

Global Health Cast 55

December 21st, 2023

Every Week

12.00 noon - CET



Dr. Melvin Sanicas

 @Vaccinologist



Prof. Dr. Joe Schmitt

 @Prof_Schmitt

University Of Leeds - School Of Medicine.

In 2022 and 2023, 14 University of Leeds alumni from 12 different countries were named national or global finalists and winners in the British Council #StudyUK Awards, more than from any other UK institution. Here is one of them:



A hero of the pandemic

During COVID-19, physician scientist Melvin Sanicas became a source of vital health information for thousands in the Philippines and around the world.



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What we talk about today

- **Holiday Heart Syndrome: What You Need To Know**
- **Long Flu is real, Long COVID is worse**
- **5 countries in Africa reports anthrax outbreaks**
- **Prevention of Long COVID**
- **Viral rebound after paxlovid in COVID19 patients**
- **Use of Simvastatin in COVID19-patients**
- **Criteria for addiction**

Holiday Heart Syndrome: What You Need To Know

HOLIDAY HEART SYNDROME

THE OCCURRENCE OF AN ACUTE CARDIAC ARRHYTHMIA, MOST COMMONLY ATRIAL FIBRILLATION, AFTER AN EPISODE OF BINGE DRINKING

I DON'T FEEL SO GOOD.



MAY ALSO OCCUR WITH THE CONSUMPTION OF SMALL AMOUNTS OF ALCOHOL IN PREDISPOSED INDIVIDUALS



ALCOHOL WITHDRAWAL CAN PRECIPITATE ATRIAL FIBRILLATION

USUALLY A TRANSIENT AND SELF-LIMITED CONDITION

'Long Flu' is real but Long COVID is worse, according to a study published in The Lancet Infectious Diseases. Long-term effects from influenza affect the respiratory system, long COVID is multisystemic.

Al-Aly Z, et al "Long-term outcomes following hospital admission for COVID-19 versus seasonal influenza: a cohort study" Lancet Infect Dis 2023; DOI: 10.1016/S1473-3099(23)00684-9.

