

# UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

June 2024

June 11, 2024

## New definition for Long COVID aims to improve diagnosis and care

The National Academies of Sciences, Engineering, and Medicine (NASEM) released a report that offered a new definition for Long COVID. They propose to define it as "an infection-associated chronic condition (IACC) that occurs after SARS-CoV-2 infection and is present for at least 3 months as a continuous, relapsing and remitting, or progressive disease state that affects one or more organ systems." NASEM hopes this new definition will aid diagnosis, treatment and research. See the highlights [here](#).

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June 7, 2024

## Antiviral medications did not improve PCC in new study

A recent study tested Paxlovid (nirmatrelvir-ritonavir) to see if it could improve post-COVID conditions (PCC) like fatigue, brain fog and shortness of breath. Unfortunately, the medication didn't show a significant benefit compared to a placebo. The study included adults who had moderate to severe PCC for at least 3 months, many of whom were vaccinated against COVID-19. While the medication was safe, it didn't significantly reduce symptom severity at 10 weeks.

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June 5, 2024

## Recent report reviews evidence on PCC diagnosis, risk, symptoms and functional impact

NASEM launched another report this month that examined the effects of PCC on function and disability. The report presents conclusions in the following areas: (1) diagnosis, (2) epidemiology, (3) health effects, (4) functional impact and risk factors, (5) Long COVID in children and adolescents, (6) disease management, (7) disease course and prognosis, (8) health equity and (9) similar chronic conditions. See the highlights [here](#).

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June 17, 2024

## New study finds PCC risk factors and potential benefits of vaccination

A new study offered insights into the risk factors associated with PCC. Women and those with pre-existing heart disease take longer to recover. Vaccination and getting infected with Omicron (compared to earlier variants) are linked to faster recovery, likely due to milder initial illness. These findings suggest that vaccination can help reduce the risk of PCC, especially for these populations.

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June 10, 2024

## 7% of US adults reported having PCC by early 2023

A large new survey again suggests that millions of Americans struggle with PCC. As of early 2023, nearly 18 million adults reported having PCC symptoms. Women and adults aged 35-64 were more likely to be affected. The study also found racial disparities, with White and Hispanic adults reporting PCC more often than Black and Asian adults. Interestingly, those who received COVID-19 booster shots had a lower chance of developing PCC, suggesting boosters may offer some protection.

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