

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

The IFPHA is grateful for the support of our sponsors.



Important News & Updates

BY KATHEY AVERY, RN, BSN, CO-CHAIR

After my monthly meeting with other healthcare providers, I want to share information about the ability to receive Monoclonal Antibody Treatments for Covid-19.

The state has encouraged people to go to <https://Covid19.ncdhhs.gov/FindTreatment> to find providers and pharmacies offering monoclonal antibody treatments and oral antiviral medication. The website is updated daily, Monday through Friday. The same information can be found in list form at <https://Covid19.ncdhhs.gov/Covid-19-treatment-sites>. Please note that treatment availability is limited.

Local Monoclonal Antibody Treatments

- Pardee is the only provider of MAB (Monoclonal Antibodies) in Henderson County at this time.
- Advent has been a provider by appointment only. Please call Advent at (828) 298-0333 for current status.
- MAHEC requires a provider referral for the monoclonal antibody infusions. Details at mahec.net/innovation-and-research/infusion.
- Mercy Urgent Care said people could self-refer as well as get a referral from their provider. Details at mercyurgentcare.org/Covid19-therapeutic-treatments.
- AMCHC (Appalachian Mountain Community Health Centers) only has the oral pills. You must have a prescription to access the medication at their pharmacy in Leicester.

Covid-19 Treatments Can Decrease Your Risk of Hospitalization and Death

These treatments must be given early to work and require a positive Covid-19 test of any type. Early testing and treatment are key. Have symptoms? Don't wait to see if treatment is right for you.

Who is considered at higher risk for severe illness?

- Obesity or being overweight
- Diabetes
- Immunosuppressive disease or treatment
- Cardiovascular disease, including HTN
- Chronic lung disease, including moderate to severe asthma, COPD, emphysema
- Sickle cell disease

Treatment of non-hospitalized persons with mild-to-moderate Covid-19

These are the current medications used to treat mild-to-moderate Covid-19 in non-hospitalized individuals at high risk for developing severe Covid-19.

The oral antivirals (Paxlovid and Molnupiravir) should be started ASAP after diagnosis, and within five days of Covid-19 symptoms. Both treatments are pills taken twice a day for five days. Both require prescriptions.

Paxlovid is for those 12 years of age and older weighing at least 88 pounds. It is 88% effective in preventing hospitalizations or deaths within five days of symptom onset. There are some drug interactions that pre-

scribers need to check before prescribing this medication.

Molnupiravir is for those 18 years of age and older. It is not recommended during pregnancy. It is 30% effective in preventing hospitalizations or deaths within five days of symptom onset.

The monoclonal antibodies (Sotrovimab and Bebtelovimab) are one-time IV infusions or injections given to those 12 years of age and older weighing at least 88 pounds. They must be administered within 7-10 days of Covid-19 symptoms. Sotrovimab is 79% effective in preventing hospitalizations or death when given within five days of symptom onset.

Pre-Exposure Prophylaxis

There is also a monoclonal antibody (Evusheld) given to prevent Covid-19 infection in people 12 years of age and older weighing at least 88 pounds who are not currently infected with SARS-CoV-2, have not had a known recent exposure, and are moderately to severely immunocompromised. This is administered as two simultaneous injections every six months. It is 77% effective at preventing PCR positive SARS-CoV-2 symptomatic infection.

To find treatment, visit Covid19.ncdhhs.gov/FindTreatment.

Cost and Insurance

Medicare, Medicaid, and some private insurance companies may cover treatment costs. Check with your health plan to determine if you will have to pay for part of your treatment. If you do not have health insurance, your treatment provider may ask the federal government to pay for your treatment. This may require additional actions on your part, including filling out a form.

Treatments used for Covid-19 should be recommended by a health care provider. People have been seriously harmed or have died after taking products not approved for treatment of Covid-19, including products approved or prescribed for other uses.

Antiviral pills and monoclonal antibody therapies have received emergency use authorization by the Food and Drug Administration for treatment of Covid-19. These treatments may decrease the risk of severe disease, hospitalization, and death, but vaccination offers the best protection against Covid-19.

Covid-19 vaccines are safe, effective free and widely available. To learn more and find a vaccine near you, visit MySpot.nc.gov.

Source: NCDHHS and BCDHHS

WOMEN'S HISTORY MONTH



Dr. Kizzmekia Corbett

The Covid-19 vaccine was produced by Dr. Kizzmekia Corbett and her colleagues in January 2020.

"The vaccine you are going to be taking was developed by an African American woman, and that is just a fact." ~ Dr. Anthony Fauci

Dr. Corbett's research on coronaviruses laid the foundation for the design of the highly effective Covid-19 vaccine. A viral immunologist by training, the 36-year-old is bringing awareness to racial health disparities and encouraging trust in science.

Prevent Colorectal Cancer – Get Screened

Please, remember to get your screenings. Routine screening tests can help prevent colorectal cancer and can detect the disease in its early stages



when it is more easily treated. Starting at age 50, men and women at average risk for colorectal cancer should begin routine screening tests.

Research findings indicate that African Americans are at a younger age than any other population when diagnosed with colorectal cancer. As a result, experts suggest that African-Americans get screened beginning at age 45.

Source: artiumhealth.org

Brain Injury Awareness

Seek medical care if there are any signs or symptoms of brain injury following a blow to the head.

Subtle symptoms of a brain injury

- Loss of consciousness for a long time, such as an hour or more
- Worsening or lingering headaches
- Repeated nausea and vomiting
- Seizures and convulsions
- Dilation in the pupils in the eyes
- Clear fluids coming out of the ears or nose
- Inability to wake up
- Weakness or numbness in the fingers and toes