

Retrospective Study in Latin America and Specifically in Venezuela in the Year

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In the present work, a sample of 4589 cases with COVID 19 of different sexes and ages was used with the idea of obtaining the most affected joints and sex since this can help future treatments of the sequelae of SARS COV 2.

The COVID virus spreads through the bloodstream or penetrates the joint from a nearby infected area, causing infection. In a matter of hours or a couple of days, pain, swelling and fever appear.

In most cases, COVID 19 infections occur in the joints and at the ends of the long bones, where they join to form the joints. These include the hip, knee and ankle joints in the leg and the shoulder, elbow and wrist joints in the arm are where the greatest incidence could be observed as they are highly mobile and irrigation joints. Cytokines are from different families that regulate multiple activities of immune system cells and other organs.

Some serve to signal the place where the infection is located, others regulate the type of response that must occur according to the pathogen that has infected, others control the intensity of the immune response and others even regulate the repair of damage to organs and tissues.

According to the percentage statistics:

- The knee obtained 45% of painful
- The carpophalangeal joint 25% (wrist and fingers)
- Ankles and feet 15%
- And the hip 5%.

Although sex-disaggregated data for COVID-19 show an equal number of cases between men and women so far, there appear to be sex differences in mortality and vulnerability to the disease. "Emerging evidence suggests that more men die than women, possibly due to sex-based immunology".

In my sample the limitation was observed in men 55% and 40% in women and 5% in children.

In view of these results we made a treatment that gave good results to all individuals since we treated them as a rheumatic immunological type disease and it turned out that it relieved the symptoms post covid 19, during 15 days of placement.

The drugs used were as follows:

- Nonsteroidal anti-inflammatory drugs
- Methotrexate (Trexall, Otrexup) leflunomide (Arava). At a low dose.
- Abatacept (Orencia), adalimumab (Humira).

We made combinations for a month post covid methotrexate at low dose with arava and ibuprofen shows excellent result and very fast recovery and even the patient is sent physiotherapy and rehabilitation recovering the almost complete activity and then he underwent liver laboratory tests without signs of toxicity. no signs of toxicity. We were also able to observe that the patients obtained better joint range after the treatment and even randomly we made joint puncture to a patient with joint effusion where an inflammatory reaction that causes covid19 very similar to that of the bronchial tree could be noticed and we also noticed that the celecoxib together with leflunomide cause a protectant barrier in the cartilage giving battle to the hemolytic process of covid 19.

We want to emphasize that this study was carried out with informed knowledge of the patients since it was the last thing they wanted to do for the pain was of scale of 10 on 10.

This is a summary of the article was published in all Latin American newspapers that obtaining the award as best research of the year and leaving the door open to continue for its good results in the population. There was special mention to the work of Dr. Marcel Garcia for collecting the sample and Mention award in scientific excellence Dr Fernando Gomez Venezuelan orthopedic surgeon.

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