

Assistant Professor at Mt. Sinai School of Medicine, Dr. Luiza Petre says society's desire to return to normal is clashing with science.

- With cases rising in 20 states we see a new uptick in cases in younger people, 18-24 and mostly due to athletic activities. Sports are essential to their wellbeing and mental health but not all sports are equally safe, it depends if they are indoor versus outdoor, team versus individual sports, if they are sharing equipment. Some sports are clearly safer than others and CDC recommends the close indoor contact sports to be delayed as they carry higher risks. But even in those younger people, 30% still become long haulers with mental fogging, depression and fast heart rates.
- Hospitals are seeing more young people in the ICUs and requiring oxygen, as they are becoming the predominant driver of this pandemic. The new emerging variants are to blame, as 30% of cases in the US are due to the B117 variant that has been shown to be more contagious and more dangerous. Even if young adults are less likely to get sick in general, a study at Ohio University showed that almost half of athletes had some degree of heart inflammation after Covid, even if they appear to make a full recovery.
- CDC has relaxed its guidelines with regards to use of disinfectants, the old fashion water and soap or detergent works just fine and the use of strong disinfectants can do more harm. Time to hold on the Lysol wipes at home. Effective cleaning works just fine as we learn that the spread from surfaces is lower than initially estimated. For common surfaces scrubbing with soap and water will be enough. Disinfection should be reserved for highly exposed public areas, schools and homes where there has been a suspected or confirmed case of COVID-19, within the last 24 hours. Laundry from Covid positive patients can be mixed with the rest of the household.

Let me know if you'd like to hear more from Dr. Petre. Thanks

LUIZA PETRE, M.D.
Board Certified Cardiologist



Dr. Luiza Petre is a Board Certified Cardiologist and Weight Management specialist with extensive training and experience. She has been in private practice since 2007 and also serves as Assistant Clinical Professor of Cardiology at The Mount Sinai School of Medicine, Cardiology Clinical Instructor at NYU Langone Medical Center and is an active Fellow of American College of Cardiology (FACC). As a clinical Cardiologist, she diagnosed and treated cardiovascular disease and related illnesses. Recognizing that heart disease, diabetes and other potentially fatal diseases stem from obesity, in 2014, she expanded her practice to integrative health and wellness, with an emphasis on weight management and lifestyle modification. Today her focus is on Cardiac Imaging and Weight Loss/Lifestyle Modification as the most effective Preventative Cardiology approach. She also owns five Medi-Weightloss Clinics in New York and Connecticut and volunteers as a house doctor of the New York Philharmonic.

Studio Location: New York City
Website: www.LuizaPetreMD.com
Instagram: [@LuizaPetreMD](https://www.instagram.com/LuizaPetreMD)
Clips: [Click here for samples](#)