

# Omicron amps up concerns about long COVID

By **LAURA UNGAR**  
and **LINDSEY TANNER**  
*Associated Press*

More than a year after a bout with COVID-19, Rebekah Hogan still suffers from severe brain fog, pain and fatigue that leave her unable to do her nursing job or handle household activities.

Long COVID has her questioning her worth as a wife and mother.

“Is this permanent? Is this the new norm?” said the 41-year-old Latham, New York, woman, whose three children and husband also have signs of the condition. “I want my life back.”

More than a third of COVID-19 survivors by some estimates will develop such lingering problems. Now, with omicron sweeping across the globe, scientists are racing to pinpoint the cause of the bedeviling condition and find treatments before a potential explosion in long COVID cases.

Could it be an autoimmune disorder? That could help explain why long COVID-19 disproportionately affects women, who are more likely than men to develop autoimmune diseases. Could microclots be the cause of symptoms ranging from memory lapses to discolored toes? That could make sense, since abnormal blood clotting can occur in COVID-19.

As these theories and others are tested, there is fresh evidence that vaccination may reduce the chances of developing long COVID.

It’s too soon to know whether people infected with the highly contagious omicron variant will develop the mysterious constellation of symptoms, usually diagnosed many weeks after the initial illness. But some experts think a wave of long COVID is likely and say doctors need to be prepared for it.



**Nancy Rose, center in mirror, speaks with her mother, Amy Russell, right, who both contracted COVID-19 in 2021, in their dining room surrounded by pictures of relatives and family in Port Jefferson, N.Y.**

John Minchillo/AP Photo

With \$1 billion from Congress, the National Institutes of Health is funding a vast array of research on the condition. And clinics devoted to studying and treating it are popping up around the world, affiliated with places such as Stanford University in California and University College London.

Momentum is building around a few key theories.

One is that the infection or remnants of the virus persist past the initial illness, triggering inflammation that leads to long COVID.

Another is that latent viruses in the body, such as the Epstein-Barr virus that causes mononucleosis, are reactivated. A recent study in the journal Cell pointed to Epstein-Barr in the blood as one of four possible risk factors,

which also include preexisting Type 2 diabetes and the levels of coronavirus RNA and certain antibodies in the blood. Those findings must be confirmed with more research.

A third theory is that autoimmune responses develop after acute COVID-19.

In a normal immune response, viral infections activate antibodies that fight invading virus proteins. But sometimes in the aftermath, antibodies remain revved up and mistakenly attack normal cells. That phenomenon is thought to play a role in autoimmune diseases such as lupus and multiple sclerosis.

Justyna Fert-Bober and Dr. Susan Cheng were among researchers at Cedars-Sinai Medical Center in Los Angeles who found that some people who have had COVID-19,

including cases without symptoms, have a variety of these elevated “autoantibodies” up to six months after recovering. Some are the same ones found in people with autoimmune diseases.

Another possibility is that tiny clots play a role in long COVID. Many COVID-19 patients develop elevated levels of inflammatory molecules that promote abnormal clotting. That can lead to blood clots throughout the body that can cause strokes, heart attacks and dangerous blockages in the legs and arms.

In her lab at Stellenbosch University in South Africa, scientist Resia Pretorius has found microclots in blood samples from patients with COVID-19 and in those who later developed long COVID. She also found elevated levels of proteins in blood plasma that prevented the normal breakdown of these clots.

She believes that these clotting abnormalities persist in many patients after an initial coronavirus infection and that they reduce oxygen distribution to cells and tissue throughout the body, leading to most if not all symptoms that have been linked to long COVID.

While there’s no firm list of symptoms that define the condition, the most common include fatigue, problems with memory and thinking, loss of taste and smell, shortness of breath, insomnia, anxiety and depression.

Some of these symptoms may first appear during an initial infection but linger or recur a month or more later. Or new ones may develop, lasting for weeks, months or over a year.

Because so many of the symptoms occur with other illnesses, some scientists question whether the coronavirus is always the trigger. Researchers hope their work will provide definitive answers.

theAstorian

Classifieds

Searching for Employees?

PLACE YOUR JOB POSTING HERE

Special Includes:

- 2 Weeks in Print & Online
- Logo Included
- Facebook Boost
- Featured Advertising

Call theAstorian at 503-325-3211 or email: classifieds@dailyastorian.com

GARAGE SALE SEASON IS HERE!

ONLY \$25 for 3 days

Call 800.781.3214 to advertise today!

classifieds@dailyastorian.com

SELL YOUR VEHICLE HERE!

If it Drives or Floats...

\$49.95

ADVERTISE TODAY 800.781.3214

classifieds@dailyastorian.com

If it doesn't sell in two weeks We will give you two weeks for FREE!

BUSINESS DIRECTORY

YOUR GUIDE TO LOCAL PROFESSIONALS

Arborist

Affordable Rates  
BIGBY'S TREE SERVICE

ISA CERTIFIED ARBORISTS

- Pruning
- Removal
- Stump Grinding
- Excavator/Brush Rake
- Vegetation Management

(503)791-0767

bigbystreeservice.com

CCB#158562

ARBOR CARE TREE SPECIALISTS

ISA Certified Arborists

ISA Board-Certified Master Arborist

ISA Tree Risk Assessment Qualified

Comprehensive Service, Pruning/Removal, Stump Grinding/Hazard Evaluations

(503)791-0853

www.arborcarenw.com

CCB#171855

WA#ARBORCI909RW

Care for Your Trees

Construction Design

Jack Coffey Construction

- New•Repair•Remodel
- Drywall•Concrete•Decks
- Licensed•Bonded•Insured

(503)325-7406 • CCB#55284

Electricians

WADSWORTH ELECTRIC

Electrical Services

503-325-5501

ccb#2404

Handyman Services

North Coast Handyman & Woodworking, LLC

(503) 440-5758

Facebook: northcoasthw

Interior remodeling, siding, windows, decks, rot specialist.

