

UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

March 2024

February 29, 2024

New study links post-COVID conditions (PCC) to measurable cognitive decline

A large study suggests PCC can lead to memory, reasoning, and planning problems. Researchers in England tested nearly 113,000 people and found that those with persistent PCC symptoms scored lower on cognitive tests than those without PCC. Even people who recovered from short-term COVID-19 showed slight declines. Encouragingly, the study also suggests cognitive issues might improve as PCC symptoms lessen. More research is needed to understand the long-term effects and potential treatments.

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March 7, 2024

Nearly half of patients want their provider to be informed about PCC

While International Long COVID Awareness Day was March 15th, the need for provider education remains. Nearly half of Americans (50%) believe healthcare providers should prioritize understanding and treating long COVID, but a concerning 22% haven't even heard of the condition. Nearly [45% of Americans](#) would first turn to their healthcare provider for this information. This presents a golden opportunity for you to empower your patients and become a trusted resource on long COVID.

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March 8, 2024

COVID-19 vaccination moderately protects children from PCC

A new study offers insights into how well COVID-19 vaccines protect children from PCC. The research, involving over 1 million children across 17 U.S. healthcare systems, found that vaccines offer moderate protection (35-45%) against PCC in children, with higher protection in adolescents (56%). The study also revealed a decrease in vaccine effectiveness over time, suggesting booster shots might be crucial for sustained protection.

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March 1, 2024

Low iron may play key role in PCC

Problems with iron regulation in the blood may be linked to PCC. Researchers tracked 214 patients for a year and found those who developed PCC had issues with iron levels as early as 2 weeks after infection. This disruption may be why some people experience fatigue and other symptoms of PCC. The study raises the possibility that iron supplements could help prevent or treat PCC, but more research is needed before this is confirmed.

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March 5, 2024

Forgotten on the frontline, healthcare workers struggle to access care for their own PCC

A recent review finds that healthcare workers (HCWs) with PCC often struggled to get the care they needed. Many reported frustrations with dismissive physicians, difficulty accessing specialists, and a lack of understanding from their own doctors. Social media emerged as a key source of support and information for these HCWs. This review highlights the need for improved access to care, better communication, and a more patient-centered approach for HCWs experiencing PCC.

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