

MAGILL FAMILY PRACTICE

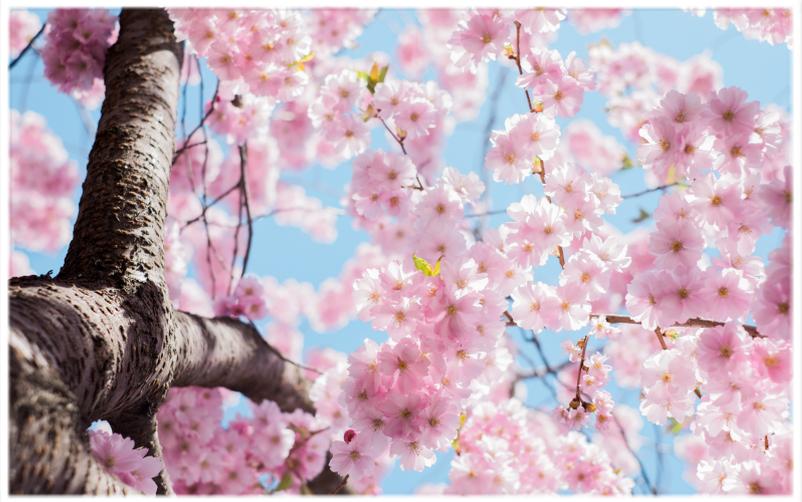
HOME OF THE MURRAY CLINIC

‘Long COVID’

COVID- 19 is a serious infection with multi- organ involvement, atypical inflammatory response and maladaptive host response.

The Delta variant is more contagious and causes more serious infection than previous strains. It is not just limited to severe respiratory symptoms, it can lead to multi- organ failure, sepsis and high risk of death particularly for older people. Even after people who have recovered from an acute infection, symptoms may persist for months after viral clearance, progressing to ‘Long COVID’. These include disabling fatigue, brain fog/ cognitive changes, headaches, mental health disorders, blood clots, strokes, long term breathing problems, myocarditis, muscle pain and loss of smell and taste for months to come.

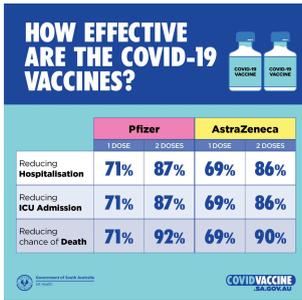
There are estimates that there are at least 1 million people diagnosed with ‘Long COVID’ in the UK currently significantly affecting their quality of life.



COVID- 19 Myth Buster

Magill Family Practice is always committed in advocating for public health and protection for our community. We strongly believe the best way to protect you and your loved ones is to have a COVID- 19 vaccination. This is especially true when the daily number of COVID-19 cases in the Eastern states are persistently over one thousand in recent times with young healthy people dying from the highly transmissible Delta variant COVID – 19 infections. This situation has put South Australia at increased risk and vulnerable for another outbreak in our own state and potentially another lockdown.

Repeated lockdowns have huge implications on people’s freedom, mental health, their ability to generate an income and impact the broader economy. Lockdowns, masks, social distancing will only avoid our healthcare system from being overwhelmed until vaccination rates are high enough that we can reopen with protection against severe infection. The hospitalised and ICU cases in Sydney were people who were not vaccinated or only partially vaccinated. This again has proven the science that vaccination works and vaccines are effective at reducing severe infections, hospitalisation and death.

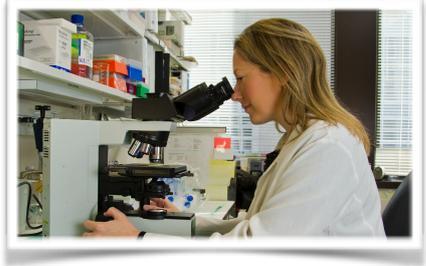


Both Pfizer and AstraZeneca (AZ) vaccines are equally effective at preventing hospitalisation and death. COVID-19 vaccine development was not rushed. It was based on foundation science and knowledge present for the last 20 years since SARS (2003) and MERS (2012) outbreaks. Clinical trials were collaborated quickly by

governments around the world with vigorous and stringent processes to create the vaccines that were approved by TGA to be used in Australia. No corners were cut. Most of the COVID-19 vaccines use the coronavirus 'spike' protein to create an immune response. Our immune system recognises this spike protein as foreign and produces long-lasting immune cells and antibodies. If a vaccinated person is exposed to the coronavirus at a later time, their immune system will respond faster and more effectively to fight off the virus.

Some people are concerned about the rare condition 'Thrombosis with Thrombocytopenia syndrome' (TTS) that has been reported after receiving the AstraZeneca vaccines. TTS is different to other commonly diagnosed blood clotting conditions as it is triggered by an immune response which causes a combination of both clots (thrombosis) and low platelets (thrombocytopenia). The estimated risk is very low at 1-2 per 100,000 AZ vaccinations for individuals aged 60 years and over. Symptoms can occur from day 4 to day 28 after the first dose of AZ vaccine. The symptoms may present with persistent or severe headaches unresponsive to simple analgesia, severe abdominal or respiratory symptoms, other neurological symptoms such as visual changes, seizures, focal neurological symptoms. TTS is now well recognised and can be picked up early by blood tests and imaging and is now treatable. Death linked to AZ vaccine is extremely low, about 1 in a million in Australia. This is compared to risk ICU hospitalisation is 127,000 in a million if one catches COVID-19 and risk of death linked to catching COVID-19 is 42,000 in a million.

Magill Family Practice continues to provide AZ vaccination to people age 60 years and over. People under 60 years of age can also have AZ vaccine after discussion with their doctor. Pfizer vaccines can be accessible at SA Health Hubs. Vaccination is the ONLY thing proving to protect against serious infections. The ONLY way to return to some normality with getting back to travel, holidaying, weddings, funerals, parties with family and friends, going to gyms and playing sports etc. all rely on mass vaccination. Please get vaccinated at any



Thrombocytopenia Syndrome (TTS)

The risk of TTS is not likely increased in people with the following conditions and they can have AstraZeneca vaccine:

- History of blood clots in typical sites e.g. DVT and PE
- Increased clotting tendency that is not immune mediated
- Family history of blood clots
- History of ischemic heart disease or stroke
- Current or past thrombocytopenia (low platelet count)
- Those receiving anticoagulation therapy

People 60 years and over are eligible for Pfizer if they have:

- History of cerebral venous sinus thrombosis (CVST)
- Heparin-induced thrombocytopenia (HIT)
- Idiopathic splanchnic (mesenteric, portal, splenic) vein thrombosis
- Antiphospholipid syndrome with thrombosis
- Contraindications to AZ vaccine including:
 - ✦ Anaphylaxis to a previous dose or ingredient of the vaccine (potentially with history of anaphylaxis to flu vaccine or Boostrix vaccine)
 - ✦ Thrombosis with thrombocytopenia occur after the first doses of AZ vaccine
 - ✦ Other serious adverse event attributed to the first doses of AZ vaccine.

opportunity you can and share this information with your friends and family, so we can get our community protected.

