

UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

February 2024

February 29, 2023

Introducing our new digest about post-COVID conditions

Welcome to the first of our recurring updates on post-COVID conditions (PCC), also known as long COVID. PCC refers to a range of symptoms that can persist for weeks, months, or even years after a COVID-19 infection. These symptoms can significantly impact daily life, affecting anyone regardless of the severity of their initial illness. We'll explore the latest research, potential causes, and management strategies for this complex condition in these monthly digests.

February 15, 2024

Prevalence of post-COVID conditions varies widely from state to state

A new study found that around 6.4% of adults nationwide reported having experienced post-COVID conditions. However, the rates varied greatly by state, ranging from 1.9% in the U.S. Virgin Islands to 10.6% in West Virginia. This study suggests a need for more localized data to understand and address the challenges of post-COVID conditions across different regions. See where your state ranks [here](#).

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February 8, 2024

New evidence points to viral brain injury as a potential cause of brain fog

Brain fog and other cognitive problems in patients with post-COVID conditions might be caused by a viral brain injury. A recent study found evidence of long-term brain damage in people who went to the hospital with COVID-19. Their thinking skills degraded to those of someone 20 years older. While the study doesn't confirm permanent cognitive decline, it offers objective proof of post-COVID conditions, potentially improving patient recognition and care.

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February 15, 2024

COVID-19 linked to higher risk of chronic fatigue

A new study reveals that people who had COVID-19 are much more likely to experience extreme tiredness. This chronic fatigue is over 4 times more common in people who were infected with COVID-19. People with this condition were more likely to be hospitalized or have other serious health problems. These findings emphasize how important it is to treat fatigue after COVID-19 infection to help people get better and potentially avoid long-term complications.

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February 10, 2023

Hospitalized COVID-19 patients might be at higher risk for long-term symptoms

A large US study found that hospitalized COVID-19 patients were more likely to develop long-term symptoms compared to non-hospitalized individuals. Adults and children who were hospitalized with COVID-19 were 17% and 18% more likely, respectively, to experience long-term effects like fatigue, shortness of breath, and other conditions compared to those who weren't hospitalized. These patients also faced a greater risk of new diagnoses like diabetes and blood clots.

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