

About Long COVID by Amira A. Saleh, MS -- your guide in your search for treatments, relief, and answers to your questions about Long COVID.

CDC estimates almost one hundred million people in the USA have had the acute viral pneumonia-like disease called COVID-19 and over one million have died because of it (CDC.gov 9/29/22). Although many who get COVID-19 recover within two to four weeks, some continue to experience symptoms that last for months to years after their first symptoms appeared or may have new or recurring symptoms later. Each of these symptoms by themselves can be debilitating; the combination of more than one can be disabling. Those experiencing Post COVID-19 conditions are searching for treatment, relief, and answers.

Long COVID is a complex medical condition that can be hard to diagnose as it has a range of symptoms that resemble other illnesses each of which must be ruled out. For many, the time it takes to arrive at a diagnosis and the lack of accessible treatments when they do can leave sufferers of these debilitating symptoms in a great amount of physical and emotional pain and despair. Add tremors and excruciating pain to the biological consequences of severe neuro and systemic inflammation and you have so much suffering at times, those suffering believe their only option out of the pain is suicide. When you get a diagnosis of Long COVID no one hands you a leaflet with a phone number and says, “call this number for more information about Long COVID or to get help” let alone “read this to understand what is going on with you.” Which is why, the Long COVID Association has established the first national Long COVID information helpline to support those facing Long COVID illness. And if you are an HR Manager or Leader of an organization you must understand the condition so you can strategize how you will accommodate your employees with Long COVID and retain your workforce. Employees facing Long COVID recovery will want to learn about accommodations you may need and how to ask for them to keep working while you recover and what to do when you can no longer do so.

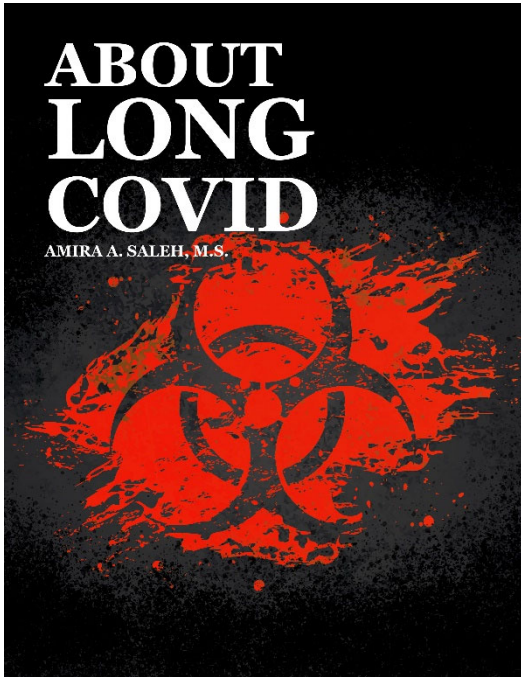
In this eBook, Amira A. Saleh, MS discusses everything from what is the post viral condition to how science and medicine are approaching treatment from the traditional medicine to the latest medical treatments, diagnostics to functional integrative medicine principals, addressing gut “chaos” and gut health and microbiome remediation that are helping long haulers to manage their symptoms better while working towards recovery and while scientists work to develop a molecular cure. HR managers and leaders can learn what accommodations may be required for the various symptoms to support their long COVID employees during recovery.

Saleh received her master’s degree in molecular, microbial, and cellular biology from George Mason University and is a #longcovid research scientist and advocate for those suffering with Long COVID. Saleh is the Founder and Director of the Long COVID Association, a public nonprofit scientific research and educational organization that serves the entire United States and collaborates with scientists, medical professionals, academia, patients, other Long COVID advocate and support group throughout the global community.

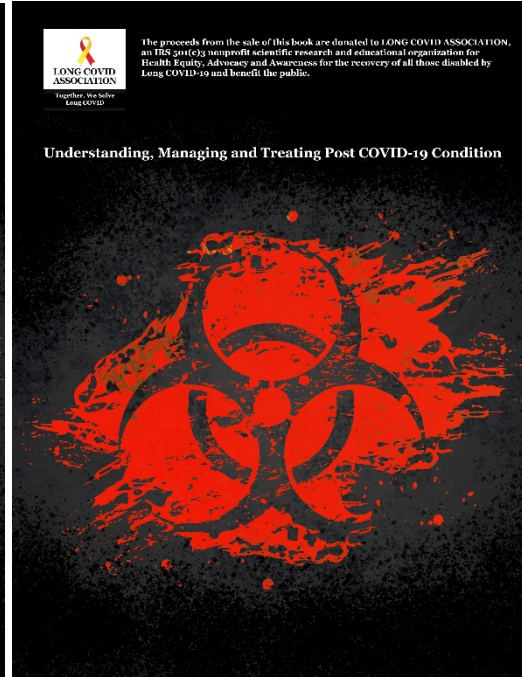
You or some you care about may be struggling with Long COVID. You may be a medical provider and you want to learn more about the post viral condition to better support your patients. Or you may be an HR manager or leader of an organization trying to strategize how you will accommodate your employees with long COVID, how you will help them keep their jobs and what benefits your organization should have to be able to help them so you can retain your workforce. About Long COVID by Amira A. Saleh, MS is your guide to searching for treatments, relief, and answers to your questions about Long COVID.

