



Long Term Effects of the Covid-19 Virus

Looking and feeling better, preventing disease and living a longer, happier life are all goals of Anti-Aging and Regenerative Medicine- also known as Age Management Medicine.

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I have been studying the COVID-19 virus 24/7 since the outbreak began by participating in online conferences with doctors and scientists around the world.

In 25 years of practicing medicine, I have NEVER felt so humble while studying a disease.

The more we learn about this one- of- a- kind virus, the more we realize that we have a lot more to learn.

Early in the viral pandemic, this virus was compared to the seasonal "flu" virus but I can assure you that this is NOT like the "flu" virus.

The world has never seen a virus like this one and it has most certainly taken us by surprise.

The COVID-19 virus can affect and destroy a number of tissues in the body because all of these tissues- brain, heart, lungs, kidneys, GI tract, blood vessels, nervous system- have ACE2 receptors on their cells' surfaces which makes them vulnerable to COVID-19.

On autopsy of patients who have died of the COVID-19, the virus has been found in all of these tissues.

The Journal of the American Medical Association Cardiology just published that it found that 78 of 100 people diagnosed with COVID-19 had heart abnormalities, including inflammation, when they did imaging studies of their heart 10 weeks later.

The virus can cause inflammation in the heart that can kill heart cells and cause scarring that can lead to heart rhythm problems 2-3 months later.

The virus can cause inflammation and tiny blood clots in the kidneys, the intestines, blood vessels and the brain that can disrupt the function of these organs.

Regarding children, YES it has been shown (right here in Georgia through a summer camp with 600

children) that the virus spreads quickly among children.

When have you known a virus NOT to spread among children?

Nearly half of the children who attended the summer camp were infected with the virus within 2 days.

When humans of ANY AGE with ACE2 receptors get together, this virus can spread quickly.

This study showed that children of all ages are at risk for the disease and can easily spread it.

Knowledge is power.

We must be humble enough to accept this knowledge and act on it.

Please wear a KN-95 mask (and goggles or face shield) in public, wash your hands with hot water and soap often and maintain a distance of 6 feet or more when you are around other people.

Avoid crowds and public places.

We must adapt to our "new" normal as we continue living our lives during this pandemic in order to save ourselves and to save each other.

It is possible to have this virus more than once until a cure is found.

It is crucial that you work with your doctor to keep your immune system strong.

This will help you to clear the virus and recover sooner, if you get the virus.

We must be humble enough to know that we have a lot to learn about this virus and the diseases that it causes.

Please stay safe!

Wishing you and your loved ones all the health you deserve during these challenging times,

Ana Casas M.D.

Board Certified, Anti-Aging and Regenerative Medicine