

American Academy of Anti- Aging Medicine COVID-19 Education Series



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A4M COVID Education Series



- Raise Awareness about COVID19 and its population impact
- Help the public understand what they can do to be as healthy as possible during this uncertain period
- Methods to boost the immune system
- Treatment for active COVID infection
- Patient Summit

Weekly Schedule



Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Overview	Acute Symptoms	Natural Immune Boosters	Healthy Nutrition	Stress Management and Social Isolation	Moving, Breathing and Exercise	Promising New Therapies	Patient Summit
Andrew Heyman, MD Sahar Swidan, PharmD Andrew Pugliese, MD Jim Lavalle, RPh	Amy Wecker, MD Sahar Swidan, PharmD	Jim Lavalle, RPh	Laura Lavalle, RD	Andrew Heyman, MD	Faculty	Faculty	Faculty

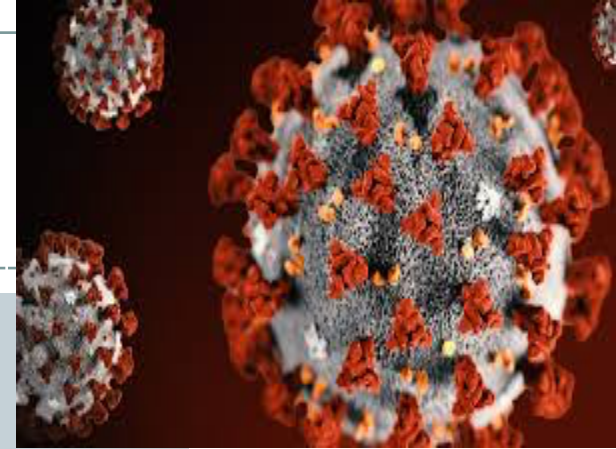
“The states of health or disease are the expressions of the success or failure experienced by the organism in its efforts to respond adaptively to environmental challenges”

- Rene

Dubose, Famed
Microbiologist 1965

2019-nCoV or COVID-19

- Caused by Acute respiratory syndrome coronavirus-2 (SARS-CoV-2) - a betacoronavirus
- Origin in Bats - may have had 2^o host consumed by a human – a pangolin
- First identified Dec 31, 2019 in humans - Wuhan, China
- Associated with Huanan Seafood Wholesale Market in Wuhan, Hubei Province
- Jan 7, 2020 China confirmed association of symptoms were 2019-nCoV with person to person transmission
- Declared a pandemic on March 11, 2020



John's Hopkins University
March 28, 2020

2019-nCoV



GLOBAL Health Emergency



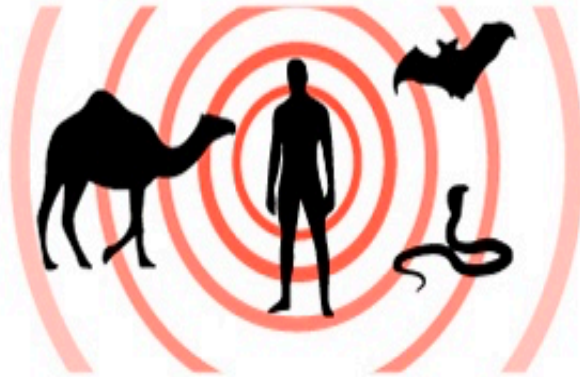
- 1,612,000 infected globally
- US passed China and Italy on March 26 to have the most infections - 82,404
- US Coronavirus death toll passed 16,686
- Over 3% death rate worldwide
- 6 million Americans have filed new claims for unemployment insurance – millions more than in 2008 recession
- When is the End ?

John's Hopkins University, March
28, 2020

COVID-19

Transmission

Coronaviruses are zoonotic, meaning they are transmitted between animals and people.



