



# Covid-19 August Update

## Myth Busting Edition

By: Gary E Foresman, MD

August 14, 2020

**Hydroxychloroquine (HCQ):** That I still have to discuss this quite amazes me. Eschewing messaging and sticking to science, here are a few articles from the NEJM. Published June 3<sup>rd</sup>, "[A Randomized Trial of Hydroxychloroquine as Postexposure Prophylaxis vs Covid-19](#)". We find that there is absolutely no role for HCQ in preventing Covid-19 even in the face of significant exposure, and at a dose of HCQ far past what I recommend even as an adjunctive therapy in active Covid-19. Next, published July 23<sup>rd</sup> we have "[HCQ With or Without Azithromycin in Mild-to-Moderate Covid-19](#)". It is, once again, proven that neither of these agents improve outcomes in Covid-19. The levels of toxicity and increased death found in other trials was not reproduced, however, still no benefit. I am hoping we can move on as a country from promoting this medicine as a false preventive and false cure so that HCQ will become available to those with autoimmune disease, for whom it is necessary. In conclusion, HCQ plays no role in prevention at any dosage. The adjunctive dosage for therapeutic efficacy when combined with our acute viral protocol in the active treatment of Covid-19 remains HCQ 200mg 2 pills at onset and 1 pill in 7 days for 3 total pills for the course of the infection. Although this dose is unproven, it is safe and has sound pharmaceutical rationale. Don't even start with demon-seed lady! That an unproven poison (oleander extract) is being promoted by those in our government should tell America something.

**Children:** *Are not immune!* Just that one statement should tell everyone everything they need to know about the Donald. Everyone who has been around children knows they are vectors of disease! They do have a lower complication rate and a mortality closer to 0.1%. They just serve as super-spreaders of disease, meaning bringing the disease home to those with much higher mortality rates! Furthermore, as we learn more about Covid-19, in this article "[Multisystem Inflammatory Syndrome in US Children and Adolescents](#)" we find that this disease can be quite severe in children as well, interestingly 73% of the cases were found in males. You might recall there is a male predominance in rates of complications at any age. There are "just" 213 children included in this and one other article, all with severe cardiopulmonary involvement, 80% requiring ICU stays. As the CDC was tracking this condition, and our government is now bypassing them, how common this condition truly is remains unknown. But, be clear, the push to send our children back to school in the midst of an unrelenting pandemic remains a perversion of any standard of "goodness" any society throughout history has ever used.

**Masks:** Most of you know there remains no national strategy regarding anything but the dismantling of the post office, thus hindering the delivery of medicines, to ensure we kill even more Americans and end our right to vote in a free and fair election. The people unleashing

that strategy have created the illusion (using rhetoric, not science) that masks are ineffective. I will once again reference the Lancet article about physical distancing & mask wearing [here](#) and throw another one in from the Proceedings of the National Academy of Sciences: “[Identifying Airborne Transmission as the Dominant Route for the Spread of Covid-19](#)”.

Here is a summary statement:

“We have elucidated the transmission pathways of coronavirus disease 2019 (COVID-19) by analyzing the trend and mitigation measures in the three epicenters. Our results show that the airborne transmission route is highly virulent and dominant for the spread of COVID-19. The mitigation measures are discernable from the trends of the pandemic. ***Our analysis reveals that the difference with and without mandated face covering represents the determinant in shaping the trends of the pandemic.*** This protective measure significantly reduces the number of infections. Other mitigation measures, such as social distancing implemented in the United States, are insufficient by themselves in protecting the public. ***Our work also highlights the necessity that sound science is essential in decision-making for the current and future public health pandemics.***”

The role of masks is discussed here:

“This protective measure alone significantly reduced the number of infections, that is, by over 78,000 in Italy from April 6 to May 9 and over 66,000 in New York City from April 17 to May 9. Other mitigation measures, such as social distancing implemented in the United States, are insufficient by themselves in protecting the public. We conclude that wearing of face masks in public corresponds to the most effective means to prevent interhuman transmission, and this inexpensive practice, in conjunction with simultaneous social distancing, quarantine, and contact tracing, represents the most likely fighting opportunity to stop the COVID-19 pandemic. ***Our work also highlights the fact that sound science is essential in decision-making for the current and future public health pandemics.***” (Repeated intentionally)

More myths will be busted later! Until then, please remember to breathe through the frustrations of dealing with the misinformed masses. These times have made me question whether science matters at all, but I continue to fight on!

Your Journey to Health and Healing,

Gary E Foresman MD