

Summer 2025

Hello BIDMC Long COVID Community,

Summer is coming to a close, and in my house, the anticipation of a new school year is starting to simmer. I'm feeling a similar anticipation as new research and information about Long COVID continues to emerge. With that anticipation though, can come a sense of being overwhelmed—especially when trying to make sense of evolving science and mixed messages. My hope is that this newsletter offers a sense of clarity, to bring you reliable, up-to-date information and support as we navigate the ongoing realities of Long COVID together. If you ever have questions, ideas, or just want to share your experience, I'd love to hear from you—please feel free to reach out.

Amberly Ticotsky, RN

Research Matters

New research continues to shed light on Long COVID. In validation of the experience of this community, a recent study published in *PNAS* (2025) reveals that Long COVID is associated with measurable biological changes in the body, including altered immune responses and metabolic dysfunctions, providing stronger evidence that the condition has a clear physiological basis ([PNAS, 2025](#)). This aligns with historical patterns of post-viral illness, as highlighted in an article from *Think Global Health*, which draws parallels between Long COVID and past outbreaks like the “long flu,” emphasizing that long-term effects from viral infections are not new phenomena but have often been misunderstood or underrecognized ([Think Global Health, 2025](#)). Together, these insights underscore the need for continued research and support for those experiencing the lingering effects of COVID-19.

Larazotide Clinical Trial Update

If you joined our Long COVID Week in March, you may remember Dr. Lael Yonker and her research. Her study on larazotide was just published in [Science Translational Medicine](#), focusing on children with MIS-C, a post-COVID inflammatory condition.

Larazotide works by blocking zonulin, a protein that loosens the spaces between cells in the gut lining. By keeping these junctions sealed, it may reduce inflammation and help remove lingering virus-related material from the body.

The results showed that larazotide helped clear spike protein from the blood more quickly, improved gut symptoms, and sped up recovery compared to a placebo. The treatment was also well tolerated.

The trial is now expanding to include adults and is recruiting 150 participants between the ages of 7 and 50. [Check eligibility and learn more here.](#)

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 or call **617-735-4610** for more information.
- **Click here to read coverage on this study as featured in [The Sick Times](#).**



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 for more information.

CLEO Study

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

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.

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 or call **617-667-0173**.

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 or call **617-667-5243**.

To find out about additional research happening around you, visit our [research website](#).

Upcoming Workshop

Registration is now open for the second annual RECOVER–Treating Long COVID (RECOVER-TLC) workshop, happening **September 9 and 10** in Bethesda, Maryland, with a livestream option available. This free, hybrid event will provide updates on the initiative’s ongoing clinical trials. [Register and find more information here.](#)

Ongoing Opportunities

Caregiver Support Group

We, in collaboration with the Brigham and Women's COVID Recovery Team, are happy to continue to offer a monthly Long COVID Support Group for the important people in your lives. Please ask your loved one to RSVP and receive the meeting link by emailing Jackie French at jfrench2@bidmc.harvard.edu.

Breathing Better: Online Wellness Program

[The Sadhguru Center for a Conscious Planet](#) continues to offer workshops intended to support patients with Long COVID in their physical and mental wellness, through yogic breathing and meditation practices. The workshops are completely free and conducted online. Click [here](#) to learn more and [click here to register](#).

Need Help Navigating Long COVID?

Get on the Long COVID Survivorship waitlist by calling the Pulmonology Office at **617-667-5864**. Be sure to set up your MyBILH account so that Amberly can contact you with the initial intake email and follow up about symptoms.

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

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