



MILLHOUSE INTEGRATIVE MEDICAL CENTRE

PARTNERING IN HEALTH AND HEALING

MARCH 2020

A warm welcome to the Millhouse Community and to other readers.

The Wuhan Novel Coronavirus, now referred to as Covid-19, remains in the forefront of our minds. For New Zealanders it began with two people being infected on their cruise ship, and the other NZ passengers being quarantined on their arrival home. Then, not unexpectedly, on Friday 28 February the first homeland person was diagnosed after their return from Iran.

During this time it has been a reminder to Millhouse staff that we must be vigilant dealing with probable highly infectious patients; of which there have been three thus far. Any person now who has returned from China, Hong Kong, South Korea, Japan, Italy and Iran are suspect if they have respiratory symptoms – see textbox. We are asking that anyone with symptoms to please phone the clinic first, and on arrival wait in the car at Millhouse, so we don't place patients and staff at risk. We will attend to you in the car park wearing protective gowns, masks and goggles.

Covid-19 coronavirus will soon have infected over 100,000, with nearly 3000 deaths. Some have suggested the true figures are much higher exceeding ½ million as it spreads across the world to become a pandemic infection.

MILLHOUSE NEWS

NO ON-LINE BOOKINGS

Due to the increasing COVID-19 cases, and their contacts, we have cancelled ON-LINE bookings and returned to appointments by TELEPHONE only. This is to ensure everyone is asked before coming to the clinic whether they may possibly be at risk of carrying the virus, and lessen the chance of our patients and staff becoming infected. We will inform you promptly when the on-line bookings resume.

PRACTICE NURSES

Leonie and Gabriella are both prescribing nurses. Gabriella will commence her weekly Nurse Clinic shortly, seeing patients with acute needs as well as offering lifestyle advice to those with chronic disease.

CORONAVIRUS – COVID-19

As I write the March newsletter, my mobile phone informs me an Iranian traveller has been diagnosed with Covid-19 and is now resident (and improving) in Auckland Hospital, after arriving home on Emirates flight EK450 on Wednesday 26 February. Passengers at greatest risk on that flight are being contacted and advised that if they **develop symptoms of cough, fever and difficulty breathing** to contact Healthline, phone 0800 358 5453, or their GP ahead of their visit.

The first cases of Covid-19 have created fear in the community, with Aucklanders rushing to buy toilet paper, hand sanitiser, face masks and tinned food. Some supermarkets have even limited the number of shoppers entering and restricting the purchase of certain items.

What are the facts about COVID -19 & Coronaviruses?

Coronaviruses are a family of viruses, which we will all experience at some point in our lives, They cause respiratory illness, including even some forms of the common cold, with mild to moderate symptoms, and occasionally lower respiratory tract infections with bronchitis and pneumonia. Coronaviruses are common in the animal world but rarely spread to humans. However, this happened in 2003 with the Severe Acute Respiratory Syndrome (SARS-CoV), which originated in Guang-Dong near Hong Kong, and reached 26 countries. Then in 2012 the Middle East Respiratory Syndrome (MERS-CoV) appeared in Saudi Arabia. MERS-CoV, also called Camel Flu, was contracted by drinking infected camel's milk, and by 2017 had infected 2000 persons including a major outbreak from travellers returning to South Korea in 2015. Both SARS-CoV and MERS-CoV have more severe symptoms and a higher mortality than COVID-19.



Genetically, **Covid -19** has a viral DNA that closely resembles the coronaviruses found in bats. However, no bats were sold at the suspect Hunan seafood market, and it is proposed the mode of transmission to humans was from eating *pangolins*, an endangered ant-eating mammal, a prized culinary delicacy used in Traditional Chinese Medicine and known to harbour similar DNA coronaviral sequences. Many of those infected in Wuhan either worked or frequently shopped in the central Hunan seafood wholesale market, which sold live and newly-slaughtered animals. The virus is known to spread by close contact (within 2 metres) from person to person by respiratory droplets released when the

infected person coughs or sneezes, and transferred to the nose, mouth or eyes of another; they may even be inhaled directly into the lungs of those nearby. The droplets also fall, landing on surfaces from whence the virus may be passed by touch to the mouth, nose or eyes. The greatest risk is from those who have the illness, and the incubation period varies from 5-14 days. Faecal-oral spread from an infected person may also be possible.

URGENT ADVICE

WUHAN CORONAVIRUS – COVID-19

*If you have just returned from **China, Hong Kong, South Korea, Japan, Italy or Iran** and are **unwell** with symptoms that include any of fever, sneezing, sore throat, cough or breathing difficulties (respiratory infection):*

DO NOT COME TO THE CLINIC

RING US FOR ADVICE - Ph 537 4980 – and speak to the Practice Nurse OR

Contact HEALTHLINE - Ph 0800 358 5453

IF YOU DO COME we will ask you to speak to us by phone from your car.





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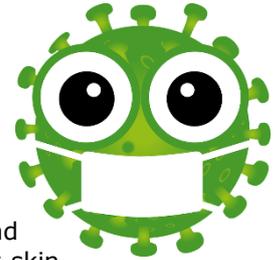
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An unpublished study from China suggests that Covid-19 largely affects older people. Those over 80 had a death rate of 14.8%, compared with 8.0% for those ages 70 to 79; 3.6% for those ages 60 to 69; 1.3% for those ages 50 to 59; 0.4% for those ages 40 to 49, and 0.2% for those ages 10 to 39. No deaths have been reported among children from birth to age 9.