For more information email: book@aboutlongcovid.com To order: <https://www.aboutlongcovid.com>
Proceeds go to support the Long COVID Association (EIN #87-4719799), an IRS 501(c)3 public charity whose mission is for scientific research, education, advocacy, and health equity in the recovery of all those suffering from Long COVID. <https://www.longcovidassociation.com>
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Short Introduction

ABOUT LONG COVID -- The search for treatment, relief and answers.

By Amira A. Saleh, MS

Introduction

CDC estimates almost 100 million people in the USA have had the acute viral pneumonia-like disease called COVID-19 and over one million have died because of it (CDC.gov 9/29/22). Although many who get COVID-19 recover within two to four weeks, some continue to experience symptoms that last for months to years after their first symptoms appeared or may have new or recurring symptoms later. Those experiencing Post COVID-19 condition are searching for treatment, relief and answers. Here we discuss the disabling post-viral condition and the science and medicine that brings hope for recovery.

What is Long COVID?

“I want to be very clear about this. The symptoms and the disease are absolutely real. We are failing right now as physicians in figuring out how to identify that and characterize it.”

– Dr. Leora Horwitz, NYU Langone Health “*Studying the Cause and Effects of Long COVID*” CBS News. July 17 2022. (<https://www.cbsnews.com/video/studying-the-causes-and-effects-of-long-covid>)

Long COVID is real. Long COVID can develop in anyone who has had COVID-19, even if the initial illness was mild. And in the USA, this means upwards of 96 million people to date could potentially become affected with symptoms of Long COVID! (CDC.gov 9/29/22) The CDC.gov estimates of Long Haulers are more conservative at about 40% of total people who have experienced COVID-19 who will develop some symptoms of Long COVID by four months and 20% at six months or longer. Because of the rise in Long COVID as a persistent and significant health issue in the USA, the Office for Civil Rights of the Department of Health and Human Services and the Civil Rights Division of the Department of Justice joined together to provide guidance on Long COVID as a disability.

ABOUT LONG COVID is for everyone to learn what is Long COVID, who gets Long COVID, what are the symptoms, how is it diagnosed, where to get treatments, what treatments exist, what family, friends and community can do help loved ones with Long COVID, what HR leaders and managers need to know to develop strategies to retain employees with Long COVID while they recover. How you can help those with Long COVID. What does Long COVID recovery look like? And more. Let **ABOUT LONG COVID** be your guide in your search for understanding, treatment, relief, and answers.

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Visit <http://www.aboutlongcovid.com>

This holiday season **Donate whatever you can** to LONG COVID ASSOCIATION and Amira will gift you a digital copy of her eBook (taking preorders): ABOUT LONG COVID by Amira A. Saleh, MS

Your charitable donation supports scientific research dedicated to #postCOVID-19 #longhaul #covid #scientific #research #education #healthequity #advocacy for #recovery #longcovidawareness.

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Overview

ABOUT LONG COVID, by Amira A. Saleh, MS.

Synopsis about the e-Book "ABOUT LONG COVID" -- The search for treatment, relief and answers.

By Amira A. Saleh, M.S. (pre-print)

If you're checking out this book, the chances are maybe you or someone you know has Long COVID. More than 100 million people, or about one-third of the population of the United States, have been infected with the coronavirus, SARS-CoV-2, and developed the acute viral pneumoniae-like disease called COVID-19. Over 1 million people have died because of it. The CDC.gov reports estimate that at least 20% of these folks will go on to develop into the chronic phase: a lingering constellation of symptoms called Post COVID-19 Condition otherwise known as Long Haul COVID or Long COVID. Most folks don't really think much about Long COVID until it happens to them or someone they care about. When they do take a moment to think about Long COVID or are confronted with someone with Long COVID, they just don't relate or understand the extent of how disabling the condition is -- until they develop Long COVID and experience the disabling event for themselves.

