

# UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

May 2024

May 8, 2024

## New COVID-related syndrome can cause severe lung scarring

A recent study links COVID-19 waves to surges in anti-MDA5+ antibodies, which signal serious lung disease. Many patients with these antibodies hadn't been previously diagnosed with COVID-19, suggesting even mild infections could be a risk factor. This newly identified condition, called MIP-C, shares some similarities with a rare autoimmune disease but seems to cause less lung damage and more skin problems. More research is needed to understand the long-term effects of MIP-C.

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May 7, 2024

## Symptoms of post-COVID conditions (PCC) in kids might differ by age

A new study finds PCC symptoms in children differ depending on their age. Researchers analyzed data from over 7,000 children and caregivers. Younger children (birth to 5 years) were more likely to report general symptoms like poor appetite and sleep problems, while older children (6-17 years) and young adults (18-25 years) experienced more fatigue, headaches and difficulty concentrating. Chest pain and changes in taste or smell were also more frequent in adolescents and young adults.

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## New NIH trials aim to treat common PCC symptoms in adults (18+)

The NIH's RECOVER Initiative is launching new treatment trials for adults (18+) focused on common PCC symptoms like sleep problems, difficulty exercising, and worsening symptoms after exertion (PEM). Researchers will test things like medication and light therapy to help with sleep, along with personalized exercise programs to help manage fatigue. [Selected sites](#) will recruit patients in their communities. If you have patients with these symptoms, consider reaching out to see if they qualify.

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May 20, 2024

## PCC skepticism hinders patient care

Millions suffer from PCC with invisible symptoms like brain fog, fatigue and pain. Despite its widespread impact, PCC research is hampered by a lack of standardized diagnosis and skepticism from some providers. Patients often face disbelief and struggle to find support, which can worsen mental health issues already associated with PCC like anxiety and depression. Validate your patients' experiences and focus on symptom management while we work towards better treatments.

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May 13, 2024

## New review highlights symptoms, causes and treatment needs for PCC

A new review summarizes what we know about PCC, including the wide range of symptoms that can affect your patients' lungs, nerves and heart. It also explores possible causes like inflammation and lingering virus particles. Importantly, the review calls for better ways to diagnose PCC and create personalized treatment plans for each patient. The research is still ongoing, but this information can help you better understand and care for patients struggling with the long-term effects of COVID-19.

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