com/2025/02/26/repub/usda-rolls-out-1-billion-plan-to-combat-bird-flu-after-egg-prices-rise/>

It's time to worry about bird flu in cats

"Three pet owners whose cats got bird flu describe their symptoms and quick declines. As such cases mount, public health experts are warning about raw meat and raw milk."

"In the last four months, at least three pet food manufacturers have recalled batches containing raw poultry. The Food and Drug Administration in January warned manufacturers using uncooked meat to reassess their food safety plans in light of the recent cat illnesses and deaths. Other cats have been exposed to bird flu on dairy farms, likely from drinking raw milk from infected cows. And in some instances, outdoor cats have picked up the virus directly from dead birds. "

<https://www.nbcnews.com/health/bird-flu/bird-flu-in-cats-rcna198374>

Long COVID

This study underscores the need for treatment for long COVID. Once it develops, long term symptoms persist in the vast majority of patients.

Differences in Long COVID severity by duration of illness, symptom evolution, and vaccination: a longitudinal cohort study from the INSPIRE group

The overall rate of Long COVID resolution was less than 2% in our population, with a mean duration of over 2 years. We identified significantly worse physical and mental health outcomes among those with current Long COVID, while those with resolved Long COVID had worse physical and mental health outcomes than those who never had Long COVID.

[https://www.thelancet.com/journals/lanam/article/PIIS2667-193X\(25\)00036-5/fulltext](https://www.thelancet.com/journals/lanam/article/PIIS2667-193X(25)00036-5/fulltext)

Vaccines do not cause long COVID, Infections do:

Persistence in risk and effect of COVID-19 vaccination on long-term health consequences after SARS-CoV-2 infection

Nature Communications: "Completely vaccinated and patients with booster dose of vaccines did not incur significant higher risk of health consequences from 271 and 91 days of infection onwards, respectively, whilst un-vaccinated and incompletely vaccinated patients continued to incur a greater risk of clinical sequelae for up to a year following SARS-CoV-2 infection. This study provided real-world evidence supporting the effectiveness of COVID-19 vaccines in reducing the risk of long-term health consequences of SARS-CoV-2 infection and its persistence following infection."

<https://www.nature.com/articles/s41467-024-45953-1>

‘Something was wrong with my brain’: How covid leaves its mark on cognition

"In March 2020, Hannah Davis fell ill, and everything changed. Her respiratory symptoms were mild, but the neurological and cognitive fallout was frightening. "I could tell very early on that something was wrong with my brain," she said after getting sick with covid-19. And Davis had quantitative proof — her score for processing speed on a cognitive test dropped from the 96th percentile right before the pandemic to the 14th percentile after her coronavirus infection. Davis had been a prolific creator of art and music using machine learning. "I used to be someone who is thinking all the time, just had a constant flow of ideas," she said. "And that's entirely gone."

<https://www.msn.com/en-us/health/other/something-was-wrong-with-my-brain-how-covid-leaves-its-mark-on-cognition/ar-AA1BL2hU>

Kids keep getting sicker as evidence for COVID immune damage builds

As the press pushes "immunity debt" past the breaking point of believability, are parents ready to wake up to the illness crisis? <https://www.thegauntlet.news/p/kids-keep-getting-sicker-as-evidence>

COVID-19 Vaccination and Odds of Post–COVID-19 Condition Symptoms in Children Aged 5 to 17 Years

"Conclusions and Relevance: In this study, mRNA COVID-19 vaccination was associated with reduced odds of PCC in children. The aORs correspond to an estimated 57% and 73% reduced likelihood of 1 or more and 2 or more PCC symptoms, respectively, among vaccinated vs unvaccinated children. These findings suggest benefits of COVID-19 vaccination beyond those associated with protection against acute COVID-19 and may encourage increased pediatric uptake. "

https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2830556?mtm_source=25

Measles & RSV

US at risk of losing health designation it's had for 25 years

"A country will lose that elimination status once an outbreak extends longer than a year, he said. We recently came close to crossing that threshold, but barely avoided it.

