



Beth Israel Lahey Health 

A publication from the **CRITICAL ILLNESS AND COVID-19 SURVIVORSHIP PROGRAM**

Beth Israel Deaconess  
Medical Center



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

## Spring 2025

### Hello BIDMC Long COVID Community,

As the days grow longer and the world bursts into bloom, we're excited to bring you the latest updates, resources, and tips for managing long COVID this season. Spring is a time for renewal, and we're here to help support your journey to feeling better.

We continue to believe that progress is possible, and together, we can move forward.

Here's to a season of hope, health, and continued progress. We're with you every step of the way!

**Amberly Ticotsky, RN**

## Supporting the Arts

[Joshua Roman](#), a renowned cellist, is touring with violinist Tessa Lark and double bassist Edgar Meyer. They will be playing at Sanders Theater at Harvard University on **May 9 at 8pm**. You can find more information about the event [here](#).

While this is a trio performance, Joshua Roman has ongoing symptoms of Long COVID and has his own debut solo album, [Immunity](#), which is "an intimate musical exploration of his life-altering, inspiring experience of ongoing long COVID." Joshua shares about his Long COVID journey in this [YouTube video](#) and in a [TED Talk](#).

He shares how he grappled with self-doubt and questioned his identity as a musician. However, he found solace and renewal in music, gradually returning to his instrument and reimagining his approach to performance. I appreciate his vulnerability and the strength he has found in being vulnerable.

## Ideas for Managing Spring with Long COVID

I was outside this week and realized how visible the pollen is. Even if Long COVID and its triggers are not as obvious, we know that changes of seasons can be tricky to navigate. As spring brings warmer

weather and more sunlight, it can be a great time to refresh your routine and enjoy the season, but it's still important to listen to your body and manage your Long COVID symptoms carefully. Here are some tips and reminders to help you navigate the spring season with more ease and comfort:

### **1. Start Slowly with Outdoor Activities**

Spring means more opportunities to get outside, but it's important to ease into outdoor activities. Start with short walks or light gardening, and gradually increase the time you spend outside. Remember to take breaks as needed and listen to your body—don't push yourself too hard at first.

### **2. Keep an Eye on Allergies**

Pollen counts rise in the spring, which can make respiratory symptoms worse. If you have allergies, consider taking antihistamines or wearing a mask when you're outside on high pollen days. You can also help reduce exposure by keeping windows closed and using an air purifier indoors. If you can manage it, a shower before bed can also reduce your exposure.

### **3. Stay Hydrated**

With warmer temperatures, it's easy to forget to drink enough water, but staying hydrated is key to managing fatigue, headaches, and brain fog. Aim to drink plenty of water throughout the day, and try herbal teas or fruit-infused water for a refreshing change.

### **4. Get Outside and Soak Up Some Sun**

With longer daylight hours, it's the perfect time to get outside and enjoy the sunshine. Spending time in natural light can help boost your mood and improve sleep. If you can't get outside, sitting near a sunny window can help too.

### **5. Pace Yourself to Avoid Overdoing It**

Spring can feel like a time of renewal, and you might feel more energized to tackle tasks. However, it's still important to pace yourself. Don't overcommit to social events, spring cleaning, or outdoor projects. Break tasks into smaller steps and take breaks to avoid burnout.

### **6. Dress in Layers for Changing Temperatures**

Spring weather can be unpredictable, with temperatures fluctuating throughout the day. Wear layers so you can easily adjust to the weather, keeping yourself comfortable without getting too hot or cold.

### **7. Stick to a Consistent Sleep Routine**

The change in daylight hours can sometimes affect your sleep patterns. Try to go to bed and wake up at the same time every day to help keep your sleep routine steady. While the longer days can be energizing, make sure you're still getting plenty of rest to recharge.

### **8. Take Care of Your Mental Health**

Spring can bring mixed emotions, especially if Long COVID symptoms are still affecting you. Find small activities that bring you joy, like spending time in nature, starting a creative project, or connecting with friends and family. If you're feeling overwhelmed, don't hesitate to reach out for mental health support.