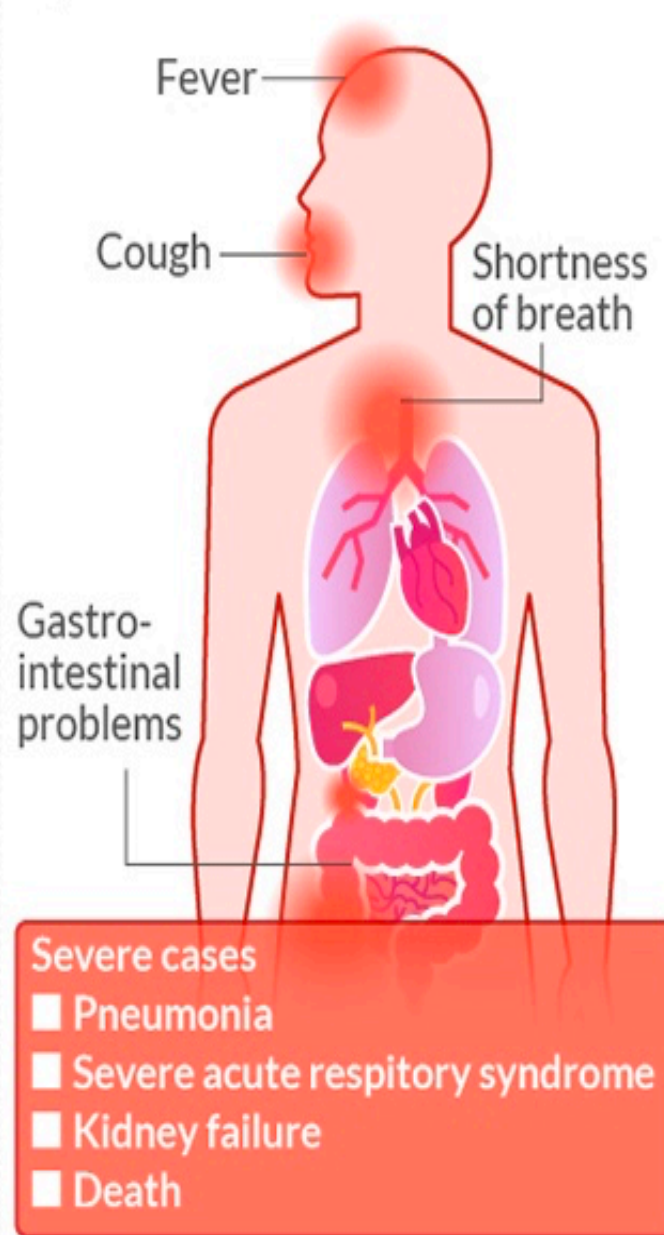
Human-to-human transmission:

Coronaviruses are most commonly spread from an infected person by:

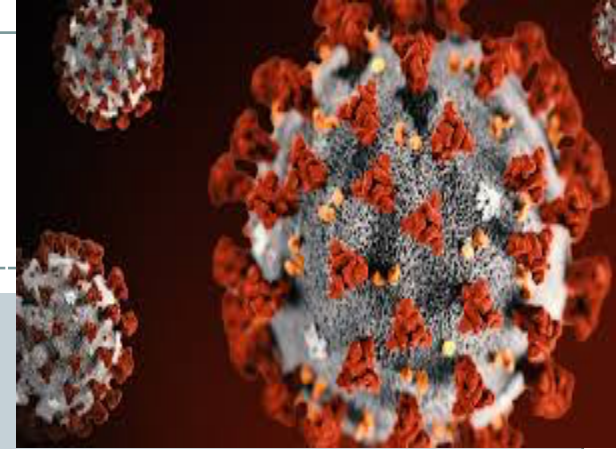
- Coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, and then touching your mouth, nose, or eyes before washing your hands.
- Fecal contamination.

Source: WHO, CDC, Getty Images

Signs of coronavirus infection



2019-nCoV



- Mild symptoms at presentation
- General progression to pneumonia by day 7-9
- Resolution individualized
- At Risk populations
 - Older
 - Pre-existing health conditions
- 80% of deaths were among adults 65 years and older
- Highest percentage of severe outcomes occurring in people 85 years and older.

Thank You



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