"We've gone a quarter of a century with our measles elimination status," Moss said. "We almost lost that in 2019 when this large outbreak in New York state and New York City almost extended beyond 12 months. It was just shy of 12 months."

More than 1,200 measles cases were reported that year, largely in area without widespread vaccination, including Orthodox Jewish communities in New York.

So far this year, nearly 500 cases have been confirmed, and the number has been rising every week the Centers for Disease Control and Prevention announces its new tally." KTLA5

<https://ktla.com/news/health/us-at-risk-of-losing-health-designation-its-had-for-25-years/>

RSV jab slashes hospital admissions by 30% for older people, data suggests

"NHS England started rolling out the vaccine for respiratory syncytial virus a little over six months ago. The rollout of a vaccine for respiratory syncytial virus (RSV) has slashed hospital admissions by 30% among older people, according to early data. The benefits are likely to increase as more people take up the jab, according to the UK Health Security Agency (UKHSA). Experts also urged those eligible to get protected "as soon as possible". " <https://www.msn.com/en-gb/health/diseases-and-conditions/rsv-jab-slashes-hospital-admissions-by-30-for-older-people-data-suggests/ar-AA1BCYGx?ocid=BingNewsSerp>

Collapse of Public Health in the United States

RFK Jr. to gut vaccine promotion and HIV prevention office, sources say

"The entire staff of the federal government's Office of Infectious Disease and HIV/AIDS Policy is expected to be laid off, multiple federal health officials told CBS News Friday. The moves are part of a broader restructuring plan ordered by Health and Human Services Secretary Robert F. Kennedy Jr. that involves cutting 20,000 HHS positions. " <https://www.cbsnews.com/news/rfk-jr-to-gut-vaccine-promotion-and-hiv-prevention-office-sources-say/>

NIH cancels RECOVER grants for long COVID projects

"...Warburton's other study, which involved teens and young adults, was designed to look at the physiology of brain fog—a common phrase for cognitive difficulties that include memory and recall issues and tiredness—as well as learn what might cause the participants' inability to regulate their blood circulation. "The upshot is that these kids have trouble paying attention, staying in school, doing their homework," Warburton tells C&EN. "There's a major impact on their lifetime learnings due to long COVID. So we were going to try to figure out what the problem is." RECOVER funded both studies to the tune of about \$1 million each, Warburton says. He and his colleagues had already enrolled teenagers and performed tests, with statistical analyses to come later, hopefully shedding some light on the poorly understood condition."

<https://cen.acs.org/policy/research-funding/NIH-cancels-RECOVER-grants-long/103/web/2025/03>

Exclusive: NIH to cut grants for COVID research, documents reveal

" 'Boggles the mind': US (defense) department slashes research on emerging threats

“The crackdown on COVID-19 research comes as the NIH under US President Donald Trump has halted nearly 400 grants in the past month. An earlier version of the documents, obtained by Nature on 5 March, directed staff to identify and potentially cancel projects on transgender populations; gender identity; diversity, equity and inclusion (DEI) in the scientific workforce; and environmental justice.

The NIH, which is the world’s largest public funder of biomedical research, has awarded grants to nearly 600 ongoing projects that include ‘COVID’ in the title, worth nearly US\$850 million. Together these projects make up nearly 2% of the NIH’s \$47 billion budget. And the CDC plans to cancel \$11.4 billion in funds for pandemic response, NBC News reports.

SARS-CoV-2, the virus that causes COVID-19, has killed more than 7 million people globally, including more than 1.2 million people in the United States, and continues to infect and kill people. Studying the virus, how it infects people and the government’s response to the pandemic is also crucial to preventing the next one, say scientists.

