

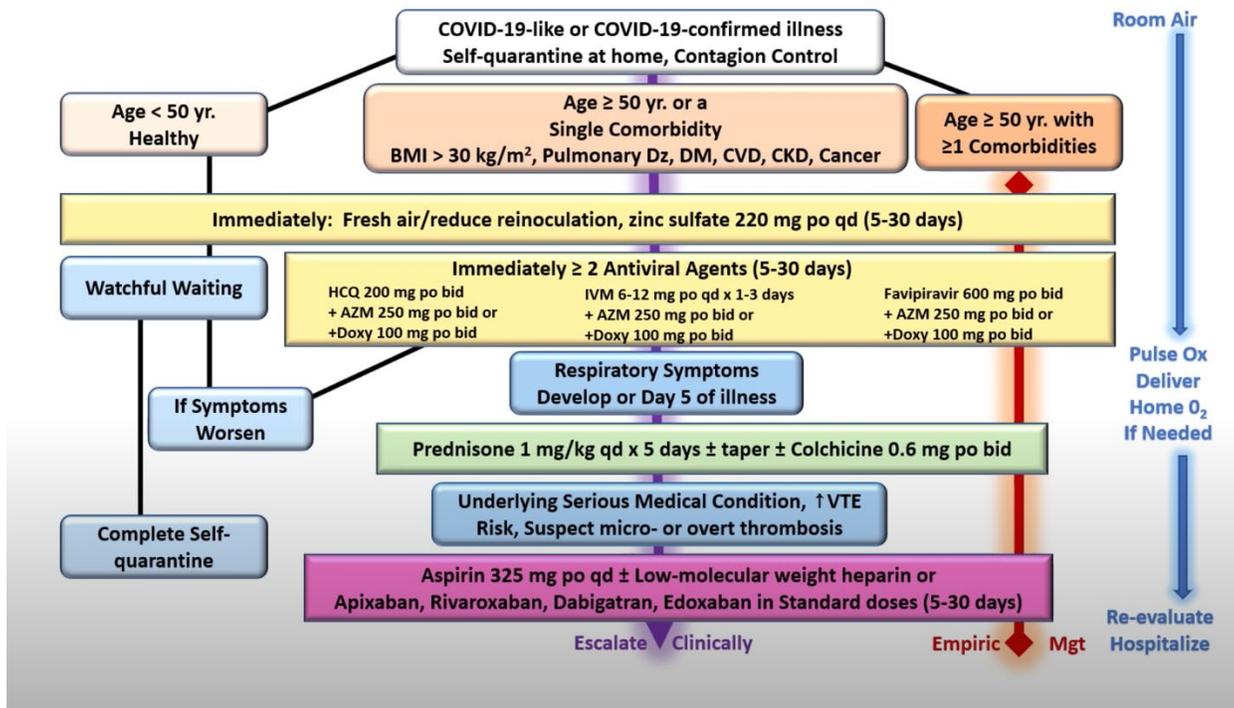


**Cytokine Storm** is the phase when the body's immune system kicks into overdrive in response to the virus. This can drive things like coughing, inflammation and difficulty breathing. Depending on how severe this gets, this is where the hospitalization phase can begin. Again, we have access to a lot of treatments that safely and effectively treat inflammation (Corticosteroids), even though none have been specifically developed for COVID-19.

The **Microthrombosis** phase is what makes this particular virus so much more deadly than others. It causes your blood to clot and these little clots can create a lot of damage that, if not prevented, is very difficult to repair. Fortunately, we also have safe and effective treatments to prevent blood clots (Antiplatelet Drugs).

Dr. McCollough has published an algorithm for treatment for these phases of the disease (below). There may very well be other peer reviewed, published treatment plans out there. I'm not saying this is the only one, or even the best one for you, but I am saying that "go home, isolate and go to the hospital if you can't breathe," is not a treatment plan that anyone over 50 who is familiar with risk management should embrace.

Adapted from McCullough PA, Kelly RJ, Ruocco G, Lerma E, Tumlin J, Wheelan KR, Katz N, Lepor NE, Vijay K, Carter H, Singh B, McCullough SP, Bhambi BK, Palazzuoli A, De Ferrari GM, Milligan GP, Safder T, Tecson KM, Wang DD, McKinnon JE, O'Neill WW, Zervos M, Risch HA. Pathophysiological Basis and Rationale for Early Outpatient Treatment of SARS-CoV-2 (COVID-19) Infection. Am J Med. 2020 Aug 7:50002-9343(20)30673-2. doi: 10.1016/j.amjmed.2020.07.003. Epub ahead of print. PMID: 32771461; PMCID: PMC7410805. McCullough PA, Fourth-Quarter 2020 COVID-19 Drug and Diagnostic Developments A Virtual Conference Monday, November 2nd 2020, 9:00am - 6:00pm CET McCullough PA Proc (Baylor Univ Med Cent). 2020 (in press)



\*you can see the entire presentation at <https://www.youtube.com/watch?v=cxmhvZ6eE14>

Because the early viral replication stages are so important, I would suggest that you send this information to your doctor and ask if you can discuss what approach to early at home treatment you will pursue should you test positive for this virus. Just like credit, time is of the essence.

Here is the bottom line: Do not mistake the public health strategy of "Go home, isolate, and go to the hospital if you have difficulty breathing" for a personalized medical treatment plan. Your treatment plan has to come from your doctor. If you are over 50 years old or have one of more comorbidities, I strongly encourage you to reach out and talk to your doctor about the best research and what treatment she will be recommending should you test positive. Please don't wait until you test positive to make those decisions. And if your Dr.

suggests you should go home, isolate and wait to see if things get worse, I would definitely get a second opinion.