

Long Covid- Memory

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Mary was sick for several months after getting a COVID 19 infection, but over the past several weeks she was slowly getting better. Mary decided to talk to her next-door neighbor and to tell her that she was finally feeling better. She was able to work almost full time and take care of her kids. She was so glad that her end had come and that finally her cough and fatigue seemingly were essentially gone. Her neighbor was so glad, and she told Mary that she had noted that she did look more energetic and was out more with her three little kids. Mary was glad to hear that others were seeing what she was feeling.

Mary's neighbor asked her if there were any problems, she thought she had which lingered such as the cough and fatigue, which were now essentially gone. Mary said that she was mostly back to normal except she was a little forgetful at time. Nothing major just a little bothersome. Mary's neighbor said she should be a little forgetful as she had a major illness, work, children, cleaning her house and helping her husband with his work and business. She said to Mary that anyone would be stressed on their memory. Mary told her neighbor that she had thought about the same thing so that she was encouraged that her slight decrease in memory was probably as her neighbor mentioned to her.

Three months later Mary and her neighbor went grocery shopping together and as they were talking Mary's neighbor noted Mary had forgotten small parts of conversations, they had in the past several weeks. She did not mention to Mary about her memory but just observed as they drove along and went shopping. As they got into the car Mary's neighbor noted that Mary did not have her purse and Mary did not know where the purse was located. They both went back into the store with the help of the store manager all three were able to find Mary's purse and they were all relieved.

As Mary and her neighbor drove home, they both discussed Mary's memory and for the first time Mary acknowledged that her memory was down a little, though she was noticing that some of her memory was going down a little. Though it did not prevent her from getting the groceries she just went to the store. Mary told her neighbor she took a complete list of groceries and was careful during the whole time to be thinking always about the list and getting the food and putting

them in the cart and checking off the lists. She did not forget anything, but it was a lot of work to get to that point except for her purse she momentarily lost.

After they arrived home Mary put up all of her groceries and was concerned about her memory as she was forgetting small things, and this made her work really hard to put out notes all over the house to remind her to do certain things and her family had noted these reminders as well. Several weeks later she was talking with her neighbor and Mary asked her if her memory was down a bit what should she do. Mary's neighbor was a nurse and told her that certainly COVID 19 could cause some level of memory decrease but that it should come back and not be permanent. Mary asked her neighbor friend how long this would take and what she could do now. Mary's neighbor friend said that Mary should go to the doctor, and she would accompany Mary to the doctor and Mary was glad to go to the doctor. They decided to go next week and Mary's neighbor friend made an appointment to make sure they could see the doctor.

The next week Mary and her neighbor went to the doctor to see one of the doctors who had seen a lot of patients with COVID and some with memory loss. The doctor was very kind, and both asked and answered all of Mary's and her neighbor's questions. After a long period of time where the doctor did a complete history and physical exam the doctor suggested they do two things, which would be helpful. First do some blood work which might show some things which could either cause or aggravate memory issues. For example, the doctor said thyroid abnormalities and anemias could cause or aggravate memory. Plus, some other tests like blood sugar, kidney, liver and inflammation tests all of which in some way can cause memory issues. The doctor also suggested her getting a CT scan of her head. This was to clarify if there is a mass or even a cancer, which could coincidentally present as memory.

Though Mary and her nurse friend were glad the doctor was so thorough in his history and physical exam and the ordering of tests they were worried about what would be found in the test results. Mary told her nurse friend how worried she was in learning something that would destroy her life. Mary's nurse friend said to not worry. Mary said to her friend that was easy to say as she was not affected like she was. Mary's nurse friend said though that is true years ago she went through a diagnosis with cancer and thought she would die and not see her husband and children again. That did not happen to Mary's friend, and she was

cured of her cancer, and she learned how her trust must not be in herself nor in health care by doctors but in Jesus Christ. Mary asked what does that mean and who is Jesus Christ? Her nurse friend said that Jesus is the creator and sustainer of the world including every atom and molecule and protein in our bodies including our minds and how we think. Even our memory is under the control of Jesus.

