

# Newsletter

*By Dr. Ima Duchicela Tanner & Dr. Jorge Duchicela*

This month, we will be exploring more COVID-19 related issues, such as how to interpret COVID-19 information from social media and also how to understand all the testing that is out there. Additionally, this month marks the 30<sup>th</sup> year anniversary that I have had the pleasure of being a physician in this community. Thank you for your support and trust.



**Dr. Ima Duchicela Tanner**

## **Be Smart About What You Read**

You may be suffering from COVID-19 information overload. Watching news reports on TV, reading articles in newspapers, and even seeing your friends post COVID-19 information on social media can be exhausting AND confusing. Let us help you learn how to identify trustworthy information and resources. Begin by asking yourself 3 important questions.<sup>1</sup>



1.) WHO wrote it and WHERE is it from?

Check to see if the person who wrote the information is actually someone who can speak with authority on the topic. Double check what you read with trusted sources like [CDC.gov](https://www.cdc.gov) or [MedlinePlus.gov](https://pubmed.ncbi.nlm.nih.gov/) – especially before sharing information. Usually studies take a long time to get published. The studies go through many rounds of what is called peer-review. This is where a group of people who know a lot about that topic read the study to make sure it was done well. Right now, there is a rush to get COVID-19 studies out, and sometimes it may not be peer-reviewed. Therefore, even reliable sources may make mistakes.

2.) WHAT is being presented?

A red flag should go up in your mind when you read things that sound too good to be true. Reliable resources usually don't use phrases like "the best", "clinically proven", "simple cure". Try not to rely on ads or testimonies, or if the author is trying to sell you something.

3.) WHEN was it written?

When reading an article, look for the date when it was published. It may seem that COVID-19 recommendations are changing every day... and sometimes they do! COVID-19 is a new disease for humans and each clinical trial is just another piece of the puzzle. Its best to continue to "watch and wait" ... even in a pandemic.

### **COVID-19 Testing**

The state and local health department offers advice on who should be tested and they update the recommendations regularly. It's easy to get mixed up with all the different testing that is out there for COVID-19. Let's break it down to try to clear up some questions.

There are two types of tests: DIAGNOSTIC and ANTIBODY tests. <sup>ii</sup>

- 1.) Diagnostic: This test is used to tell if someone is having an ACTIVE COVID-19 infection. It is recommended to get this test 7-10 days after you think you have been exposed. This test uses a respiratory sample- and it's usually collected by having a swab inserted deep into your nose. If you test too early or if the sample isn't collected well- your result may not be accurate. There are two types of diagnostic tests. One is called a molecular test and the other is an antigen test. The antigen test is fast and inexpensive but it isn't as good as the molecular test in picking up a COVID-19 positive result. So, if your antigen test says you don't have COVID-19, but your physician thinks that may be wrong, the molecular test may be ordered to double check.



- 2.) Antibody: This test is used to tell if you HAD a COVID-19 infection. It is recommended to get this test 1-3 weeks after you think you had the infection. It is collected by a blood sample, either a fingerstick or from a vein. This test looks at your antibodies. Your body makes these proteins to fight the infections that you get. The antibody test is not a perfect test. A negative antibody test means you probably did NOT have COVID-19, but a positive test doesn't mean that you are immune or that you even had COVID-19. We anticipate the antibody test to get better over time, but right now it's just not there.

### **A couple of Take-Home Points**

- Question what you read on social media. Do your research- especially before you share information
- Testing for COVID-19 is still in the early stages and will continue to improve. There are 2 tests: one to tell if you have the infection now (diagnostic) and one to tell you if you had the infection (Antibody) Not everyone needs to be tested.
- Be wary of "immune boosters", like Emergen-C or Airborne. There is no good evidence that they or other supplements can prevent COVID-19<sup>iii</sup>
- Wash your hands regularly. If you make your own hand sanitizer, make sure it has at least 60% alcohol.
- Wear a face covering and practice physical distancing when you are out in public.

<sup>i</sup> Prescribers Letter. July 2020. Helping Patients Navigate Misinformation

<sup>ii</sup> CDC.gov/Coronavirus

<sup>iii</sup> Prescribers Letter. April 2020 Natural Medicines

#### **We Are Here For You**

Please be aware, we are open to see patients face-to-face in the clinic. If you would like to see the doctors in the clinic, give us a call. On the day of your appointment you will be contacted by phone to confirm your visit and to screen you for COVID-19 related symptoms. Once you arrive to the clinic your temperature will be taken. You are expected to wear a surgical mask at all times during your visit. You will be directed by the clinic staff to enter the clinic once it is considered safe for you. Every room and clinic area will be disinfected promptly after each patient visit.



If you would be more comfortable remaining at home, you have the option to see the doctors via a telemedicine visit. This is a live video chat that is secure between you and the medical assistant and the physician. Please be assured, you will receive the same care and attention as if you were physically in the building with our staff.

Our patients healthcare and safety are of the utmost importance to us here at Youens & Duchicela Clinic.

#### **Your Feedback Matters!**

I want to hear from you about our services. You can give us a call at our main phone number 979 725 8545, mail us a letter, or submit a portal message to us with any concerns or positive things you would like to say about how we have served you and may serve you better in the future.

Here are a few ideas on what we would like to have feedback on:

- Was our staff pleasant towards you on the phone?
- How long was your wait time before you saw the physician?
- Did you have an understanding of any follow-up plans after your appointment?



feedback

### 30 Year Celebration

Thirty years ago, a Mayflower moving truck pulled up to a white house on College Street. My family and I had arrived to the area the day before and spent the night at a hotel in Columbus that no longer exists today. My children anxiously awaited the arrival of their belongings and rushed through the house exploring all the quirks and charm that came with 100+ year old home. My wife, Juanita, and I were fortunate to be able to raise our children in a safe and supportive community. My children thrived under the instruction of dedicated and tireless educators, took advantage of the athletic opportunities, and eagerly anticipated the community and church picnics throughout the years.

As a young, and well-trained physician, I came to Weimar because I saw an opportunity to work hard alongside another dedicated and knowledgeable physician, who held the same values and progressive thinking as I did. Over the years we have strived to be innovative and thoughtful in the care we provide. We have added the use of medical scribes and electronic medical records to further enhance patient care. You also may have had the opportunity to interact with the next generation of physicians- something that really only happens at academic institutions. I appreciate the kindness and grace for which you have shown the various students of medicine that have passed through the clinic- you have played an important role in the education of these future physicians

Throughout the years, I have been privileged to know and care for generations of families. You, my patients, have entrusted me with caring for not only your health, but those of your parents and children. I have grieved with you and rejoiced with you. I have worked side by side with you in the fundraising hamburger trailers and in community organizations.

It has been one of my greatest honors to be a part of this wonderful community, to have raised my children here and to have had the opportunity to be your family physician. I truly do enjoy my work and I look forward to serving you for years to come.

