



The Medical **Bulletin**

In Infection

Long Covid and Diabetes

1. Long Covid or post Covid 19 ranges from new reoccurring or ongoing health problems that people can experience 12 or more weeks after being infected with covid 19 virus.
2. Clinical symptoms range from tiredness, fatigue, dyspnoea, brain fogginess, autonomic dysfunction, headache, loss of taste or smell, aches and pains.
3. Risk of long covid is more with presence of more than 5 symptoms in the initial state, in females, in elderly and in those with comorbidities
4. Long standing diabetes increases the risk of long covid

Thus in Diabetes with long Covid:

1. Frequent blood sugar monitoring, regular follow ups, and stricter control of DM, to be followed in the entire covid and post covid period.
2. OHAS can be continued in haemo dynamically stable patients without any end organ damage.
3. Prevention covid 19 infection by sensitizing and educating people with diabetes.
4. Healthy eating habits with low glycemic index foods, sufficient proteins and vegetables, with supervised home based exercises in the post covid period.

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