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PATIENT NEWSLETTER



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Do You Need a COVID-19 Booster?

A COVID-19 booster is recommended for adults over age 65 who have had the vaccine over 4 months ago. If you have had a recent COVID infection, please wait 3 months to get the booster. The booster is the same vaccine we received in the fall of 2023.

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Vaccination May Protect Against Long COVID

A new study has shown that “the rates of Long COVID correlate with the rates of COVID vaccination – states with the highest rates of COVID vaccination have the lowest rates of Long COVID.” The study analyzed people in Michigan who got COVID and Long COVID. Those who received vaccinations before getting COVID had a 40-60% lower prevalence of developing Long COVID compared to the unvaccinated.



Foods that May Lower LDL

If you have high cholesterol, incorporating certain types of foods into your diet could help lower LDL, the cholesterol that builds up in the walls of your arteries. This is important because the LDL forms plaque and restricts blood flow, putting you at greater risk of heart attack or stroke.

Soluble fiber sources help the body bind cholesterol in the digestive system and remove it from the body. Foods high in soluble fiber include:

- Apples, grapes, strawberries and citrus fruits
- Barley and other whole grains
- Beans
- Eggplant and okra (not fried!)
- Fiber supplements
- Oats

Foods that contain polyunsaturated fats or plant sterols and stanols can help the body block LDL cholesterol absorption. Examples include:

- Fatty fish for Omega-3s
- Nuts such as walnuts, almonds and peanuts
- Soy, soybeans, tofu and soy milk
- Sterols and stanols-fortified foods or supplements
- Vegetable oils instead of butter, lard or shortening

It's important to know your cholesterol level and take measures to keep your numbers within a healthy range. Contact our office at (415) 923-3560 if you would like your cholesterol checked.

[Contact Us](#)



Chronic Fatigue and Long COVID

People with Chronic Fatigue Syndrome (CFS) have measurable abnormalities of the brain, immune system, energy metabolism, blood vessels and microbiome bacteria that live in the gut.

Researchers are now finding evidence of active virus in the brain and in the gut of people who have Long COVID. A recent study compared people who developed CFS after having an infection (flu-like symptoms or COVID-19 from which they did not recover) with a control group. These individuals experienced debilitating fatigue, brain fog and a return of their symptoms possibly due to three reasons:

1. Their immune systems had to work overtime to fight the infection.
2. The right temporal-parietal area of their brains, which perceives fatigue and encourages effort, did not function normally so it was difficult for them to exert themselves physically or mentally. (This was a new discovery.)
3. In the spinal fluid, neurotransmitters and inflammation markers differed with the CFS participants.

The study concluded that CFS is “primarily a disorder of the brain, perhaps brought on by chronic immune activation and changes in the gut microbiome.” If exhausted immune cells are unable to effectively eliminate infections, a class of drugs called immune checkpoint inhibitors may help strengthen the exhausted cells.

Contact Us

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