

COLUMN

COVID brain damage

Current research on the damages caused by COVID-19 infection seen among those who recovered reveal that, besides affecting the pulmonary and cardiovascular system, this serious viral infection also damages the brain, causing neurological symptoms, including brain “fog,” forgetfulness, and debilitating cognitive deficits. These neuro/psychiatric effects on the brain were seen in about 30 percent of recovered COVID-19 patients. How long these adverse effects will last is still under observation.

This *Great British Intelligence Test* above was conducted on more than 81,000 participants between January and December 2020, which revealed significant cognitive issues among those who had COVID-19, which severely incapacitate the individuals, even from performing their daily routines.

The high risk of death from COVID-19, even among the young, children included, as seen lately with the Delta variant, and now, these neurological complications of COVID-19, make it more obvious why unvaccinated people of all eligible ages should get the shot, and those who had the Pfizer and Moderna mRNA vaccines should receive the booster shot to fill in the gap of protection from the waning antibodies after 8 months of the two original shots. New studies convincingly support the need for these booster shots for everyone without medical contraindication. **The booster shot could dramatically increase the antibodies against COVID-19 by ten-folds.** Johnson & Johnson is still waiting for the results of its own studies on the booster issue as of last week.

Skeptic dies

Nashville, TN, talk radio host Phil Valentine, 99.7 WTN, who had been very skeptic about the vaccine until he was hospitalized for COVID-19, has died at the age of 61. He is among countless persons who had been opposed to the COVID-19 vaccines who had been infected and subsequently died. Those anti-vaxers, who got infected and recovered, are now believers and telling the public to get vaccinated. One of them was a pregnant mother on a ventilator, who almost died, but luckily recovered, after the delivery was induced to save the baby, who survived without infection. She is now an advocate for the vaccines. Let us not wait to get infected and face death before we become convinced that vaccines are effective and save lives. Massive clinical data have proven the efficacy and safety of the vaccines, with almost 5 billion shots given around the world and about 200 million people vaccinated in the United States. **How much more proof do we need before everyone eligible is convinced the vaccines are safe and decide to get the life-saving shots?**

COVID-19 Stats

The COVID-19 statistics as of Tuesday, August 24, 2021, 12:27 GMT: Global cases - 213,512,635, Deaths - 4,457,732 (4,577 new death as of that day and time). The top three: USA - 38,814,596, Deaths - 646,167; India - 32,474,773, Deaths - 435,050; and Brazil - 20,583,994, Deaths - 574,944. The Philippines: 1,869,691, Deaths - 32,062. As of the above timeline, new cases: USA - 363 (7-day average of 150,625); India - 14,419; Russia - 18,833; The Philippines - 12,067. **All these statistics and how much longer this pandemic will last are directly proportional to and dependent on people's mindset, attitude, discipline, and behavior.**

Rules lower deaths date

A study shows that States with stronger regulations and law enforcement to prevent COVID-19 infection result in fewer deaths. States that are lax, clinging to political correctness, fearing backlash from the civil rights activists and losing voters, have higher number of cases and death tolls. Scientifically, this is not a surprise. The irresponsible behavior of leaders and people only prolongs (and worsens) the pandemic. A uniform federal mandate would have saved millions of lives. It still could. **This is where societal safety and interest outweigh (and must prevail over) our individual freedom and civil rights, if we are to survive as a nation, and as a world community.**

Masking-distancing

Many cities, Chicago being one of them (with 2,652 new cases and a 7-day average of 927, as of August 23, 2021), are now mandating masking in stores, restaurants, and other public indoor places. It's about time! But unless all cities across the USA have similar preventive measure, including social distancing, the full benefit of these "remedies" cannot be totally achieved in preventing COVID-19 spread, infection, and deaths, because people travel around, a significant number of them against masking and distancing. While it may be most controversial and highly improbable, only a national mandate on the CDC guidelines and on vaccination could end this killer pandemic sooner, if we all follow science.

Again, if we have national mandates on seat belts, no smoking, no parking areas (which do not kill people to the degree that COVID-19 does) and laws on children's school vaccination requirements, why can't we have a emergency federal mandate on COVID-19 vaccination and CDC guideline enforcement to save millions of lives, not to mention our dying businesses and devastated economy? We have lost almost 5 million people worldwide and nearly 700,000 people in the United States alone. **How many more thousand deaths do our government leaders need to do what is scientifically, medically, right, sans politics?**

Vaccines for kids

Around 94,000 children were COVID-19 infected in early August 2021, a 31 percent increase over the 72,000 cases reported a week earlier, according to the CDC and the American Academy of Pediatrics. It accounted for about 15 percent of the total COVID infections during those periods, as the Delta variant advanced across the USA.

In the United States today, everyone age 12 and up is eligible to get vaccinated against COVID-19. The CDC and the American Academy of Pediatrics (AAP) recommend that everyone in this group get vaccinated as soon as they can. Getting a COVID-19 vaccine will help keep children and teens from getting seriously ill even if they do get COVID-19. Interested parents are advised to discuss this with their children's pediatrician. Clinical trials are underway for children as young as six months.

4,000 variants!

The infamous Delta strain is only one of the 4,000 known COVID-19 (SARS-CoV2) variants today. Global access to vaccines is needed to put a final end to this pandemic, because international travel plays a giant role in the spread of any contagious disease. Unchecked the virus will continue to mutate to a more efficient killer of man.

The same scientific rule applies to all nations: vaccination of at least 80 percent of the population is needed to achieve herd immunity. In the meantime, since we are all in this together, each one of us should follow the CDC guidelines to protect ourselves and others around us. One more death is one too many.

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