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Hi my name is Charlie and **#LongCovid** has destroyed my life. Today is two years.

Before my 'mild infection' I was a healthy fit 30 year old biking 10 miles a day. Now I can't work or leave the house. I still can't breathe right. It's a nightmare.

Here are my 4 questions:

1. Why don't we have diagnostics yet for **#microclots**? It's simple test that could provide a biomarker for millions. Every patient in research setting has these detected.

This should be priority **#1**. Easy to do & immediate implications for treatment. Current absence is a failure.

2. Why still no robust health warning?

Whether **#LongCovid** prevalence is 5% or 50% (meta-analysis has 20-30%, 10% if vax), most conservative estimate is 1/20 people! A "medically rare event" is 1/1000.

If you work in govt, media, or medicine, your silence is immoral & cowardly.

3. Why haven't we started meaningful trials for **#LongCovid**?

We have dozens of promising case studies that should have prompted trials a year ago. This is where I'm genuinely confused. Lack of action doesn't make sense economically, politically, or medically. It's just insane.

4. What is our ****plan**** to help people who've lost their jobs & housing due to **#LongCovid**?

My short term disability runs out soon & I haven't a clue what I'm going to do. This is a disaster. Long term disability is being flooded & has been denying majority of LC patients.