



**G**ood morning everyone. I hope this finds you healthy and in a good space. It has been a while since we last sent out a newsletter. **old in this color**

**There has been so so much happening so rapidly it would have been disservice to send you "day old" information that was proven wrong.**

**As of Today 25 JUN 2020:**

**MASKS:** Per governor required everywhere you may encounter people not part of your household. If you are coming to the office to see me or Kelly masks are NOT optional.

**SARS-COV-2/Covid-19** The shutdown was helpful to avoid the spread but the infection rate and hospitalization rates have rapidly increased since the country opened back up. California reports a 25% increase in the past 2 days, and Texas is almost out of Intensive care beds.

**THIS IS NOT A BENIGN DISEASE.** Places that were Covid-19 free are not showing disease spread. Some reports say it has mutated and become more easily spread but as with all things COVID-19 there are far more questions than answers.

**What are the symptoms?** This has become the million dollar question. The original symptoms were very flu like cough and cold type respiratory symptoms. Temperature of 100.3 and above, runny nose, cough - then loss of smell and taste were added, COVID toes - and now many many different combination of symptoms may be signs of



**K**elly and Knots Unwound have been approved to reopen. July 1 Kelly will be seeing clients in the office on a limited basis.

The regulations and best practice guidelines for the Nevada Massage Board and national massage organizations are dictating some significant changes in the timing of appointments, the number of appointments each day. **THESE CHANGES ARE NOT OPTIONAL** and we all get to observe them.

**K**elly remains available for distance Craniosacral work and has complimentary introductory 7 Generation workshops available weekly on Zoom. Sign up at [knotsunwound.as.me](https://knotsunwound.as.me)

**I**f you need a break from the day to day stresses of this lockdown Join Kelly Kapsar LMT, Spiritual Practitioner as she does her short meditations everyday on Facebook at 1:30 Pacific time.

[https://www.facebook.com/Kelly-Kapsar-LMT-Spiritual-Practitioner-109878083993260/?epa=SEARCH\\_BOX](https://www.facebook.com/Kelly-Kapsar-LMT-Spiritual-Practitioner-109878083993260/?epa=SEARCH_BOX)

**T**ake a minute to **BREATHE**

Kelly Kapsar, LMT

COVID-19.

**If you are concerned visit <https://www.southernnevadahealthdistrict.org/covid-19-testing-sites/> to find a testing site and location near you. Currently testing at these sites is free. Some sites have walk-up/drive-up options some require appointments.**

### **Status Check**

SilverArc APN is open for business as an essential service. The office hours are reduced to Tuesday-Friday 9am -1pm. In office visits are generally limited to those who must be physically present to receive care. Everyone else will be seen via one of the TeleHealth systems available through the office. Call 702-586-5060 to schedule or ask a question.

**COVID-19 care information** remains rapidly changing and evolving. For official Nevada related information see <https://nvhealthresponse.nv.gov>

### **I want to touch base on a few things of vital importance**

#### **How do I stay safe**

As we were taught in Kindergarten: Wash your hands, keep your hands to yourself, do not touch your face, cough in your elbow, - though now we add a few things. **WEAR YOUR MASK** in public, and in setting with other than household members. recently 18 extended family members were infected at a birthday party. If you are not in your own household wear your mask. **Going to Restaurants.** Make sure serving staff is wearing their masks - **NOSE SHOULD BE COVERED TOO** - Wear your mask until your food and drink arrive, eat your meal without your mask, then when done replace your mask - awkward, I know.

#### **Social Distancing**

This behavior continues - may even last until fall. The biggest change this week is the CDC's additional guidance that everyone out side in social setting - grocery stores etc, should be **wearing a cloth face mask** (save the surgical masks for the folks on the front lines) AND of course the Governors decree everyone must wear a mask.

