

MFM and Early Aggressive Effective Treatment for COVID-19 (SARS-Cov-2) Infection

Please set aside your political beliefs whatever they may be and understand that McKinney Family Medicine's approach to the treatment of COVID19 is based on over 100 well-designed peer-reviewed studies and supported by America's Frontline Doctors. It is also based on safety and common sense. For details and a summary of the data with references, refer to AFLDS.com. Dr. Procter is a member of America's Frontline Doctors which is a collaborative effort to treat COVID19. He communicates with them daily and adheres to their suggested guidelines. We have been actively treating COVID19 in this clinic since March 2020. Please be patient with us as we are doing the best we can to safely help as many as possible. Please understand some of these patients are extremely ill and require more attention. We are well-aware and sympathetic to your plight. We are very dedicated to your recovery.

About TESTING, MFM believes an accurate diagnosis is best made using symptom scoring combined with physical exam findings, and all forms of testing currently have limitations affecting accuracy. Therefore, we do not require testing to initiate treatment. We simply cannot afford to wait for a test to come back because every day is precious just like treating the flu. After 7 days, it may become much more complicated. We do not rely on COVID19 testing, and we do not require a negative test to return to work/school. If your work/school has certain requirements to return, we will comply and assist you with them.

About TREATMENT, MFM's primary GOAL is to avoid ED visits and/or hospitalization. MFM hopes that with treatment you will be feeling better in a few days, but every case is unique and different (symptoms tend to wax and wane). New symptoms are usually due to the virus rather than side effects from medications. Please do not get discouraged if you feel the same or worse a few days later. If you are not doing well, CALL US! You may need to be re-evaluated, and there may be other options to try. Please read and adhere to the information given to you as we believe this will expedite your recovery. COVID19 is primarily a disease of inflammation, so the regimen is designed to effectively combat this inflammation. It may take months to achieve a full recovery or maximum improvement.

We fully realize that this regimen is extensive and for that we apologize. Treating COVID19 is not easy and takes a lot of effort and responsibility on your part. You may be prescribed *some or all* of the meds. You may also receive some injections (Antibiotics, Steroid, and/or Vitamin B12). With that being said, the following is a description of most of the items (all have an excellent safety profile) in the treatment regimen (in layman's terms only):

--Hydroxychloroquine (HCQ): It is like a gun that shoots zinc bullets into the cell to kill the virus. It has antiviral and anti-inflammatory properties. We hardly ever see any side effects. To be safe, we require a recent EKG to rule out a potential abnormality that (if severe) may lead to a dangerous arrhythmia (this is what the media is talking about). If the EKG is fine, then HCQ is completely SAFE, period. In 65 years of extensive use worldwide, twenty people have died directly associated with HCQ. In contrast, one American on average dies everyday directly associated with the use of Tylenol. After the initial 7 days of treatment, you will be given a second bottle of HCQ (3 month supply with 3 refills) by the pharmacy along with a separate supplement list to take until the end of the pandemic to protect you from getting COVID19 again (yes this happens, but easier to treat, and possibly due to a different strain).

--Azithromycin (AZI): It is a macrolide broad spectrum antibiotic that also helps prevent viral replication inside the cell and has anti-inflammatory properties.

--Budesonide (BUD): It is an inhaled steroid to suppress the inflammation in the lungs delivered via a nebulizer machine. If you need a nebulizer or supplies, Beaker Pharmacy will supply them.

--Methylprednisolone (MDP): It is an oral tapering dose steroid pack to reduce inflammation in your entire body. Despite what the rx says, you may take the entire days-worth of pills at once rather than spreading them out throughout that day if you wish.

--Losartan (LOS): This a common but weak blood pressure medication that blocks the virus from entering your cells by competing with the virus binding to the Angiotensin receptor on the cell surface. It is a very low and weak dose.

--Ivermectin (IVE): This is an anti-parasite medicine that inhibits viral replication inside the cell. It has been shown to be effective at treating many different viral infections.

--Zinc: Bullets for the HCQ that stops the virus from replicating inside the cell.

--Aspirin (ASA): Thins the blood to prevent blood clots that tend to form in advanced COVID-19 disease. It is also an anti-inflammatory.

--Vitamin B12/D3: These boost your immune system and increase energy.

--N-Acetyl-Cysteine (NAC): This is an immune modulator that helps prevent more serious complications from COVID-19 including cytokine storm. This supplement also helps common seasonal allergies.

--Probiotic: This helps maintain your natural balance of bacterial flora, enhance immune system function, and prevent serious complications such as Clostridium Difficile infection (characterized by excessive diarrhea and may be exceedingly difficult to treat).

--CBD: This is the controversial marijuana oil that has been shown to be an extremely potent anti-inflammatory agent. It is virtually THC free. It does not alter mental consciousness or awareness in a negative fashion. Studies regarding CBD and COVID-19 have shown a 3-fold reduction in hospitalization and death all other things being equal. Unfortunately, it is quite expensive, but we feel it is worth the cost.