



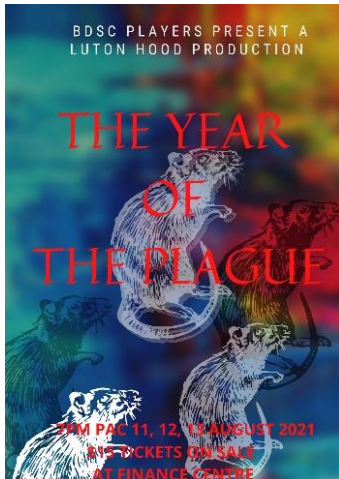
MILLHOUSE INTEGRATIVE MEDICAL CENTRE

PARTNERING IN HEALTH AND HEALING

NEWSLETTER SEPTEMBER 2021

A warm welcome to the Millhouse community and other readers

Usually, the appearance of new shoots and blossoms remind me that Spring is here and winter ills will soon pass. However this year the COVID DELTA incursion with LOCKDOWN 4, is more than just "a bump in the road", and has majorly interrupted our return to normal living and a healthy business environment.



A highlight for me last month was the Botany Downs Secondary College's drama, 'The Year of the Plague', written and produced by teachers Jane Luton and Jacqueline Hood. This was an excellent production performed by a talented multicultural student cast. Through humour, music, drama, and audiovisual effects we explored the current COVID pandemic, the medieval 'Black Death' bubonic plague era, and the rampaging 1918 Spanish flu which decimated the Māori community with a death rate 8x greater than that of pakeha New Zealanders.

The performance ended by reminding the audience that COVID-19 has infected more than 200 million people worldwide, and caused 4.5 million deaths, though New Zealand has had only 26 fatalities. This was a poignant moment when I acknowledged my gratitude for living in NZ, a small country led by a supportive government. We have a window of opportunity to fortify our immune system, through vaccination and undertaking personal health strategies (outlined in previous newsletters) to face down COVID-19 which will inevitably become endemic, ever-present, in New Zealand.

In this newsletter I review again the COVID stats of four key countries, and comment on viral replication, mutation and the Delta strain. Then I return to the importance of vaccination and personal health strategies which forewarn and prime the immune system to minimise COVID infection and enhance our survivability. I will leave the discussion on cancer for another time.

MILLHOUSE NEWS



SATYA SUBRAMANIAN [our new team member](#) is a graduate of Madras University (Bachelor of Medicine & Bachelor of Surgery 1984) and a fellow of the Royal NZ College of General Practitioners (2016), Dr Satya came to New Zealand in 1995, first working in hospitals before commencing general practice in 2010. She is an experienced practitioner in family medicine with special interest in women's and children's health, fertility issues IUCD & Jadelle insertion and removal skin lesions and cancer.

Dr Satya is fluent in Tamil, Teluga and Hindi languages.

**Dr Satya consultation hours:
Monday, Wednesday & Friday
9am -5.15pm**

REMEMBER NURSE GABRIELLA our highly-skilled [prescribing nurse](#), who will undertake full training as a nurse practitioner in 2022. Gabriella will journey with you as you make lifestyle changes that address weight issues, diabetes and other chronic conditions that affect your health. Gabriella will also assess those with acute medical conditions, prescribe medication when needed and communicate concerns to your family doctor.



REMEMBER OUR NURSE TEAM - Maree who has skills in travel vaccination and taking smears, Michael who enjoys working with the challenging diabetic and performs ear wax removal, Josie who is also involved in ear wax removal, and Abby who will support you through emotional and stress issues which many are finding tough to handle at this time.

COVID SWABS continue to be taken at 130 Millhouse. Please ring for an appointment if you have any respiratory symptoms. Reception will give you a booking time and you can park in the 130M carpark. Stay in your car when you arrive, ring Reception and a nurse will come and take the swab while you remain in your vehicle.

COVID VACCINATION - we have applied to be a provider and await approval to begin vaccination.

However under ALERT 4, I encourage you to arrange your vaccine NOW by booking on-line at [Book-My-Vaccine](#) or phone East Care A&E **09 242 1616**, at 260 Botany Road.

REMEMBER REPEAT LONG-TERM PRESCRIPTIONS can be requested using ManageMyHealth portal which avoids unnecessary delays with Reception and Nurses processing a telephone request.

FLU VACCINES remain available and are free for seniors over 65, and sufferers of diabetes, cancer, heart disease and those with chronic illness. Children under 4yr with significant chest illness, as well as pregnant women, are also free. Remember to book an appointment with Reception to receive the flu vaccination.

FINALLY, OUR BEST WISHES TO DR ALET who has now settled at Rangiora north of Christchurch where life has become more peaceful and relaxed.

FOUR COUNTRY COVID REVIEW

In the June newsletter I mentioned the COVID-19 incursion into Taiwan, due to returning China Airline pilots. We now know health authorities took six weeks to bring this under control, and that the mortality rate tripled from 12 to 32 deaths /million. Taiwan is now 40% vaccinated and has added a homegrown immunisation to the imported COVID vaccines.

