

# UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

April 2024

April 5, 2024

## Patients with post-COVID conditions (PCC) might not need to avoid exercise

New research suggests people with PCC may not need to avoid exercise entirely. A study in JAMA Network Open found no significant worsening of fatigue in patients with PCC compared to healthy controls after various exercise types. While PCC patients experienced more muscle pain after high-intensity exercise, their overall symptoms didn't worsen. Some exercise may be safe and even beneficial for rehabilitation, though muscle weakness may need to be addressed.

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April 2, 2024

## Unmet social needs can worsen PCC outcomes

A Bronx study of 643 PCC patients found those with unmet social needs (food, housing, transportation) experienced worse physical, emotional and cognitive symptoms compared to those without. These patients also reported greater depression and anxiety. This study suggests that social determinants of health significantly impact PCC outcomes and emphasizes the need for health care systems to address social needs as well as medical care for PCC patients.

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April 9, 2024

## Study identifies inflammation and symptom patterns in PCC

A recent study identified distinct inflammation patterns in patients with PCC who had been hospitalized. It revealed five overlapping symptom subtypes linked to specific immune signatures. For example, fatigue and cognitive issues correlated with certain protein markers. Existing medications targeting these immune pathways may offer treatment options. Further research is needed to determine if these findings apply to non-hospitalized PCC cases.

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April 9, 2024

## Senator Sanders proposes \$10 billion PCC research initiative

Senator Bernie Sanders has unveiled a draft bill that would allocate \$1 billion every year for a decade to support PCC research and education. The initiative aims to improve public and health care provider awareness, establish a centralized research body within the NIH, streamline clinical trial funding and create a PCC database. Public feedback will inform the final legislation.

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April 9, 2024

## Transgender people and people with disabilities face higher rates of PCC

While rates of PCC have become more consistent across racial and socioeconomic demographics, transgender adults (11%) and adults with disabilities (12%) continue to experience a significantly higher burden. These groups already face challenges accessing health care, potentially contributing to higher PCC rates and hindering their ability to manage the condition. Further research is needed to understand these disparities and improve health care access for these populations.

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