### **9. Eat Nutrient-Rich Foods**

Spring brings fresh fruits and vegetables that are packed with vitamins and antioxidants. Incorporating more seasonal produce like leafy greens, berries, and citrus fruits into your meals can help boost your immune system and give you more energy to take on the day.

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**Remember to listen to your body, take things one step at a time, and prioritize your health as you navigate the spring season.**

## Long COVID Research at BIDMC

BIDMC continues to recruit patients for research studies looking at the impact of Long COVID. These include:



### Long COVID Fatigue

- This study will evaluate the effectiveness of **Abrocitinib** in alleviating severe fatigue caused by Long COVID.
- Abrocitinib, a Janus kinase (JAK) inhibitor currently approved for eczema, is part of a class of medications used to treat chronic inflammatory conditions.
- Contact [BIDMC-CVVRTRIALS@bidmc.harvard.edu](mailto:BIDMC-CVVRTRIALS@bidmc.harvard.edu) for more information or call **617-735-4610**.

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### LIFT (Life Improvement Trial) Study

- A clinical trial for fatigue and PEM through the Open Medicine Foundation (OMF). This is a Phase 2 clinical trial evaluating the effects of **low-dose naltrexone (LDN)** and **pyridostigmine (Mestinon)** in participants with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS).
- Criteria: Patient must meet National Academy of Medicine Criteria (NAM), Canadian Consensus Criteria (CCC), and demonstrate orthostatic intolerance for diagnosis of ME/CFS and onset of symptoms before December 2023.
- Please contact [Jsquires1@bwh.harvard.edu](mailto:Jsquires1@bwh.harvard.edu) for more information.

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### CLEO Study

- Looking at the long-term effects of COVID-19, specifically how COVID can affect cardiovascular health.
- Contact [CLEO@bidmc.harvard.edu](mailto:CLEO@bidmc.harvard.edu) for more information or call **617-735-4124**.

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### Mind-Body Study

- Evaluating a mind-body approach to reduce symptoms and improve your quality of life.
- The study is conducted entirely virtually. Click [here](#) for more information.

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### NIH RECOVER Clinical Trials

- BIDMC is currently participating in the SLEEP and ENERGIZE clinical trials.
  - More information can be found [here](#).
  - For further information or questions please contact [BIDMC-Recover@bidmc.harvard.edu](mailto:BIDMC-Recover@bidmc.harvard.edu) or call **617-667-0173**.
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### **Sleep and Long COVID Study**

- For those struggling with different aspects of sleep, this study offers a way get personalized sleep information and additional data while helping to support the important research work being done.
  - [See the flyer](#) for more details.
  - For further information contact [postviralsleep@bidmc.harvard.edu](mailto:postviralsleep@bidmc.harvard.edu) or call **617-667-5243**.
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To find out about additional research happening around you, visit our [research website](#).

## **Long COVID Resources**

### **Caregiver Support Group**

We are happy to continue to offer a monthly Long COVID Support Group for the important people in your lives. This support group is offered in collaboration with the Brigham and Women's COVID Recovery Team.

Please ask your loved one to RSVP and receive the meeting link by emailing Jackie French at [jfrench2@bidmc.harvard.edu](mailto:jfrench2@bidmc.harvard.edu).

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### **Breathing Better: Online Wellness Program**

[The Sadhguru Center for a Conscious Planet](#) at BIDMC is doing really great work in general and for patients with Long COVID. Those with a variety of Long COVID symptoms, including shortness of breath, fatigue, and mental health challenges are welcome and encouraged to join the program.

The program includes 60 minute workshop sessions intended to support respiratory patients in their physical and mental wellness, through yogic breathing and meditation practices. The workshops are completely free and conducted online, allowing for flexibility as you can sign up for sessions to align with your schedule. Click [here](#) to learn more and to register.

## **Share Your Long COVID Journey**

We want to hear from you! If you've experienced improvements in your recovery from Long COVID, consider sharing your story to inspire others who are on a similar path.

Your journey could offer hope and support to those still struggling. If you're interested in contributing, please reach out to us at: [survivorshipprogram@bidmc.harvard.edu](mailto:survivorshipprogram@bidmc.harvard.edu).

Together, we can help others find strength in their recovery.

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[Visit our Critical Illness & COVID-19 Survivorship Website](#)

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