7 Sept 2021	Total cases	Cases / million	Total Deaths	Deaths/million
TAIWAN	16,035	672	837	35
NEW ZEALAND	3792	758	27	5
SWEDEN	1,130,525	111,125	14,651	1440
USA	40,816,552	122,466	666,307	1999

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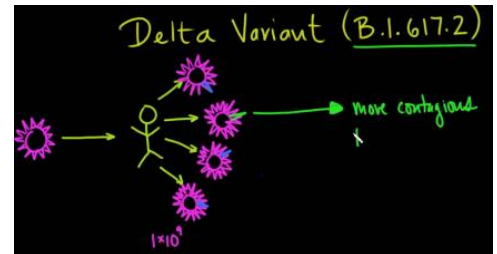
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Sweden's COVID cases have exceeded the neighbouring Scandinavian countries (Finland 1/5, Norway 1/3 and Denmark 1/2 of Sweden's numbers). However their death rate has continued to decline, influenced by social distancing, the summer weather, vaccination and especially improved care in residential homes. Since July the USA COVID case numbers have increased but the mortality rate is lower, due to vaccination. More than 52% in the US are fully vaccinated but the over-65s, who are at greatest risk, are up to 82%.

New Zealand at this stage is a world leader in stifling COVID, with only one further death. However this recent DELTA foray, with more than 800 cases and increased hospital and ICU admissions, especially in younger age groups, has placed us on notice about how easily things can change.

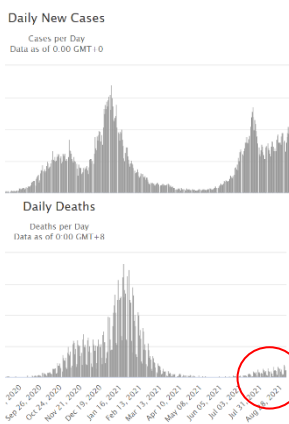
VIRAL REPLICATION, MUTATIONS & DELTA

The spike proteins in COVID-19's virus attach to the lining of respiratory tract (nose, mouth, lungs). There they hijack the cells, reproducing viral particles which spread locally, particularly in the lungs, and beyond, spread in the blood to other organs. Within days viral replication can reach a peak of 1 to 100 billion in the body. With so many particles being produced, it is not surprising some are not exact copies, and occasionally a mutation of the spike protein will produce a more pathogenic variant.



The diagram (@medcram.com) demonstrates the spike protein variation and how one change led to the contagious DELTA variant, which was first isolated in India in December 2020. This year the MU variant was isolated in Colombia, and is now detected in 40 countries, while South Africa reports another variant of interest (C.1.2). What we do know is that COVID mutation will continue and on occasions become more infectious than earlier forms.

In July a Scottish study showed the DELTA mutation, now present in NZ, was found to be more severe and led to 1.85x higher rate of admission to hospital, particularly affecting younger and more affluent groups. Similar findings were published for England in the REACT 1 survey where the DELTA variant was found to infect younger people (5-49yr) at a rate 2.5x greater than those over 50yr, many of whom had received immunisation, while the younger group had lower rates. It is not clear whether DELTA has a predilection for the young or if vaccination gave protection to the elderly, but it is clear that as the vaccination rate increased, the death rate dramatically fell. (See the UK Worldometer graphs opposite – compare the differences in the last three months).



COVID VACCINATION

As I have mentioned, Covid vaccination has changed the game, with a dramatic lowering in mortality and hospital admissions, not just in the UK but globally. A vaccination primes the immune system to fight infection. Nevertheless, no vaccine is 100% protective. For those who do become infected, COVID is milder, with fewer hospitalisations and lower chances of transmitting the virus to friends and family. Two vaccinations are needed but we are still learning how long the immunity lasts; it may be that those with significant illness may require a booster injection.

A few patients have expressed concern about the new mRNA technology in the Pfizer vaccine. I encourage them to research the alternative French Valneva VLA2001, a traditional vaccine made from inactivated whole virus particles. Valneva is currently undergoing a NZ trial.

STRENGTHENING THE IMMUNE SYSTEM & INTERFERON

I discussed in previous newsletters, available online, the importance of strengthening the immune system with the nutrients listed in the sidebar. One area I haven't mentioned thus far is the role of INTERFERONS, a family of small communicating proteins that are naturally released from cells invaded by replicating viruses. They are the innate immune system's first line of defense and have a critical role in fighting viral infection.

Children with COVID have higher levels of interferon (ITF) in the upper airways but in adults with worsening COVID infection, the levels of ITF fall weakening the inflammatory response. ITF levels may be a predictor of disease outcomes. As we age, the immune system produces small protein-autoantibodies that increase inflammation and tissue damage in chronic illnesses and autoimmune diseases like rheumatoid and lupus. These rogue antibodies inhibit the production of ITF and are found in nearly one-fifth of all COVID deaths.

We know that when the body is heated from 37C to 39C, there is a 10-fold increase in ITF production so if you are sick, don't lower your temperature until it is more than 39C. Regular saunas and hot baths can boost ITF production and are particularly useful at the onset of viral symptoms.

Sleep well, exercise regularly, relax often during these COVID times.

Yours in good health,
Dr Richard J Coleman

References are available on request.

Nutrients for Acute Infection
Vit D 100,000iu then 5000iu daily
Zinc 50-100mg daily
Vit C 1-2 gm every 2-3 hours
Increase
Quercetin, NAC & Melatonin

Protective Nutrients
 For Covid & Influenza Prevention
Vitamin C 1gm x3 daily
Vitamin D 2000 - 5000iu daily
Zinc 20mg daily
Magnesium 400mg daily
Selenium 100microgms daily
Melatonin 2-4mg night
Quercetin up to 500mg daily
N-Acetylcysteine (NAC) 600mg daily

Protective Lifestyle Changes
Regular Exercise
Heat - use Saunas & Hot Baths
Relaxing Sleep
Manage Stress