

Rocky Vista University (RVU) Vagal Approaches Study

Newsletter

WE ARE GRATEFUL YOU ARE HERE! YOU ARE CENTRAL TO THIS TRIAL AND WE WANT YOU TO BE INFORMED OF OUR PROGRESS. YOU ARE NOT ALONE IN YOUR EXPERIENCE WITH LONG COVID.



What are some associated conditions with Long COVID?

Long COVID may be accompanied by (or lead to) other health issues:

- Elevated risk of new or worsening health conditions such as diabetes, heart conditions, blood clots, or neurological problems.
- [Scientists think](#) Long COVID may happen because the body doesn't fully recover after the initial infection. Possible reasons include ongoing inflammation, blood clots, unbalanced immune system (including possible autoimmune conditions), and traces of the virus linger.
- It can impact daily functioning, work, and quality of life. [One large study](#) found people with Long COVID had lower mental and physical quality-of-life scores compared to those without Long COVID.
- [Research shows](#) economic disadvantage, lack of access to healthcare, and other social factors are associated with higher risk of Long COVID

If you have questions or would like to suggest a topic for the newsletter, reach out to our team at longcovidwellness@leidos.com.

What can you/your healthcare provider do:

1. Get a good assessment. Talk to a provider who is open to recognizing Long COVID.
2. Keep a journal of what you did, how you felt, what made things worse, what helped.
3. Rehab approaches (physical therapy, occupational therapy, breathing exercises) might help with physical deconditioning, breathlessness and fatigue. Psychological support is important: mood, anxiety, sleep are commonly affected and can feed into other symptoms.
4. Nutrition, hydration, avoiding or managing comorbidities (like obesity, diabetes, hypertension) are important. These may also be risk factors for worse outcomes.
5. Connecting with others who understand helps reduce isolation. On the landing page, please visit the section titled "Online Peer-led Support Groups." This section has links to support groups that can help find community.