REMAINING SAFE.

- **Know Your Risk.** If you are a smoker, elderly, or suffer from chronic disease, especially cancer or poorly controlled diabetes, your immune system will be depleted and less able to fight infection. When the 2020 flu vaccination becomes available, I strongly recommend having the immunisation, to build an early protective antibody response before influenza hits this winter. That will be one less illness to deal with.
- **Washing Hands.** This is the main way to avoid personal contact with the virus from contaminated surfaces. Wash your hands thoroughly, exposing all skin surfaces to soap and water, for at least 20 seconds. Then dry your hands on a disposable paper towel, as wet skin aids the transmission of the virus. Remember to carry a small sanitiser bottle with you to disinfect your hands when washing is unavailable.
- **Wearing Face Masks.** It is more important that those with cough and cold symptoms wear masks as this protects others from being infected. However, if you enter a high-risk area (hospitals, clinics), wearing a mask is protective, and men being clean shaven is an advantage.
- **Coughing and Sneezing.** Use armpit, elbow or handkerchief to prevent release of infected droplets over others.
- **Keep Your Distance.** Don't shake hands, hug, kiss, or hongi with anyone who has respiratory symptoms or is unwell.
- **Avoid Unsafe Places.** If Covid-19 becomes pandemic, I strongly recommend that those at greater risk stay home and don't allow anyone with cold symptoms to enter. I well remember reading the exploits of the courageous and tempestuous Dr Rawene Smith (real name - Dr George McCall Smith, superintendent of Rawene Hospital in Northland), who during the 1918 flu epidemic blocked cars entering the Hokianga and preventing the entry of influenza.
- **Be Prepared and Plan Ahead.** Ask yourself what will you do if you become infected, or if your relatives, friends or flatmates are quarantined for 2 weeks. Read the [Civil Defence website](#) which has practical advice to assist in developing an emergency survival plan – food, long term medication, toiletries, and toilet paper required for at least 2 weeks, and don't forget the needs of your pets. Ensure there is a neighbour, friend or family member who will check on you.



COVID-19 PREVENTION AND TREATMENT

Excess sugar and alcohol are detrimental to your health.

Negative emotions subtly weaken the immune system but mindfulness, prayer, and talking with friends and counsellors, as well as, writing therapy, strengthen our healing abilities.

I am always concerned when I see diabetics with high HbA1c levels, who I know have a compromised immune system and an inability to fight infection. Please see our nursing team, who at no expense, will guide in ways to improve your diabetic control.

Sound sleep is curative. Eat well and consider supplementation, especially Vitamin D, Vitamin C, zinc and selenium.

Intravenous Vitamin C (IVC)

In the April 2019 newsletter (available on-line) I told of the usefulness of IVC in emergency situations, though NZ hospitals are reluctant to use it. It has been reported that a number of studies are underway to examine the effectiveness of IVC in treating coronavirus patients.

March 3 -The government of Shanghai, China has announced its official recommendation that COVID-19 should be treated with high amounts of intravenous vitamin C. (1) Dosage recommendations vary with severity of illness, from 50 to 200 milligrams per kilogram body weight per day to as much as 200 mg/kg/day.

Yours in good health,

Dr Richard J Coleman

MAINTAIN A STRONG IMMUNE SYSTEM

- **AVOID HIGH SUGAR** foods, drinks, fruit juices which can suppress the immune system within 30min and last 4-5 hours.
- **AVOID EXCESS ALCOHOL**
- **DIABETICS LOWER HbA1c to under 60 or better still 50** - if you are a poorly controlled diabetic with high glucose levels - which accelerate inflammation & weaken the immune system - see our nurses for help in improving control. There is no cost for this service.
- **FEAR & STRESS** deplete the immune system - check out mindfulness YouTube videos by Mark Williams & Jon Kabat Zinn.
- **QUALITY SLEEP** is essential for a healthy immune system. See August 2019 newsletter online for possible solutions. If you have poor sleep, ask your family doctor for MELATONIN* which enhances the immune system.

SUPPLEMENT WITH

- **VITAMIN D** It is not surprising Covid-19 occurred in the wintertime - less sunlight means a lack of Vit D which affects the immune system. Dose 2000-5000 units daily or 50,000 cap* 2 weekly this winter
- **ZINC** is a powerful antioxidant, essential for many biochemical pathways and helps fight infections. Dose 20-40mg* daily
- **SELENIUM** inhibits RNA viruses which include the coronavirus. NZ and areas of China are selenium deficient - Keshans (heart) Disease, caused by the Coxsackie RNA virus can be prevented taking selenium. Dose 150 microgm daily or eat 2-3 brazil nuts.
- **VITAMIN C** fights all viruses and empowers the immune system. Dose 2-3gm daily in divided doses.
- **VITAMIN A** deficiency impairs the immune system and the protective lining of the respiratory tract. Consider taking a multivitamin complex with Vitamin A.
- **DON'T FORGET TO EAT NUTRITIOUS FOOD**, especially chicken soup loaded with spices, mushrooms, garlic, onions, vegetables, lentils & whole grain noodles or rice, when you are unwell.

* Available on script