### **I no longer have insurance how do I get my regular health care**

SilverArc APN has long had membership programs to assist, a limited number of, people to handling this very question. After an initial evaluation investment a care contract is initiated for monthly automatic withdrawal payment. this payment allows you to see Paul multiple times in the month, if necessary, for that single payment. The membership rates vary based on particular care you may need. Substance use care has different parameters for the initial phases then moves on to a membership.

Non-Membership patients may also choose to seek TeleHealth care by utilizing the Point Nurse <https://www.pointnurse.com/clinicname/silverarcapn> Short of injections most care can be conducted over the TeleHealth link.

### **Questions I get asked**

#### **Disease Severity**

How come some people were asymptomatic and others died from this same disease. The answer to this is still elusive. **My observation (not scientific or stated by others)** It seems those who get small exposures and have no other health related issues have less intense diseases, those who have high intensity exposure like ER Docs, Nurses, or those stuck on

cruise ships tend to have a more severe case of the disease. This supports the social distancing guidance very well. **BACK to the known** Those with underlying health problems - smokers, diabetics, uncontrolled hypertension, and others are at high risk. Generally the oldest in our population are at higher risk **but as we now know NO AGE GROUP is exempt - triplets were born with the disease this week. .**

### Supplements

Any supplements should be used in moderations. Vitamin D has been discussed here and in the news. It seems to have benefit because the body requires Vitamin d to function properly. A properly functioning body has a better time fighting off disease. TOO MUCH vitamin D can be harmful. Unless you are directed otherwise buy a provider do not take more than 2,000IU daily. Go out in the sun and get your needed dose. 10 min/day.

Some others that seem to be helpful - again the point is to get the body the basics of what it needs. That usually means **MODERATE** amounts.

Vit C 500mg twice daily

Quercetin 250mg -500mg day ( from green tea)

Vitamin D 1,000-3,000IU daily - do not exceed 5,000 iu unless

Zinc 75, 100mg /day

Melatonin 3mg hs - improves vascular function?

Vitamin D 2, 000 IU daily. do not exceed that amount unless advised otherwise by a provider.

### Medication

There are no preventative medication for SARS-COV-2/COVID-19. A number of medications are in clinical trials but the results are not yet in.

One drug has been found effective for assisting hospitalized patients. It is an injectable steroid that has been around for a long time. W+Used in moderate doses it reduced the lung inflammation - it is not available for COVID-19 use outside of the hospital setting.

Remdesivir has been shown to be mildly helpful in moderate doses but it is only available IV and in hospitals under clinical trial protocols.

**Science** has shown hydroxychloroquine to not only **be useless against Covid-19 but increases the fatality rate** for those with SARS-CoV-2 infection. When co-administered with Azithromycin the fatality rate increases dramatically. FDA has rescinded the emergency authorization.

### Vaccines

There are no vaccines likely to be ready in the next 6 months. The news releases have slowed way down but there seems to be some positive progress.

### Herd Immunity

Herd immunity is an old term epidemiologist use to discuss how many people in a population (herd) are: naturally immune to the disease, have had the disease and developed an immunity, or are vaccinated against the disease. It is usually expressed as percentage. The higher the percentage the less likely the disease is to spread to others in the herd. As you likely are aware the percent of herd immunity for COVID-19 was near zero.

## Resources

[CDC.gov](https://www.cdc.gov) Centers for Disease Control and Prevention

[ready.gov](https://www.ready.gov) Provides guidance on being ready for unexpected events such as pandemics, fires, earthquakes or similar

<https://nvhealthresponse.nv.gov> State of NV guidance and information

Wearing cloth masks? Making cloth masks? Here is CDC's guidance:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### Some articles from Psychology today from Kelly

<https://www.psychologytoday.com/us/blog/passion/202004/how-stranger-danger-has-gone-viral-in-the-pandemic>

<https://www.psychologytoday.com/us/blog/passion/202003/the-pandemic-and-the-pain-losing-touch>

<https://www.psychologytoday.com/us/blog/passion/202003/the-coronavirus-calling>

Stay Well, Wear your mask in public!

Paul Kapsar APRN

Kelly Kapsar LMT

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