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## FROM THE PRACTICE OF DAVID L MELLMAN MD, PLLC

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March 25, 2020

To Our Patients,

We miss seeing all of your faces popping in and out of the office. The office has become very quiet. In trying to protect you and our staff, we have made quite a few changes.

- Drs. Mellman and Guerrasio will be available for phone calls and phone appointments
- In person visits will be limited to those who need to be examined
- If you come to the office, you will find us in masks for your protection. (You just might miss seeing our faces, too)
- Currently, Ryan is still available to draw essential labs
- Our front desk staff is staying home for the foreseeable future, so if you come in for a visit or for labs, please wait in the waiting room and we will come get you
- Our phone staff is working from home. When you call in, please leave a message and they will call you back as soon as possible that day.



### COVID-19 Testing Information

The previous Lowry location that was advertised in our letter has closed. It has been very difficult to test patients and we are trying to get access to more tests.

### Our Job

- To read everything there is to read about COVID 19 and become COVID 19 experts
- To continue our dialog with specialists at Rose, National Jewish Hospital, the University of Colorado, Yale and various University hospitals in New York City

## Your Job

- Take a break from the news
- Take care of yourself
- Honor the request for social distancing

## Highlights for Treatment

- If you think you have the symptoms of COVID-19, *we would like to know*.
- Recommended treatment are:
  - Tylenol for fever, and despite earlier claims we are learning that Advil is okay too. For high fevers, you may need to alternate Tylenol and Advil.
  - Mucinex or Robitussin for the cough. Mucinex DM or Robitussin DM have dextromethorphan added. The DM component works well but can cause confusion, sedation, difficulty urinating (men) and falls in older people.
  - Some individuals are requiring oxygen or additional medication if their oxygen saturation becomes low. This can be measured with a finger pulse oximeter, which can be purchased at a pharmacy or online.
  - For severe cases, hospitalized patients are being prescribed hydroxychloroquine and azithromycin. There is no data currently to show that this is beneficial as a preventative medication for COVID 19. Only one study out of France looked at hydroxychloroquine and azithromycin for patients with COVID 19. The 20 patients who received this combination of medication has less virus particles in their nose after 6 days of treatment. They did not look at clinical outcomes – how the patients actually did. Of the 20 patients that received the medication, 3 got worse and went to the ICU, 1 died and only 1 left the hospital. These rates are much worse than for the average patient with COVID-19 who does not take this combination of medication.
  - We are following the literature and conversing with our peers daily for any updates on treatment recommendations.

Thank you so much for your patience with us during this time as we adapt the practice to both meet your needs and keep you safe.

Best,

Jeannette & Dave, too!

David L Mellman MD & Jeannette Guerrasio MD

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