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| <p>Shots of Joanna in exam room</p> | <p>JOANNA TURNED TO NATIONAL JEWISH HEALTH FOR HELP, WHERE DOCTORS AND RESEARCHERS HAVE ESTABLISHED THE CENTER FOR POST-COVID CARE AND RECOVERY TO FIND THE COMMON LINK BETWEEN THOSE WHO EXPERIENCE LONG-TERM EFFECTS OF THE VIRUS. :11</p> |
| <p>CG: Irina Petrache, MD National Jewish Health</p> | <p><i>“We see young and old, we see folks who had mild acute COVID or severe acute COVID. There was no clear predisposing comorbidity.” :14</i></p> |
| <p>Shots of Dr. Olin greeting Joanna in exercise room</p> | <p>HEART AND LUNG TESTS WERE USUALLY NORMAL IN THESE PATIENTS, SO RESEARCHERS LOOKED DEEPER TO THE CELLULAR LEVEL USING A UNIQUE EXERCISE TEST THAT PRODUCES HUNDREDS OF DATA POINTS AT ONCE. :10</p> |
| <p>Shots of exercise bike test</p> | <p><i>“Putting it together and really looking at what it is that’s causing that person to stop exercising is kind of where the money is.” :08</i></p> |
| <p>Dr. Petrache (CG’d earlier)</p> | <p>(Nats of Joanna and Dr. Olin during exercise bike test) “You were breathing, essentially, too much, like more than your body needs, which is a pattern we’ve seen with certain people with COVID.” :08</p> |
| <p>Shots of Dr. Olin reviewing real time data</p> | <p>RESEARCHERS DETERMINED THAT, IN CERTAIN PEOPLE, THE VIRUS ACTUALLY HINDERS CELLS FROM GENERATING ENERGY. AND WHILE THIS TEST REVEALED THAT DYSFUNCTION IN MUSCLE TISSUE, THEY BELIEVE THIS SAME CELL PROCESS COULD BE LINKED TO POST-COVID SYMPTOMS IN THE NEUROLOGICAL AND PULMONARY SYSTEMS AS WELL.</p> |
| <p>Shots of exercise bike test</p> | <p>IT’S A DISCOVERY THAT HELPS EXPERTS BETTER UNDERSTAND THE PROBLEM SO THEY CAN BEGIN TO HELP THOSE LIKE JOANNA GET BACK TO THEIR LIVES. :22</p> |
| <p>Shots of Dr. Petrache reviewing research</p> | <p><i>“There are a lot of people out there struggling with long COVID symptoms. And a lot of them are very serious and life-altering.” :08</i></p> |
| <p>Shots of Joanna walking dog</p> | <p>AT NATIONAL JEWISH HEALTH, THIS IS BARB CONSIGLIO REPORTING. :03</p> |
| <p>Joanna Zeiger (CG’d earlier)</p> | <p>EXPERTS SAY THERE IS STILL WORK TO BE DONE BEFORE TREATMENTS FOR POST-COVID SYNDROME ARE AVAILABLE. THEY STRESS THAT THE BEST WAY TO AVOID THESE HARMFUL EFFECTS OF THE VIRUS IS TO</p> |
| <p>Shots of Joanna walking dog</p> | <p>(PACKAGE END) -----</p> |
| <p>ANCHOR TAG</p> | <p>-----</p> |

PREVENT INFECTION IN THE FIRST PLACE BY WEARING A MASK AND GETTING VACCINATED.

SOCIAL MEDIA

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| <p> Share it! Suggested tweet:</p> | <p>In a new study, researchers at @NJHealth examined why some people continue to struggle with symptoms months after contracting COVID. They found that the virus can actually alter cell function, a discovery that will help experts begin to develop treatments. https://bit.ly/3Fip1hu</p> |
| <p> Suggested post:</p> | <p>Many patients continue to experience debilitating and potentially dangerous symptoms months after contracting COVID. Researchers at National Jewish Health conducted extensive testing in their Center for Post-COVID Care and Recovery and found, in some people, the virus actually alters how cells function — a discovery that will help experts begin to develop treatments for those who continue to struggle with post-COVID syndrome. https://bit.ly/3Fip1hu</p> |

EXTRA BITES

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| <p>CG: Irina Petrache, MD National Jewish Health</p> | <p>Dr. Petrache says researchers and doctors are dedicated to finding answers: <i>“With the tests that we have available here and the great minds of our doctors and curiosity that they have to try to leave no page unturned in terms of finding out why these patients have the complaints that they have. Some are subtle and some are quite obvious.” :20</i></p> <p>Dr. Petrache says exercise testing provides hundreds of clues to put together: <i>“At the end of an exercise testing, we can get a myriad, hundreds of data points, and then put them together in a report and learning. That’s in a way as hard as getting the person to exercise and gathering the data.” :19</i></p> <p>Dr. Petrache says prevention is the best approach as the COVID-19 pandemic continues: <i>“We’re continuing to see waves of disease and waves of reinfection with different versions of the virus, et cetera. We have to be quite aware and do everything we can to prevent the disease to begin with.” :20</i></p> <p>Dr. Petrache says they want to help people get back to their active lives: <i>“Many of them are athletes. Many of them are people who value in their lives a high level of activity. So we definitely want to come up with therapeutic options.” :14</i></p> |
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| <p>CG: Joanna Zeiger Post-COVID syndrome patient</p> | <p>Joanna says researchers have made a lot of progress: <i>“There’s an understanding more now of what’s going on, and they have their testing protocols down. And there’s really good communication between the doctors, and they communicate well with me, which I really appreciate as well.” :15</i></p> <p>Joanna says she’s glad to help move research forward: <i>“Maybe the information they gather from me and from all the other patients will help them build a database of information that they can use to unravel what’s going on.” :11</i></p> <p>Joanna describes what happens to her during physical activity: <i>“As soon as I start to move my heart rate just skyrockets. Just walking up the stairs, my heart rate can go up 50 or 60 beats. And so, I haven’t been able to run.” :10</i></p> |
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References

¹COVID Data Tracker Weekly Review, **Centers for Disease Control and Prevention, Dec. 17, 2021**. Online: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>

²Decreased Fatty Oxidation and Altered Lactate Production During Exercise in Post-Acute COVID-19 Patients, **American Journal of Respiratory and Critical Care Medicine, Volume 205, Issue 1, Oct. 2021**. Online: <https://www.atsjournals.org/doi/full/10.1164/rccm.202108-1903LE>

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