**"How to Avoid the Casualties of the Corona Virus War: Help to Minimize Covid-19 Infection Illness"**

**In its public medical education role, *The Preventive Medicine Center* (PMC) concludes that these corona virus treatments for which there is validation would be helpful for those who need it and/or who await a vaccine. If practitioners used these already available treatment options which can be thoughtfully combined, the corona virus infection might simply be reduced to just a bad cold and rarely anything more.  As this information may not be widely known, it is summarized here to help patients engage in a discussion with their health care providers.**

**- Decadron/also known as dexamethasone (or equivalent dose of prednisone: steroids similar to the natural stress hormone hydrocortisone produced by the adrenal glands)**

**-Regeneron 2 IgG antibodies for outpatients given by IV for age above 17, given within 72 hours of a positive test, within 7 days of symptom onset**

**- Remdesivir (an intravenous viral nucleotide analogue for in-hospital use that inhibits viral RNA polymerases thereby reducing viral replication): especially effective when combined with other agents, e.g. baricitinib**

**- Certain asthma inhibitors (Asmanex/ciclesonide inhaler or steroid similars, Singulair/montelukast to reduce lung inflammation)**

**- Stomach acid & cold/viral reducers (Pepcid/famotidine, Halodine/Povidone-Iodine Nasal Antiseptic Liquid Packet)**

**- Hydroxychloroquine + azithromycin + zinc as antibiotic and corona virus"ionophore" now considered acceptable by the AMA**

**- Colchicine (anti-inflammatory gout medicine to calm general inflammation)**

**- Ivermectin (lice treatment inhibits host proteins which allow importing the virus and also reduce viral-induced nitric oxide and prostaglandin E2 via MAPK inhibition)**

**- Metformin (diabetes medicine found to be effective in women)**

**- Bystolic (beta blocker that reduces platelet aggregation-reducing clotting and "calms" the heart that may be under attack)**

**- Livalo (statins reduce mortality by 25%)**

**- Tricor (a triglyceride-blood fat treatment)**

**- Persantin/dipyridamole  anti-clotting pill**

**-Aspirin (low dose anti-platelet agents to inhibit clotting)**

**- Luvox/fluvoxamine (an anti-depressant that is an S1R agonist thereby affecting the corona virus)**

**- Iloprost (investigational lung blood vessel dilator that results in 79% lower risk of developing severe disease)**

An in-depth Summary Corona Virus Update is available at the PMC website [www.thepmc.org](http://www.thepmc.org/). The PMC is an IRS recognized 501(c)(3) nonprofit educational organization that is dedicated to promoting a realistic and supportive approach to health: achieving disease prevention and reversal where possible through a combination of innovative and traditional medical science.

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