


Understanding Long-Covid Syndrome

10-30% of individuals can have symptoms
that linger weeks after an active Covid-19 infection.

 [Learn How Long-Covid is Creating Chronic Illness](#)

What is Long-Covid Syndrome?

Our understanding of the Covid-19 virus and its repercussions is still in its infancy. What has become certain is that while the Covid-19 virus is a disease that has resulted in a shocking number of deaths worldwide, the acute illness is not the only problem. Each day we are learning more about the lasting consequences that some people experience even after they have recovered from the infection. It is speculated that somewhere between 10 to 30% of people who have acute COVID are becoming chronically ill, making it clear that the aftermath of the public health emergency requires just as much focus as its start.

10-30% 

Approximately 10%-30% of people who've had Covid-19 experience prolonged physical and mental symptoms, including:

- Difficulty breathing or shortness of breath
- Symptoms that get worse after physical or mental activities
- Difficulty thinking or concentrating (sometimes referred to as "brain fog")
- Fast-beating or pounding heart (also known as heart palpitations)
- Dizziness on standing (lightheadedness)
- Tiredness or fatigue
- Joint or muscle pain
- Pins-and-needles feeling
- Diarrhea
- Sleep problems
- Fever
- Change in smell or taste
- Cough
- Chest or stomach pain
- Headache
- Joint or muscle pain
- Pins-and-needles feeling
- Rash
- Mood changes

We know that Covid can impact multiple organ systems. Symptoms experienced during the acute illness can linger months after the infection has cleared. And surprisingly, new symptoms can appear and continue for weeks or months after the virus has resolved.

The phenomenon has been coined "Long-Covid Syndrome" or "Long-Haul Covid." Symptoms typically include chronic fatigue, chronic pain, headaches, digestive issues, neurologic and cognitive difficulties such as brain fog. Everyone is different in their presentation, but all are aware that the intensity of symptoms were not there prior to contracting Covid-19.

Patients that recover or feel mostly recovered should keep an eye out for reoccurring or new symptoms they did not experience before being infected with covid.

Common symptoms of Long-Covid Syndrome

Generalized	Debilitating fatigue, fever, chills, dizziness, sleep issues, rash
Ear, Nose and Throat	Ear pain, ringing in ears, changes in taste and/or smell, sensitivity to light and/or sound
Lungs	Cough, shortness of breath, chest tightness
Cardiovascular	Palpitations, chest pain
Neurocognitive	Brain fog, headaches, difficulty concentrating, memory issues
Gastrointestinal	Nausea, diarrhea, abdominal pain, loss of appetite, weight loss
Musculoskeletal	Joint pain, muscle aches and pains, low back pain
Psychological	Anxiety, depression, rumination

Long-Covid Syndrome

For those suffering with Long-Covid Syndrome, all aspects of their lives have been turned upside down.

Symptoms that were not present prior to being infected with Covid, that persist for 6 or more weeks after recovering, would be considered Long-Covid Syndrome. In some people there may just be one or two lingering symptoms. In others, multiple severe symptoms may persist. All patients suffering with symptoms that they did not have prior to contracting Covid would fit into this category. We have also seen patients that were having minor symptoms prior to contracting Covid, that are now experiencing exacerbations that are not responding to treatment.

The bottom line is, Covid is leaving a large number of people disabled, with a wide range of debilitating problems. The severity of the acute viral infection, from mild to requiring hospitalization, does not seem to predict whether one will develop Long-Covid Syndrome, or how severe the persistent symptoms will be.

Underlying Conditions that Kickstart a Multisystem Chronic Illness

What is most interesting about Long-Covid Syndrome is that it presents a great deal like other chronic conditions that started with an infection.

Current research is revealing that a number of chronic conditions, such as chronic fatigue syndrome, fibromyalgia, neuropsychiatric syndrome, depression, anxiety, chronic Lyme and chronic headaches can be set off by an acute infection. Long-Covid Syndrome can affect any system, including the immune, gastrointestinal, nervous, cardiovascular, pulmonary and musculoskeletal systems. Understanding the relationship between the original infection and the current symptoms is essential in the assessment and treatment process.

The Kaplan Center Specializes in the Diagnosis and Treatment of Complex Medical Conditions

For decades, we have been treating patients with complex chronic medical conditions. This is where we excel. Given that Long-Covid is presenting like so many other chronic illnesses that we already understand and treat, we are confident that we understand what is happening and can treat this condition better than most physicians.

At the Kaplan Center we did not want to get specifically involved in the post-Covid area until we had a better understanding of what was going on. We now believe we do.

Collaborating with Cutting Edge Researchers

We are always searching for new testing and treatment options for our patients and Long-Covid has sparked a frenzy of research around the world.

Dr. Bruce Patterson, the former Medical Director of Diagnostic Virology at Stanford University Hospital and CEO and Founder of IncelDx, a diagnostic lab in California, has identified specific cytokines that indicate inflammation and damage to the immune system in patients with Long-Covid Syndrome. He has created a panel of tests that translate into a Long-Hauler Index that helps diagnose and direct the treatment protocols appropriate for each individual. We are excited to collaborate with Dr. Patterson and his team of professionals to treat Long-Covid Syndrome patients.

Dr. Kaplan recognized the similarities between Long-Covid Syndrome and many of the other chronic illnesses that The Kaplan Center has been treating for years. In conversations with Dr. Patterson, both physicians realized that the lab panel for Long-Covid patients could be extremely useful in gathering objective data about the immune system that can be used in the diagnosis and treatment of other chronic disabling disorders.

