



Potential Help for Post COVID Syndrome/Long COVID

Post-COVID syndrome or Long COVID is an increasingly recognized complication of acute SARS-CoV-2 infection. A significant proportion of patients infected with SARS-CoV-2 experience new, recurring, or persistent symptoms, often beginning 3 months after infection and lasting for weeks, months, or longer. The clinical manifestations include



multisystem complications of the disease, specifically cardiovascular, neurologic and psychologic, hematologic, pulmonary, and dermatologic. Most frequent neurological symptoms include fatigue, memory/attention deficits, cognitive slowing, sleep disorders, myalgias, and loss of smell. Other symptoms include reduced exercise tolerance, chest pain, and shortness of breath. The occurrence of Long COVID is not associated with the severity of foregoing acute COVID-19. This condition may be related to a virus- or immune-mediated disruption of the autonomic nervous system resulting in orthostatic intolerance syndromes.

A recent study found that over 1 and 3 patients had one or more symptoms of Long COVID for 3 – 6 months post COVID-19 diagnosis. People with Long COVID may have unexplained symptoms that are misunderstood by their healthcare providers, which can result in a delay in diagnosis and appropriate care or treatment. Clinical evaluations and results of routine blood tests, chest x-rays, and electrocardiograms may be normal. After COVID-19 illness, some people may experience new health conditions including multiorgan effects or autoimmune conditions, and may be more likely to develop diabetes, heart conditions, or neurological conditions compared with people who have not had COVID-19.

Our compounding pharmacy can offer potential therapeutic options that may help people suffering from symptoms of Long COVID. Inflammation is a key contributor to symptoms of Long COVID. Since therapies can be customized, our pharmacist can work with you and your physician to find therapies that may resolve your symptoms. Some options include:

- Low-dose naltrexone (LDN) has been used for a variety of autoimmune disorders due to its anti-inflammatory properties.
- Omega-3 fatty acids help reduce viral entry and promote immune function because they produce less pro-inflammatory cytokines.
- Vitamin D levels have typically been low in patients experiencing severe or ongoing COVID symptoms. Utilizing a high-quality vitamin D supplement may be beneficial.

Talk with our pharmacist if you are experiencing long-term effects of COVID-19 and we can work with you and your doctor to help you regain your health and well-being.

[Blood Adv. 2022 May 11](#)

[J Neurol. 2022 May 10: 1–2.](#)

[SN Compr Clin Med. 2022;4\(1\):91.](#)

[Clin Med \(Lond\). 2021 Jan;21\(1\):e63-e67.](#)

[J Infect. 2022 Apr;84\(4\):566-572.](#)

[PLoS Med 18\(9\): e1003773.](#)

Visit our website for the latest information about COVID-19 Testing and Vaccinations at ClearSpring Pharmacy.

LEARN MORE

Service of the Month! Pain Management

In general, there are two basic types of pain: **Chronic** and **Acute** Pain. Lingering pain that lasts longer than 12 weeks is usually categorized as chronic pain, while sharp pain that occurs for less than 12 weeks is known as acute pain.

Managing your pain is important for improving your quality of life following injury, surgery, or other invasive procedures. Consider a topical anesthetic for a more targeted approach to pain.

Learn More

Eat This Not That!

Check out different ways to make your meals and snacks a little more healthy!

substitutions



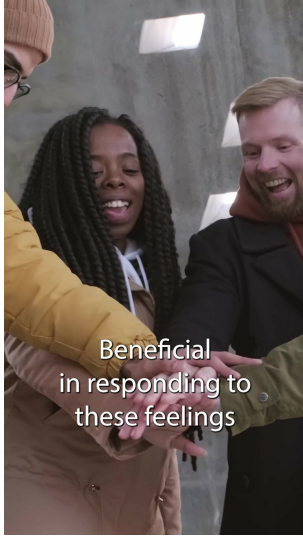
diet

Check It Out Here



Diabetes Self-Management Education and Support (DSMES)

Only 26.7% of patients diagnosed with diabetes meet targets for *glycemic, blood pressure, or cholesterol control.*



Beneficial
in responding to
these feelings

Our seminars will give you:

- Evidence-based approach
- Instruction from licensed clinical pharmacists in Colorado
- Diabetes in the workplace consultation
- Shared experiences from other clients with diabetes

[Learn More!](#)

Download our App

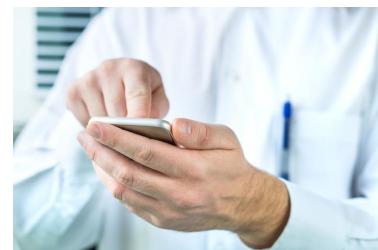
ClearSpring mobileRx app allows you to refill prescriptions on your mobile device at your convenience. You can refill multiple prescriptions on a mobile device by entering your prescription numbers, scanning the barcode on the prescription bottles, or using your Patient Profile.

[LEARN MORE](#)



Two-Way Text Communication

At ClearSpring Pharmacy, we now offer two-way text communication where we can communicate conveniently about your prescription, refill status, insurance, etc. Ask your pharmacist for details.



Littleton

8031 Southpark Circle, Suite B
Littleton, CO 80120
303.707.1500 (phone)
303.707.1717 (fax)

[Shop our Littleton Location](#)



Cherry Creek

201 University Blvd. #105
Denver, CO 80206
303.333.2010 (phone)
303.333.2208 (fax)

[Shop our Cherry Creek Location](#)



ClearSpring Pharmacy's Littleton location is a PCAB® Accredited Compounding Pharmacy. [Learn more about PCAB® Accreditation.](#)

We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.