



October 20, 2022

How the U.S., New York State, and Mount Sinai Are Tackling Long COVID

Happy Thursday, Mount Sinai Community –

We're back with part three in our series on how the COVID-19 pandemic has disproportionately impacted communities of color. As a reminder, you can read [part one](#) and [part two](#) online at these links.

Today, we're highlighting disparities in long COVID, sharing research that's currently underway and how New York State and Mount Sinai are taking action. Back in April, we discussed research showing that Black Americans disproportionately suffer from long COVID—chronic symptoms of fatigue, shortness of breath, insomnia, brain fog, and more. This is likely linked to communities of color experiencing heightened exposure to COVID-19 and higher rates of pre-existing conditions. Frequently, research studies under-recruit Black patients, by not doing enough to overcome concerns stemming from historic abuses like the [Tuskegee Experiment](#) and from continued mistreatment by the medical community.



But, "If you do not look for Black, Indigenous, and people of color (BIPOC) participants and do not include them, then we not only miss important findings but we do a great injustice to a population in need of care," said **Judith A. Aberg, MD, FIDSA, FACP, Chief of the Division of Infectious Diseases and Dean of System Operations for Clinical Sciences.**

Now, a [new report](#) from MIT Technology Review shows that we're beginning to understand the full scope of long COVID's impact. For example, in June of this year a [survey](#) from the Centers for Disease Control and Prevention found that one in five adults who tested positive for COVID-19 reported long COVID symptoms afterward. And other [emerging research](#) finds that women are also at greater risk of experiencing long COVID than men. But many women are finding that their concerns are [dismissed or minimized](#) when seeking treatment.

There is a lot more work to be done. The National Institutes of Health has funded a four-year nationwide project, called RECOVER, to collect data on people with long COVID. Mount Sinai is a participant in the project, and our very own **Carol Horowitz, MD, MPH, Dean for Gender Equity in Science and Medicine at the Icahn School of Medicine at**



Mount Sinai, is the chair of RECOVER's Health Equity, Community Engagement, and Patient-Reported Outcomes Committee. So far, 17 percent of enrolled participants are Black—a good sign that the recruitment process is working.



Here at Mount Sinai, we've launched the [Center for Post-COVID Care](#), led by **Zijian Chen, MD, Medical Director for Center for Post-COVID Care and Associate Professor, Medicine (Endocrinology, Diabetes, and Bone Disease)**, which is fully committed to making sure each patient's symptoms and concerns are both heard and cared for.

Recognizing that long COVID affects numerous systems within the body—impacting both patients' physical and mental health—the Center for Post-COVID Care works to connect patients with Mount Sinai experts across numerous medical specialties to develop individualized treatment plans.

This work is only just beginning, but we look forward to seeing how addressing long COVID and other health disparities continues to support our progress toward the Road Map's goals.

All the best,

Angela and Shawn

Join Us for an Upcoming Event

Chats for Change Deeper Dive Series | White Supremacy Culture

Characteristics: Progress Is More—Chats for Change is a production of the Icahn School of Medicine’s Racism and Bias Initiative. Is the goal to always be/do/get more and be/do/get bigger? When we believe progress is more, we value those who have “progressed” over those who “have not”—where progress is measured in degrees, grades, money, power, status, or material belongings. Join **Leona Hess, PhD**, and **Alia Barnes, MPH**, on **Tuesday, October 25**, from **12-1 pm**, to take a deep dive into how the "progress is more" mindset shows up in our work and learning environment and what we can do to counter this white supremacy culture characteristic. Register on [Zoom](#).

Sneaker Ball 2022—The Mount Sinai Institute for Health Equity Research (IHER), the Centers for Spirituality and Health, and Stress, Resilience, and Personal Growth, and the Department of Psychiatry have collaborated with the HOPE Center to increase access to quality, culturally sensitive mental health services for Harlem residents free of charge. On **Saturday, November 5**, from **6-10 pm**, the HOPE Center will host its annual Sneaker Ball to raise money for quality therapeutic services for Harlem residents. Tickets can be purchased [here](#).

[Road Map for Action](#)

[Past Bulletins](#)