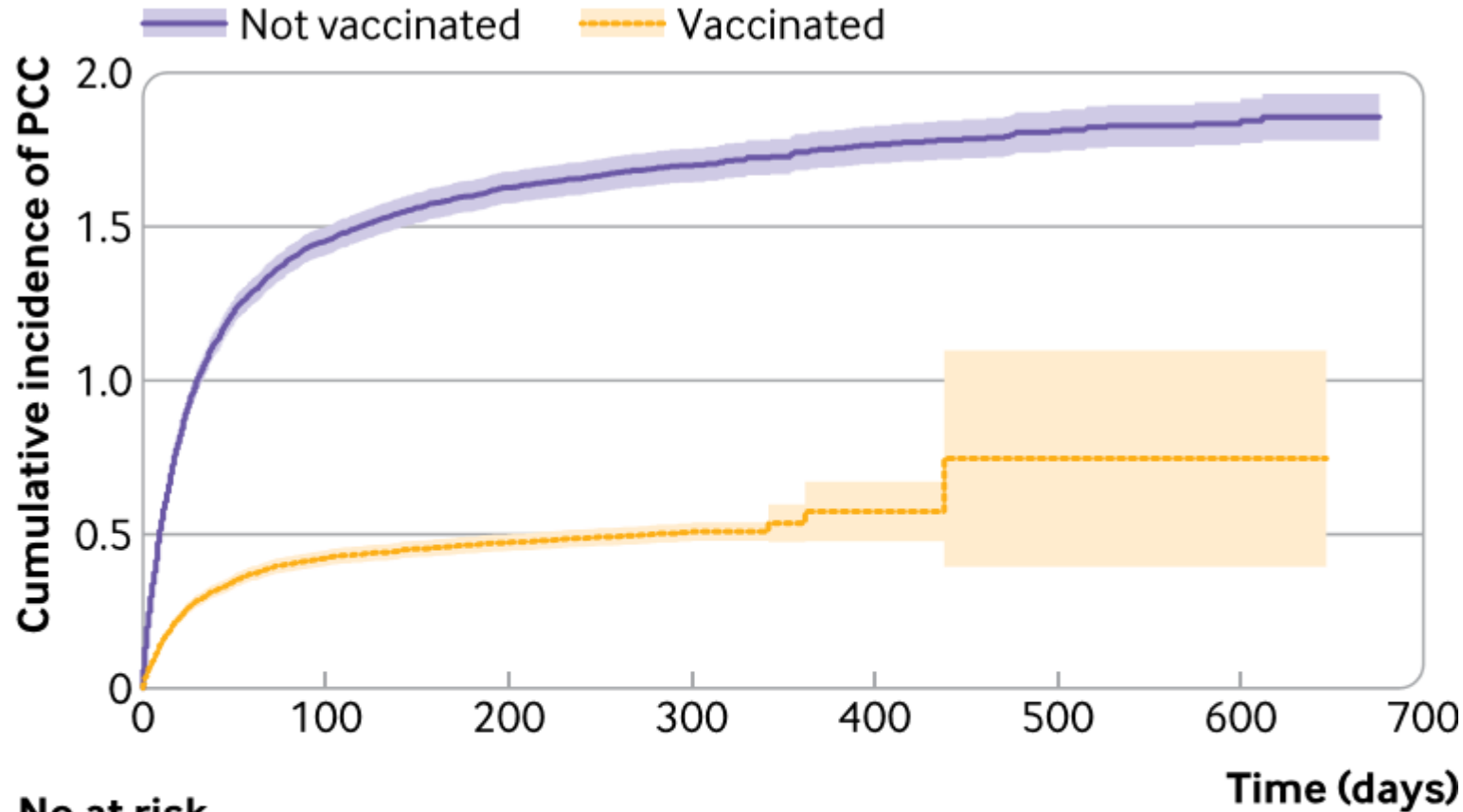


Five African countries report anthrax outbreaks, over 1100 cases recorded

- Kenya
- Malawi
- Uganda
- Zambia
- Zimbabwe

The countries have reported more than 1,100 suspected cases and 20 deaths this year. Zambia is seeing the most cases, with 684 suspected and 25 confirmed cases and 4 deaths. It has surpassed its previously largest outbreak. In 2011, the country reported 511 suspected cases.

Cumulative incidence of PCC



No at risk

Not vaccinated

290 030 158 981 93 239 51 175 29 795 23 136 9998 0

Vaccinated

299 692 177 920 148 712 33 136 1585 167 19 0

COVID19
vaccination
reduces the
risk for long
COVID

Viral Rebound after Paxlovid

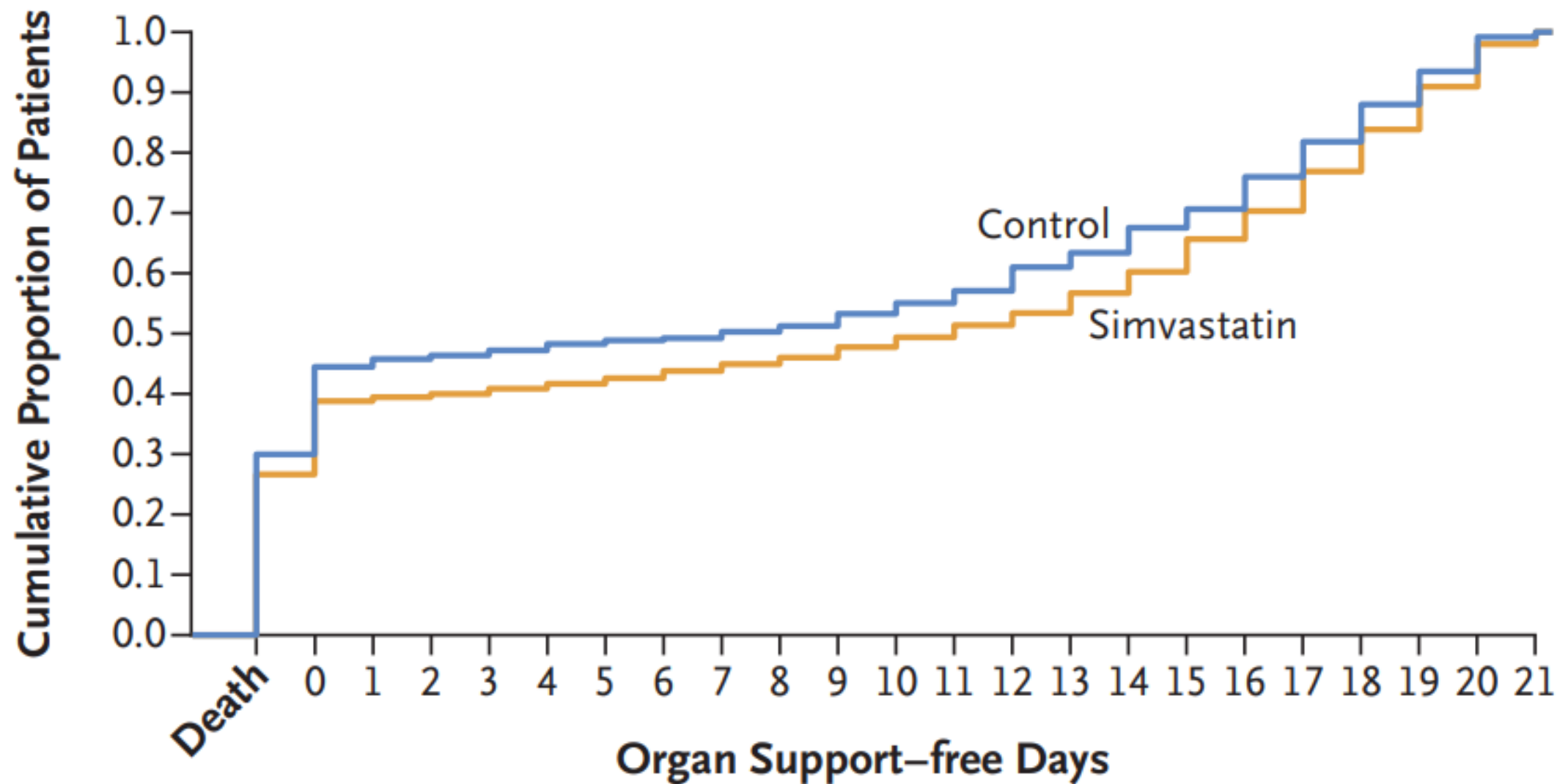
Results:

- ▶ 15 participants (20.8%) taking P had VR versus 1 (1.8%) who was untreated (absolute difference, 19.0 percentage points [95% CI, 9.0 to 29.0 percentage points]; $P = 0.001$).
- ▶ All persons with VR had a positive viral culture result after a prior negative result.
- ▶ Multivariable models: only P use was associated with VR (adjusted odds ratio, 10.02 [CI, 1.13 to 88.74]; $P = 0.038$).
- ▶ VR Participants receiving P and VR had prolonged shedding of replication-competent virus compared with those who did not have VR (median, 14 vs. 3 days).
- ▶ Eight of 16 participants (50% [CI, 25% to 75%]) with VR also reported symptom rebound; 2 were completely asymptomatic.
- ▶ No post-VR resistance mutations were detected.

Conclusion:

- ▶ Virologic rebound occurred in approximately 1 in 5 people taking Paxlovid, often without symptom rebound, and was associated with shedding of replication-competent, non-resistant virus.

A Cumulative Proportion of Organ Support-free Days



Addiction: Criteria

(Cannabis – but applies to any other addiction)

Impaired control over cannabis use

- ▶ 1. Using cannabis for longer periods of time than intended or using larger amounts than intended
- ▶ 2. Unsuccessful in reducing or controlling cannabis use, despite wanting to do so
- ▶ 3. Spending a great deal of time getting or using cannabis or recovering from its use
- ▶ 4. Strong desire or craving to use cannabis

Social impairment

- ▶ 5. Failure to fulfill major role obligations at work, school, or with family due to cannabis use
- ▶ 6. Continued cannabis use despite having persistent cannabis-related interpersonal or social problems
- ▶ 7. Giving up or reducing time spent on important activities because of cannabis use

Risky Use

- ▶ 8. Repeated use of cannabis in physically dangerous situations
- ▶ 9. Continued use of cannabis even though the person is aware that use is likely to be causing or worsening a cannabis-related physical or psychological problem

Pharmacological indicators

- ▶ 10. Tolerance. With chronic cannabis use, the effects of cannabis decrease when it is repeatedly used in the same amount, or the amount of cannabis needed to achieve the same effects must be increased
- ▶ 11. Withdrawal. Either a typical cannabis withdrawal syndrome or use of cannabis to avoid experiencing a withdrawal syndrome

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Red Wine



Orange



Lemon



Brown Sugar



Cinnamon



Nutmeg

Ginger



Star Anise