What to know about long haulers Transcript

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Introduction and Medical Background

Whole-Body Diagnostic Approach

Assessment and Treatment Methods

Understanding Long-Haul COVID

Symptoms and Neurological Effects

Brain Imaging and QEEG Findings

Recovery Program Overview

Hyperbaric Oxygen Therapy Benefits

Treatment Evidence and Chamber Example

Closing Remarks on Personalized Care

[Music] [Music] Medical Associates in the Hyperbaric Medical Associates in the Hyperbaric centers of Texas centers of Texas I am Dr Alfred Johnson the founding I am Dr Alfred Johnson the founding physician I am an internist by training I am an internist by training fellowship-trained in environmental fellowship-trained in environmental medicine and directed A hospital-based medicine and directed A hospital-based environmental unit for 15 years environmental unit for 15 years this broad background in medical this broad background in medical experience has educated me in evaluating experience has educated me in evaluating and treating multiple body systems and treating multiple body systems complaints and illnesses looking for the complaints and illnesses looking for the underlying cause underlying cause these body areas involve nervous system these body areas involve nervous system lungs heart lungs heart bowel digestion endocrine bowel digestion endocrine musculoskeletal and Allergy and immune musculoskeletal and Allergy and immune systems systems systems as an osteopathic medical student I was as an osteopathic medical student I was taught from day one that the body is an taught from day one that the body is an integrated organism necessitating a integrated organism necessitating a whole body approach to Health and whole body approach to Health and Wellness Wellness Wellness as a physician to be effective in as a physician to be effective in diagnosing and treatment diagnosing and treatment I use a variety of assessment tools I use a variety of assessment tools including blood analysis cultures including blood analysis cultures Radiology scans allergy testing Radiology scans allergy testing neurological and cognitive testing neurological and cognitive testing including qeeg including qeeg treatment approaches include medication treatment approaches include medication nutritional support allergy treatment nutritional support allergy treatment physical therapy massage hyperbaric physical therapy massage hyperbaric oxygen treatment counseling education of oxygen treatment counseling education of the disease process to for the patient the disease process to for the patient biofeedback and neurofeedback biofeedback and neurofeedback today I'd like to discuss the long-haul today I'd like to discuss the long-haul syndrome that many people have syndrome that many people have experienced experienced experienced from having coveted infections first from having coveted infections first let's review what happens when you have let's review what happens when you have covet infection you have initially covet infection you have initially exposure to the virus you get viral exposure to the virus you get viral chlorofloration which is the actual chlorofloration which is the actual doubling tripling doubling tripling the viral load in your body it creates the viral load in your body it creates cytokine injury which is in some cases cytokine injury which is in some cases the pneumonia in the original infection the pneumonia in the original infection now in the later variants it's more of a now in the later variants it's more of a sinus cough sinus cough inflammatory throat congestion and then inflammatory throat congestion and then thrombosis occurred causing damage to thrombosis occurred causing damage to the tissues whether it was heart or the tissues whether it was heart or lungs or brain the post-covet syndrome lungs or brain the post-covet syndrome is defined as symptoms being present for is defined as symptoms being present for more than three months these symptoms more than three months these symptoms

