

DON'T NEGLECT OTHER RISK FACTORS



Collateral Harm from the Pandemic

In addition to half a million deaths in the US, the coronavirus pandemic has created an interruption in normal patterns of health care in the US. Missed and delayed diagnosis and management of other non-Covid related risk factors are creating a parallel epidemic of harm. Avoidance of medical care because of fear of catching the virus, or overwhelming the medical system, has created a domino effect in our health care system.

For instance, EMS teams in Newark reported four times as many on-scene death pronouncements in April 2020 versus April 2019 and hospitalization for myocardial infarction decreased up to 48% after the emergency declaration, suggesting people waited too long to seek medical care and neglected checking in with other risk factors.

The risk of chronic disease onset or progression going unnoticed can be more fatal and damaging to overall health than the COVID-19 virus itself. Be sure to keep up with routine screenings and appointments. If you are experiencing any new symptoms and are reluctant to seek medical care at a facility, ask your doctor for telehealth appointments that can help determine if you need a physical exam.

Continue monitoring your health even as simply as checking your blood pressure the next time you are at the grocery store. If needed, stay on top of monitoring sugar levels. Contact Encompass and keep your mental health as strong as your physical health. If you are able and ready, get on your doctor's schedule for any preventative annual screenings.

While the effects of COVID-19 have trickled down into almost every avenue of daily life, it is crucial to prevent further, and potentially irreversible damage to our health. Talk with your doctor about screenings, your individual risk factors and symptoms so together as patient and doctor, you are able to make informed decisions.