

AMEPilot

Fall/Winter 2020 Newsletter

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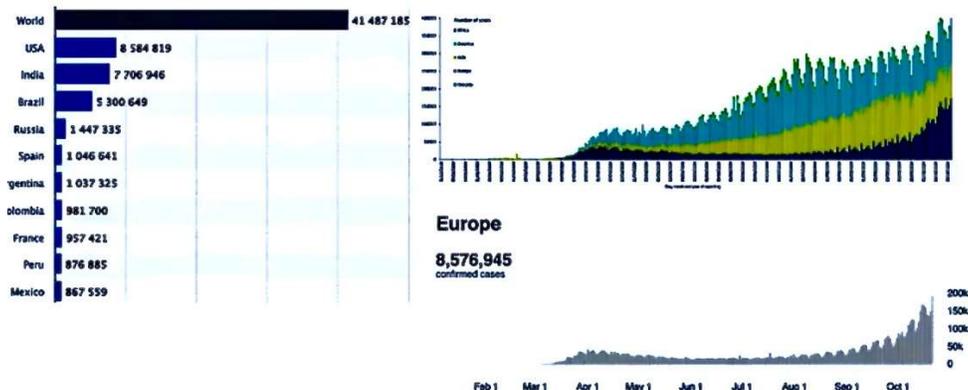
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As the SARS CoV-2 pandemic continues into the Fall and Winter seasons we are experiencing what appears to be a "3rd wave" of COVID-19 with escalation of the infections, hospitalizations, ICU admissions and unfortunately fatalities. It would appear that we have already gone through a "2nd wave" during the midsummer as a consequence of demonstrations, protests, and increased social gatherings.

COVID cases by country and continent, worldwide, 2020



In my Spring/Summer 2020 newsletter I quoted some statistics regarding confirmed COVID-19 infections and associated fatalities. Unfortunately, the predictions for future infections and deaths has virtually skyrocketed despite efforts to treat and control the

disease. The chart below presents the current statistics for infections and deaths. Note the large increase in comparison to the stats presented in my last Newsletter!

	<u>Confirmed Covid-19 infections</u>	<u>Deaths</u>
California	984,682	18,070
LA County	322,207	7,172
USA	10,302,058	240,808
Global	50,752,354	1,261,306

The graph below represents the projection of COVID-19 cases into early 2021. The sharp rise at the end of the graph represents the "3rd wave".



As you can see the rate of infection and consequent deaths is on an exponential rise. We were at approximately 60,000 cases per day. Currently we are at approximately 100,000 cases per day. In early 2021 the projection is for 250,000 cases per day. The middle line of the graph represents our current projection of cases; the lower line represents a drop if masks are worn; and the upper line represents the sky rocking

increase as safety mandates are eased. This is our "3rd wave" currently underway!

COVID-19 mortality projections, United States, to February 1, 2021



The graph above represents mortality projections for the United States extending into February and March 2021. The middle line represents current death projection of 389,087; the lower line represents the death projection if masks are worn - a significant reduction of approximately 75,000 cases; and the upper line of 482,932 deaths represents fatalities resulting from an easing of our currently recommended safety mandates - **TIME, SPACE, PEOPLE, PLACE.**

Recent medical studies regarding the fatality ratio reveal that overall, about 1.15% of infected people in high income nations and 0.23% in low income areas will die. In addition, the coronavirus is deadlier for older people with the risk of death doubling for every eight years of age: ranging from 0.1% for people under 40, and 5% for people over 80 years old. Although the elderly are still at the highest risk of dying, **the risk to middle age people is still high with an estimate that about one in 260 people age 50 to 55**

years will die if infected. In comparison to the fatality rate for seasonal flu, COVID-19 is 10 times more fatal.

Unfortunately, there will be many more people experiencing longer-term effects of the COVID-19 infection - commonly called "**long-covid**", and those patients experiencing medical side effects of the viral disease are now referred to as "**long-haulers**".

As the medical scientific community reviews those patients infected with COVID-19 many long-term medical problems are being seen in our respiratory system/lungs, cardiovascular system/heart, kidneys, gut, liver, brain/cognition, altered senses such as taste and smell, and even the skin/rashes. These post critical illness symptoms can have a significant impact on infected patients' ability to recover from the effects of the viral infection. Aside from fatigue and "brain fog", commonly associated with post viral fatigue syndrome, permanent organ damage can result; and at this point in time no successful treatment exists to counter the devastating organ system damage of long-covid.

A recent study out of London discovered that if you are infected with the coronavirus and develop COVID-19 disease 20% of patients said that they weren't feeling better after four weeks - the threshold at which long-covid begins - and at 8 weeks 190/4000 reported lingering symptoms, and at 12 weeks 100 felt that they hadn't recovered.

Who is at risk of becoming a long-hauler? Those people that experience these 5 symptoms during the first week of their illness were significantly more likely to develop long-covid. The symptoms are: difficulty breathing, headache, fatigue, muscle and body aches and a hoarse voice. Age still remains the strongest predictor of long-covid with approximately 22% over 70

years and 10% between 18 to 49 years experiencing long-haul problems. Other predictive factors include obesity and female sex. **It is important to note that anyone is susceptible to developing long-haul symptoms.** One researcher commented "it can happen to absolutely anybody, no matter how healthy they were beforehand."

This week our Los Angeles County Health Director Barbara Ferrer presented COVID-19 statistics indicating that several communities in the County are experiencing significantly high levels of disease. These include Pacoima and Van Nuys, the locations of Whiteman Airport and Van Nuys Airport. Another reason for pilots at these two airport facilities to be even more vigilant! Ms. Ferrer commented "for everyone who is living and working in these communities please note you need to take extra precautions."

Let's hope there is an effective vaccine soon! Multiple pharmaceutical companies are working on it, and possibly will be available in early 2021. Until the vaccine arrives stay with the tried-and-true protective methods of masking, distancing, isolation, hand washing and changes in our day-to-day behavior to keep ourselves, our families and our friends safe.

Remember: TIME, SPACE, PEOPLE, PLACE.

As a reminder the FAA has extended the SFAR for medical certification - 2nd Amendment to SFAR 118. For medical certificates that expire between 10/31/2020 and 1/31/2021 the expiration date is extended for 2 calendar months. Refer to faa.gov for specifics. Also new on the FAA webpage under Licenses and Certificates, Medical Certification is the topic of Health and Fitness of Pilots. Several interesting health topics are discussed.

Stay safe,

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