may involve the lungs with shortness of may involve the lungs with shortness of breath breath breath difficulty in breathing allergy and difficulty in breathing allergy and symptoms where you react to Foods symptoms where you react to Foods gastrointestinal problems with the gastrointestinal problems with the bloating and gas bloating and gas lack of energy from the mitochondrial lack of energy from the mitochondrial system system system heart irregularities heart irregularities chest pain chest pain and nervous system difficult these with and nervous system difficult these with brain fog brain fog headaches dizziness headaches dizziness imbalance imbalance imbalance and in some cases activation of and in some cases activation of underlying disease processes occur where underlying disease processes occur where you had a slight allergy to food or an you had a slight allergy to food or an outdoor pollen outdoor pollen a recent study by Helms in 2020 showed a recent study by Helms in 2020 showed that neurological symptoms were quite that neurological symptoms were quite prevalent after coveted infections and prevalent after coveted infections and he looked at 58 patients 84 percent had he looked at 58 patients 84 percent had neurological symptoms at the time of neurological symptoms at the time of brainwave studies brainwave studies showed disorganization in of the brain showed disorganization in of the brain waves and the MRI showed hyperfusion or waves and the MRI showed hyperfusion or decreased blood flow in the frontal decreased blood flow in the frontal temporal lobe regions this is a temporal lobe regions this is a manifestation and proof of brain manifestation and proof of brain this is an example of a qeeg this is an example of a qeeg the the the normal brain is all tan normal brain is all tan the blue lines are under activity and the blue lines are under activity and my covert recovery treatment program my covert recovery treatment program involves three steps involves three steps repair the damaged tissues retrain repair the damaged tissues retrain the brain the brain and then rethink the treatment process and then rethink the treatment process repairing the body tissue is the first repairing the body tissue is the first step in recovery normal repair takes step in recovery normal repair takes months to years months to years with hyperbaric oxygen repair occurs with hyperbaric oxygen repair occurs much more rapidly as a person is placed much more rapidly as a person is placed in a chamber Under Pressure breathing in a chamber Under Pressure breathing 100 oxygen which increases delivery of 100 oxygen which increases delivery of the oxygen to the tissues by 10 to 15 the oxygen to the tissues by 10 to 15 times when recovery occurs then retraining can when recovery occurs then retraining can take place take place with with with physical exercise of the body physical exercise of the body nutrients and hormones where appropriate nutrients and hormones where appropriate rethinking the process then takes place rethinking the process then takes place to to to decide what other additional activities decide what other additional activities need to continue to help recovery need to continue to help recovery whether it's activities of daily living whether it's activities of daily living increasing physical activity uh increasing physical activity uh gradually increasing work schedules gradually increasing work schedules changing of diet and then assessing changing of diet and then assessing Lifestyles to reduce stress hyperbaric Lifestyles to reduce stress hyperbaric oxygen therapy oxygen therapy has been frequently discussed in the has been frequently discussed in the treatment of treatment of postcovid syndrome postcovid syndrome recently Effectiveness was confirmed by recently Effectiveness was confirmed by a report in the scientific reports a report in the scientific reports July 12 July 12 published from an Israeli study that published from an Israeli study that used 73 patients used 73 patients 40 consecutive sessions of hyperbaric 40 consecutive sessions of hyperbaric oxygen therapy oxygen therapy involving 73 patients involving 73 patients significant Improvement in brain MRI significant Improvement in brain MRI perfusion and micro structural changes perfusion and micro structural changes occurred occurred occurred their conclusion was that hyperbaric their conclusion was that hyperbaric oxygen therapy can induce oxygen therapy can induce neuroplasticity improve cognitive and neuroplasticity improve cognitive and psychiatric psychiatric psychiatric fatigue sleep and pain symptoms of fatigue sleep and pain symptoms of patients suffering from post-covered patients suffering from post-covered condition condition condition hyperbaric oxygen therapies beneficial hyperbaric oxygen therapies beneficial effect may be attributed to increased effect may be attributed to increased brain perfusion brain perfusion that means blood flow to the brain that means blood flow to the brain oxygen to the brain and neuroplasticity oxygen to the brain and neuroplasticity which is healing of the brain in regions which is healing of the brain in regions associated with cognitive and emotional associated with cognitive and emotional roles roles roles this is an example of a hyperbaric this is an example of a hyperbaric chamber a hard sided chamber which will chamber a hard sided chamber which will go up to three atmospheres to enhance go up to three atmospheres to enhance the healing process thank you for the healing process thank you for listening to my process in listening to my process in approaching the long-haul covered approaching the long-haul covered syndrome it is important that each body syndrome it is important that each body system is system is addressed addressed addressed considered as part of the problem and considered as part of the problem and then appropriate specific treatment then appropriate specific treatment