Among the terminations at the NIH is a \$577 million (program) to identify and develop antiviral drugs against the SARS-CoV-2 coronavirus and six other types of viruses with pandemic potential.
<https://www.nature.com/articles/d41586-025-00954-y>

Trump Administration Halts \$11 Billion in States' Public Health Funding

" The COVID-19 pandemic is over, and HHS will no longer waste billions of taxpayer dollars responding to a nonexistent pandemic that Americans moved on from years ago," the U.S. Department of Health and Human Services said in a statement Tuesday." “ <https://www.msn.com/en-us/health/other/trump-administration-halts-11-billion-in-states-public-health-funding/ar-AA1BIV9w?ocid=BingNewsSerp>

HHS Closing Long COVID Office

— Closure is part of the Trump administration's "reorganization"
<https://www.medpagetoday.com/opinion/faustfiles/114821>

Long COVID could be causing huge economic burden annually

"Running all the COVID-19 cases to date through the model generated estimates that there are currently 44.69 to 48.04 million long COVID cases in the U.S., which would cost the country \$2.01 to \$6.56 billion each year. The vast majority of costs(98.6%) were productivity losses or missed days from work or school and direct medical costs (doctors appointments, medical care, etc.) comprised 1.04% of total costs. This was based on the assumption that 6% of those with COVID-19 will go on to have long COVID. Studies have suggested that anywhere from 6% to 20% of those infected with SARS-CoV-2 have eventually developed long COVID. Increasing this probability from 6% to 10% results in average total societal costs per year increasing to \$3.34 billion."

<https://www.the-microbiologist.com/news/long-covid-could-be-causing-huge-economic-burden-annually/5465.article>

Health Watch USAsm - 2024 Conference Presentations



4 CME/CEU Credits

CME- Physicians, PA, NHA, NP

Kentucky Approved Credits 4 Hours: EMS, Social Work, PT, Respiratory, Dentistry, OT, Community Health Worker, and Kentucky Board of Nursing (4.8 credits Nursing)

Long COVID's Impact on Patients, Workers & Society

Link to Presentation Videos:

<https://www.healthwatchusa.org/conference2023/index.html>

Download /View Conference Proceedings: Kavanagh KT, Cormier LE, Pontus C, Bergman A, Webley W. Long COVID's Impact on Patients, Workers & Society. Medicine. Published Mar. 22, 2024. https://journals.lww.com/md-journal/fulltext/2024/03220/long_covid_s_impact_on_patients_workers_.50.aspx

Download Brochure: https://www.healthwatchusa.org/conference2023/healthconference.org-files/2023Conference_downloads/20231101-HWUSA_Brochure-5.pdf

Health Watch USAsm - Peer-Reviewed Publications



Viewpoint: The Impending Pandemic of Resistant Organisms – A Paradigm Shift Towards Source Control is Needed

The United States needs a paradigm shift in its approach to control infectious diseases. Current recommendations are often made in a siloed feedback loop. This may be the driver for such actions as the abandonment of contact precautions in some settings, the allowance of nursing home residents who are carriers of known pathogens to mingle with others in their facility, and the determination of an intervention's feasibility based upon budgetary rather than health considerations for patients and staff.

Data from both the U.S. Veterans Health Administration and the U.K.'s National

Health Service support the importance of carrier identification and source control. Both organizations observed marked decreases in methicillin-resistant *Staphylococcus aureus* (MRSA), but not methicillin-susceptible *Staphylococcus aureus* infections with the implementation of MRSA admission screening measures.

Facilities are becoming over-reliant on horizontal prevention strategies, such as hand hygiene and chlorhexidine bathing. Hand hygiene is an essential practice, but the goal should be to minimize the risk of workers' hands becoming contaminated with defined pathogens, and there are conflicting data on the efficacy of chlorhexidine bathing in non-ICU settings.

Preemptive identification of dedicated pathogens and effective source control are needed. We propose that the Centers for Disease Control and Prevention should gather and publicly report the community incidence of dedicated pathogens. This will enable proactive rather than reactive strategies. In the future, determination of a patient's microbiome may become standard, but until then we propose that we should have knowledge of the main pathogens that they are carrying. Medicine Aug. 2, 2024. https://journals.lww.com/md-journal/fulltext/2024/08020/viewpoint_the_impending_pandemic_of_resistant.46.aspx



=====

To subscribe or unsubscribe to Health Watch USAsm

Send an email to kavanagh.ent@gmail.com

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

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