Try to imagine having the flu that normally lasts one to two weeks with the usual symptoms of COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea begin turning from a week to two weeks to a month and then into years long of an ordeal with new symptoms that you did not have prior to contracting COVID-19 or even had during the active infection. Imagine being sick and never testing positive for COVID-19 or even being asymptomatic until one day a cluster of serious symptoms just start. Confounding, isn't it?

Now imagine your entire body in a constant state of unpredictability – where one minute your blood pressures skyrocket while lifting your head to sit up and the next minute, nosedive; shuffling your numb feet across the room completely takes your breath away and your heart races to almost double the normal resting value while you lie asleep in bed. The whooshing sounds amplify in your ears as the veins in your neck throb and a nothing-like-ever-experienced-before headache pain overtakes you. You lie awake for days and when you do manage to drift asleep, minutes later you awaken from what was very vivid dreams to a room spinning and needing glasses suddenly to see. Now imagine getting up to walk to your bathroom and your legs just collapse out from underneath you as you drop to the floor. Amidst the constant droning hiss, imagine a cacophony of ringing in your ears so loud at times that you jump startled thinking, "did someone just bang a gong right next to the side of my head?"

Shocks begin randomly go up and down your spine to the top of your head, back down your spine down to your lower legs as if you had touched an electric buzzer only it's more like having a faulty spinal cord stimulator with variable random signal intensity all of which terminates with a most unpleasant stinging sensation. When the zapping pauses and you break for some food, you can't taste much of it and what you do taste doesn't taste the same anymore and you struggle at each meal to chew and swallow some nutrition. As you lift your hand to take a sip of hot broth you're the tremors and spasms happen and you spill broth all over an already unimaginable raw itching patch of skin on your chest.

Imagine sitting on the commode and waiting for your bowels to finally empty and for your bladder to express your urine and your arms and legs flail out because you just had a seizure that nearly lands you on the floor. Only thing worse, would be all this happening inside a moving vehicle. In the back of your mind, you worry that every time you make a movement you could lose control and so you stop driving vehicles. Imagine walking across the hall landing and experiencing a loss of consciousness and then dropping to the floor without bracing for impact and hitting your head making a hole in the drywall along the way. Getting a sense of how Long COVID feels?

You begin to feel as if your body is being turned inside out as nearly every type of human tissue membrane, blood vessel and blood cells in your body become vulnerable and altered by the effects of SARS-CoV-2 and its viral proteins. As the realization that something is very wrong with your bodily functions grows, the anxiety increases and is amplified by the immune dysregulation of your gut and blood glucose control mechanisms. Your whole body feels like it is unraveling before your eyes--panic begins to escalate as you lose more control and desperately seek validation and a way to stop and fix this condition. You start wondering "Can this really be happening to me? Am I losing my mind?"

Imagine the worst illnesses you could ever dream up and now combine a couple of them. That is what Long COVID feels like physically. Emotionally, now you're fighting just to make it through each hour of the day. Your body's ability to move fluids between tissues, regulate water throughout the body, generate adequate energy within cells, regulate the autonomic or automatic functions of the body, communicate between various organs and between the central nervous system and enteric nervous system becomes a bit unpredictable. Because so many organ systems, tissues, blood vessels and immune cells can be affected, the number of symptoms documented are well over 200, and the combination of these symptoms can vary from person to person and from time to time. Well, that's going to make Long COVID diagnoses easy, right? Wait until your lab work comes back appearing "normal."

How is anyone in the medical community expected to perform a differential diagnosis on a patient with all these possible symptoms in a timely fashion? What traditional diagnostic tests should be considered, and which new ones need to become the standard of care? Who and where can you go to seek care for Long COVID? How will the doctor know you have Long COVID? What treatments and strategies for symptom management are available? What can you do to help improve your symptom management and help along your recovery? What are you going to need to support your recovery? How can you help your loved ones, friends, colleagues and medical providers understand what you're enduring? What can doctors and other medical providers do for their patients who have Long COVID? What can HR managers and leaders do to retain their staff with Long COVID while they recover? And what can the community do to help all those disabled with Long COVID get to recovery?

Let "About Long COVID" be your definitive guide about Long COVID -- begin your search here for Long COVID treatments, relief and answers!

All proceeds from the sale of this book are donated to the public USA-based LONG COVID ASSOCIATION, (EIN#87-4719799), an IRS 501(c)3 charitable scientific research organization that researches, educates, and advocates for health equity for the recovery of all those disabled by Long COVID.

Questions: book@aboutlongcovid.com

Donate what you can, and Amira will send you the E-book "About Long COVID" (taking pre-orders)