This is an extremely exciting time in medical research and advancements are being made at an exponential rate because of the global and devastating impact of Covid-19. Breakthrough technology is now being utilized in unexpected ways. The developments in testing, vaccines and treatment protocols for Covid-19 have been nothing short of miraculous.

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At The Kaplan Center, we did not get specifically involved in the treatment of Covid-19 until the evolution and acknowledgement of Long-Covid Syndrome. Because of the amazing work of Dr. Patterson and his team, we now have a greater understanding of what is happening on a cellular level in those that present with post-Covid symptoms and how to treat them.

Building on Dr. Patterson's research, there just may be a silver-lining to this worldwide pandemic. His research may prove to be beneficial in the diagnosis and treatment of other complex chronic illnesses. This could be the piece of the puzzle that we have been missing.



Digging Even Deeper to Find Total Recovery: Other Pieces of the Puzzle

Our extensive experience treating patients with chronic illness has taught us that it is rarely just the last infection that caused the chronic condition. More likely, it was just the most recent bodily insult which was the final straw. Our approach, a more comprehensive functional medicine one, involves looking at all of the body systems that might be struggling and impacting your current health.

For example, we know that 70% of our immune system is in our gastrointestinal tract. So, if there is an imbalance of bacteria in the gut, preexisting GI conditions or dysfunctions such as leaky gut, you might have been more susceptible to contracting Long-Covid Syndrome. This is also the case with most of our patients that suffer with post-treatment Lyme disease, Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), chronic Epstein-Barr, recurrent strep infections, and any other infections that have triggered the onset of chronic illness.

So, by looking at all of your body systems, in addition to the specific information we're gathering from Dr. Patterson's work, we are able to devise a unique treatment protocol for your specific situation.

The good news is that we have decades of experience successfully treating complex conditions.



Kaplan Center Approach

Importance of a Comprehensive Approach and Medical History

At The Kaplan Center we want to know when you last felt healthy. We want to understand the process by which you got to where you are, not just the last event that made you sick. In some cases, with Long-Covid Syndrome, we're finding a number of people were completely healthy prior to developing the condition. In these instances, we focus specifically on the recommendations of Dr. Patterson and his team and base the treatment on their specific protocol.

In other cases, the patient's story leads us to believe that there may be undiagnosed and untreated conditions that may be impacting their ability to heal from their most recent infection.

Our goal in treating all chronic conditions, including Long-Covid Syndrome, is to identify what maladies, exposures or infections have caused damage to the immune and the underlying inflammation, treat any active conditions, support the body to prevent further harm during treatment and then repair the immune system. This is a process for sure. It starts with gathering detailed information about previous illnesses, potential exposure to mold, pesticides, heavy metals or ticks and recurrent infections. Based on the conversation, a variety of specialized tests may be recommended. Once all of the test results are available, we will sit down with you and outline an individualized treatment plan.

This approach is not new to the providers at The Kaplan Center, however utilizing Dr. Patterson's research and laboratory panels, we now have a way to verify what we suspected was present in the body, provide revolutionary treatment options, and a way to monitor the progress toward recovery.

At The Kaplan Center we take a multidisciplinary approach to providing the best possible care to our patients.



Putting It All Together

Once we have all of the test results back, including the InCellDx results, we will sit down with you and make a plan. We will make sure that you understand all of the findings, answer all of your questions and create a comprehensive treatment plan that meets your specific needs.

Given that The Kaplan Center has a successful history of treating patient with complex illnesses, Long-Covid Syndrome very much falls in our area of expertise. You will be working with a team of highly skilled professionals that understand what it takes to treat chronic conditions. It is not the same as treating the acute disease.

If it is determined that you are suffering with Long-hauler post-Covid, we will be able to prescribe the medications based on the recommendations from Dr. Patterson and his team of physicians. In addition, we are able to make recommendations regarding other treatments options that are provided at The Kaplan Center that have been found to support your immune system, enhance sleep, decrease depression and anxiety, decrease pain, enhance respiratory efforts and assist with detoxification.

The following treatments are offered at the Center:

- **Supplements** - In conjunction with any of the medications that might be prescribed, we have a “[store](#)” full of supplements that we have researched and found to be meet or exceed third party standards. The Kaplan Center professionals have handpicked credible supplements so you do not have to do the exploration. We have put together a group of supplements that complement the medications that we are using to treat our patients with post-COVID symptoms.

- [IV Therapy](#) - We'll restore vitamin and mineral deficiencies that may be weakening your immune system.
- [Physical Therapy](#) - Our physical therapists will select specific exercises, tailored to your needs, to target any musculoskeletal weaknesses or deficiencies.
- [Psychotherapy](#) - Managing thoughts and emotions can help those who are struggling with anxiety, depression, or even post-traumatic stress disorder (PTSD) after contracting COVID-19 find a path toward healing.
- [Acupuncture](#) - Acupuncture has shown to inhibit the production of pro-inflammatory cytokines. Benefits include reduced inflammation, better nervous system and immune function, and lower stress levels.
- [Nutrition](#) - Nutrition often plays a role in your medical problems. Dietary changes to improve gut function will have a positive impact on your post-Covid recovery.



Taking a comprehensive look helps us make sure we're not missing anything? So that we can return you to total recovery.

We can then start the process of walking you through intake to developing a treatment plan:



Learn more about the Kaplan Center's Long-Covid Recovery Services

<https://kaplanclinic.com/long-covid/>



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Hours of Operation

Mon – Thu : 8 am – 5 pm, ET

Fri : 8 am – 12 pm, ET

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