Mary asked her friend how she could know this Jesus and how could he bring healing of our bodies together. Mary's friend said that it was related to knowing Jesus as the Lord of this world, that that he created the world and sustains this world. If he can create, he can hold together and he can heal because he is the complete and total owner and sustainer of the whole world including all of our body. Mary's friend went onto say that we learn about Jesus through the Bible which is the word of God or God's word on how we should live in this world. First, God through Jesus wants us to believe in him first.

Mary's nurse friend told Mary that they needed to go back to the office of the doctor as a few days had passed since her blood work had been drawn and the CT scan of the head should have been finished and with the results of all the tests. As they were walking and getting on the train to the doctor's office Mary again told her friend she was so nervous they would find something wrong. As they arrived at the doctor's office, he told her that all of her tests and the CT of the head was normal. Mary was so excited she started crying and hugging her nurse friend's neck. The doctor told her that this ruled out chronic disease states and cancer in her brain but that was not the case. If the testing had showed a slight drop in her memory, why is that happening if all of the tests were negative.

The doctor told Mary that she was too young to have normal age-related memory decline and all of the tests were normal. Thus, what is remaining as cause of a very slight decrease in her memory is probably from the COVID 19 infection. The doctor told her that most people don't have memory decreases if they get COVID 19 but some do. It is too early to see if this memory decrease from COVID 19 will stay or leave. More than likely the doctor said this should at least not get worse but should more than likely be improved. Mary and her nurse friend asked the doctor about what Mary could do to help her memory. The doctor said, first she is aware and does what she has been doing, that is working with a friend like her nurse friend and reading a lot and doing things, which challenge her thinking. Outside of these things there is really nothing to do differently but liver her

normal life and hopefully her memory at least would not get worse but the same or better.

Mary and her nurse friend left the doctor's office and overall were very satisfied and glad that there was not something more serious about to happen. So, Mary was committed to working on her memory but also wanted to ask her nurse friend more about the person of Jesus. Mary's nurse friend said we need to know that Jesus did something for all of mankind we cannot do for ourselves. First, she asked Mary does she have any regrets in life and Mary said yes many. Generally, she said that those things we cannot go back in time to redo and make right, but Jesus can do that. In fact, any and all wrong doings are what we call sin is against God. Further Mary's friend says, God cannot tolerate our sins against him as he is perfect. As such we need someone to be an intermediary between mankind and God for the forgiveness of their sins so they could approach God.

Mary wanted to know how this would happen that we can approach God though he is separated from us, and we cannot approach him. Mary's nurse friend said that is where Jesus comes in. If we cannot pay our price for our sins who can? That person is Jesus Christ who is the God Man and came to this earth for this very reason, that is to save us from our sins. A priest approached Jesus about this issue while Jesus was on the earth. Jesus responded 'For God so loved the world that he gave his only son that whoever believed in Him (that is God) would not perish (or die) but have everlasting life.' Mary said immediately that she wanted this everlasting life. She asked her nurse friend how she could have everlasting life.

Mary's nurse friend said first it is important that you would have everlasting life and not everlasting death. She told Mary that she would have to believe that Jesus is Lord of our lives and that he died on a Cross in Jerusalem about 2,000 years ago for our sins, that is all of mankind's sins and particularly Mary's sins. Then Jesus died, was buried and three days rose again so as not to be destroyed by our sins. Then he ascended to be with his Father and be a mediator to God for our sins. We must also believe all of this happened not just with your mind but with our tongue and also confess to at least one other person.

Mary asked how to do this. Mary prayed all of this content with her nurse friend and when she finished this prayer to Jesus, she had such happiness and joy. She

knew she was going to have a challenge with her COVID memory, but she would work on this issue with the joy she now had in Jesus as her Savior and Lord.