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## PUCILLO FAMILY PRACTICE P.A.



WELLNESS CENTER

Family Medicine & Bariatrics

# PFP Feb 2022: COVID updates, Post-Covid syndrome, Heart health



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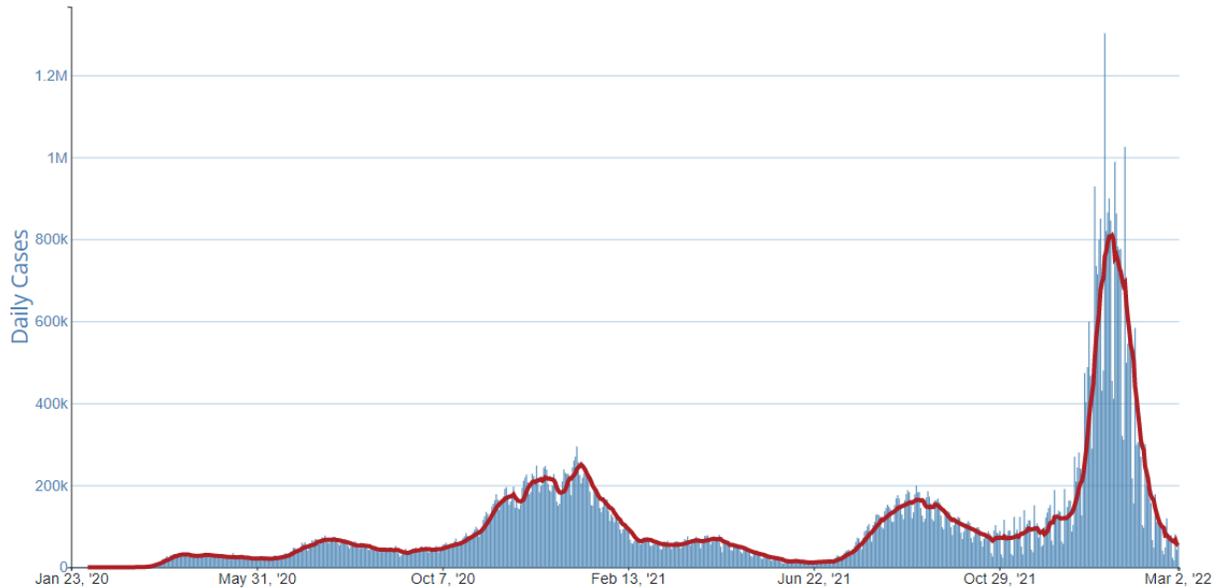
*The winter olympic has come and gone. We are so happy for all of the athletes that were able to participate in the Games during unforeseen times.*

February 2022 newsletter:

- COVID updates
- Post-Covid Syndrome
- February heart month

## COVID updates

- 7 day average cases of 3/2/2022 - continue to decrease at a rate of -28%



- Vaccination status as of 3/2/2022

	<u>fully vaccinated</u>	<u>boostered</u>	<u>at least 1 dose</u>
>5yo	69.2%	N/A	81.3%
>18yo	75.1%	47.4%	88%
>65yo	88%	66.5%	95%

- New monoclonal treatment

- betelovimab - On February 11th, 2022, FDA issued EUA (emergency use authorization) betelovimab, an monoclonal antibody for nonhospitalized mild to moderate COVID 19 patients who are at high risk of progressing to severe disease.
- betelovimab comes in 175mg dose that is given via IV injection. It binds to the viral spike protein and has shown to decrease the risk of hospitalization or death.



- Available treatment for COVID (in order of preference based on NIH panel)
  - Preferred - Paxlovid 300/100mg, Sotrovimab 500mg, Remdesivir 200mg
  - Alternatively - betelovimab 175mg, molnupiravir 800mg

## Post-COVID syndrome



- What is post covid syndrome?
  - symptoms of COVID that last **longer than 4 weeks** from initial onset
- What are the symptoms
  - fatigue, brain fogginess, headache, persistent loss of smell or taste, cough, depression, low grade fever, palpitations, dizziness, muscle and joint pain
  - multi-organ effects include cardiovascular, pulmonary, renal, neuropsychiatric being affected
- Subclassification based on timeline
  - subacute - up to 12 weeks
  - chronic - beyond 12 weeks
- What causes it?
  - True pathophysiology is unknown. Based on the limited data, it is believed to be caused by the body reacting with an overwhelming immune response called systemic inflammatory response syndrome (SIRS), followed by a prolonged compensatory, counterbalancing anti-inflammatory cascade called compensatory anti-inflammatory response syndrome (CARS). These biochemical changes occur in the body that can lead to various symptoms.
- Risk factors
  - severe initial COVID symptoms; pre-existing conditions in the lung, cardiovascular, kidney; diabetes; cancer
  - Women are at higher risk of developing postcovid syndrome, especially fatigue, anxiety and depression at 6 months follow up
- Management
  - treating underlying medical conditions such as heart/lung/psychiatric/renal
  - improve proper sleep, healthy diet, limit alcohol, quit smoking
  - no medications for fatigue or cognitive deficit
    - ongoing studies for various medication are underway

# Heart Health



## February is American Heart Month

*American Heart Association recommendations that can benefit your heart*

### **Exercise**

-at least 150 minutes of moderate physical activity or 75 minutes of vigorous activity



### **Healthy diet**

-fruits and vegetables  
-whole grains  
-healthy proteins - fish, lean poultry, legumes  
-nuts - 1.5oz of daily nuts - almonds, pistachios, walnuts, pecans, hazelnuts



### **Control your cholesterol and blood pressure**

### **Blood Pressure Categories**



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

We thank you for allowing us to be part of your family in 2022. Please feel free to contact us if you have any questions.

Sincerely,  
Staff at Pucillo Family Practice