Licensed, bonded, & insured.

CCB#215908

Lawn & Garden

Alejo's Landscape Maintenance LLC

One time clean ups! Monthly maintenance!

Fences, Walkways, Patios, Mulch, Mowing, Trimming, Pruning, Gutters, Pressure washing, Roof cleaning, and many other services.

CALL US FOR A FREE ESTIMATE

(503)791-0190

Licensed, Bonded & Insured

LCB # 100116

Bellos Construction,

remodeling, framing, drywall, flooring, kitchen, showers, tile, roofing, siding, concrete work, pavers, driveway, retaining walls, pressure washing, painting, renovation.

Free Estimates

Call (503)741-1582

CCB# 228782

\*Bello\*825CP

OR & WA Licensed, Bonded & Insured

LOOKING for livestock buyers? Place a low-cost classified ad.

Ellis Tree & Lawn Service

One-time clean-up or year-round lawn care. Brush clearing, tree service, stump grinding, pressure washing & many other services.

Call Rick (503)791-1837

Lawn & Garden

JIM'S LAWN CARE

•Brush Clearing•Lawns•Shrubs

•Hauling•Gutter & Storm-Cleanup

(503)325-2445 Free Estimates

www.DailyAstorian.com

Jamey's Lawn Service

Mowing,trimming, brush clearing, bark mulch and more.

503-791-6057

Painting & Repairs

Saybrook Painting

20 years experience. Interior exterior painting. All types of staining. Dry wall repair and texture matching. Kitchen cabinet painting and restoring. Power washing.

Call Dave for free estimate.

CCB236277

(970) 275-5535

Professional Services

LAND USE CONSULTING

Will Caplinger, AICP

Certified Planner #022106

Conditional Use Permits

Land Divisions

Lot Line Adjustments

Site Plans

Variances & Appeals

Land Research & Analysis

caplingerwill@gmail.com

www.williamjcaplinger.com

(503) 468-1015

SPECIALTY SERVICES

WE URGE YOU TO PATRONIZE THE LOCAL PROFESSIONALS ADVERTISING IN THE ASTORIAN SPECIALTY SERVICES. TO PLACE YOUR SPECIALTY SERVICES AD, CALL 325-3211.

TM Bookkeeping Service

•Payables •Receivables

•Payroll •Quarterly Reporting

Terry (503)298-0750

Dionne (503)791-1928

201 Antique & Classic Vehicles

Vendors Wanted

Astoria Automotive Swap Meet

Clatsop Fairgrounds

Saturday March 12th, 2022.

8am-2pm

Contact Fred 503-440-9481

Dorothy 503-468-0006

613 Houses for Rent

2 bdrm furnished house. 3-6 mnth lease. Includes utilities, internet. Text for tour. \$1,700/mo., Astoria, OR. 916-307-9790.

Reach the entire North Oregon and Southwest Washington coasts with our classified package options!

Call 503-325-3211 for more information.

651 Help Wanted

Now Hiring

Part-Time Employment

Hiring Special Ed Paras to serve Ocean Beach and Naselle School Districts.

Positions vary 20 - 35 hrs/wk, and work a school year schedule. Health Benefits and Retirement. \$16.19/hr.

www.esd112.org/takeroot

vacasa

Now Hiring!

Housekeepers- \$17.25

401K w/ match

PTO & Employee Discounts

Benefits based on hours worked & More

Apply at vacasa.com/careers or email careers@vacasa.com

Reliable transportation and weekends required.

In a hurry? Placing a classified ad is fast and easy!

Call 503-325-3211 to place your ad order today!

651 Help Wanted

Warrenton-Hammond School District

Warrenton High School seeks a Registrar. Position is eight hours per day (Monday - Friday), 11 months per year (August - June) and receives full benefit package. Job information and application are available online at www.warrentonschools.com or contact (503) 861-2281.

Journeyman & Apprentice Electricians Wanted:

CAREER OPPORTUNITY!!!

Ford Electric

(Pacific County Electrical Contractor Since 1944)

is looking for Hard Working, Honest & POSITIVE candidates. Must be problem solver, good with tools, willing to learn and follow directions. High Wages based on experience & performance.

This is a full-time position w/training. Benefits include: medical, dental, paid time off & 401K match.

Applicants email ford.electric.inc@gmail.com or call 360-244-1374 with inquiries.

Don't forget... 2022 will be our best year YET!!

651 Help Wanted

Pacific County Department of Community Development is accepting applications for a full time ENVIRONMENTAL HEALTH SPECIALIST.

The position is based out of the South Bend office. Typical duties include interpreting and enforcing regulations relating to: On-Site Sewage Program, Food Program, Solid Waste Program, and other areas related to Environmental Health. Responsibilities include but are not limited to: conducting and documenting field inspections; investigating complaints; and public education programs.

For a complete job description, employment application, and application instructions, please visit http://co.pacific.wa.us/employment/index.htm. Position open until filled.

Pacific County is an equal opportunity employer and provider.

Sell your children's outgrown clothes and toys with a classified ad in The Astorian. Call 503-325-3211 to place your ad today!

Have an extra room to rent? A classified ad will find a tenant fast! Call 503-325-3211 today!

GARAGE SALES

www.dailyastorian.com

Warrenton

Community Flea Market

February 4th, 5th & 6th

10am-4pm daily

Lots of treasures!

Pacific Grange

90475 Highway 101, Warrenton

SHOP LOCAL!

Check the Business Directory daily to utilize the local professionals advertising in The Astorian.

To place an ad in our Business Directory, call 503-325-3211.