

## Long COVID- Diabetes

April 23, 2023

Alice had been doing well. She started to exercise more in the past year since she was in High School. Her energy was good, her work was much better, and she just overall felt much better. That is until several weeks ago when she did not feel so good for no clear reason. She had no cough or cold recently though she does recall that about three months ago she felt week and a little sore throat and some sinus congestion. After a week of symptoms, she decided to go to see her doctor as she was not getting better. The doctor told Alice she did not have strep or influenza infection, but it did appear that she had COVID. The fact that she was not having more serious infection the doctor said no treatment was needed. Just take it easy and take over-the-counter medications for her symptoms and if not getting better in a week to let the doctor know. Alice was glad it was not that serious, so she was glad to go home and tell others about her COVID infection. She got over the COVID side effects a month or so after she was infected.

A few weeks later she started feeling tired but no sore throat or cough or fever chills or sweats just fatigue. She could get her work done at school, but her exercise was much less than normal as she felt tired, which she thought was related to her hard study. She asked a nurse friend if they would go with her to a doctor. Alice was concerned that she has a cancer or something serious as she could not think of anything but something like that. Her nurse friend tried to comfort her and not think of the worse possible cause. Her nurse friend told Alice she should trust God. Alice asked why she should trust in God as she did not believe in God at all nor did anyone in her family.

Alice's nurse friend told Alice that she believed that God is the creator of this world but also the sustainer. That would include every part of her body from the smallest part to an arm or leg and God can also sustain us through sickness. Furthermore, God cannot just sustain us through illness but also through his power he can bring healing. However, the world we live in God has given us through others the ability to know what is wrong with someone and how to bring healing. Alice's nurse friend said it would be good for Alice to see the doctor again to see if there is any problem, which the COVID caused as Alice told her COVID can cause other issues aside from the infection itself. They decided that they would go to doctor tomorrow afternoon as that was the best time for them.

Alice and her nurse friend left for the doctor's office the next day and hoped that they could see the same doctor very quickly. Fortunately, their desire was met, and they were able to see the same doctor very quickly. The doctor asked Alice a lot of questions and then examined her. Aside from being tired there really was not any other issues and the exam was normal. The doctor told Alice and her nurse friend that many people after COVID had fatigue, which often lasted for months to a year, but also other issues can arise to cause the fatigue. The doctor suggested they do some blood work today and come back tomorrow to go over the blood tests and Alice and her nurse friend thought this was a good idea. So, after Alice and her nurse friend left the doctor's office, they went to the place in the hospital to get the blood work and went home.

Alice's nurse friend told Alice on the way home that they should be relieved the doctor did not think from the history and physical there was a big deal as to why she did not feel good and really tired. Alice said though that she was a little nervous that if all of the tests were normal why was she tired. Maybe it was just COVID and that she would be tired for months and maybe up to a year. Alice's nurse friend said she had heard that some COVID patients are tired for up to a year and some seemingly almost indefinite. That really was bothering Alice. However, if some of the blood tests were abnormal and that explained would it explain something bad. Alice asked her nurse friend what are some bad things from the blood draw. Alice's nurse friend said kidney, liver, thyroid and even blood cancer or anemia could be causes. This frightened Alice.

Alice's nurse friend told her again not to be afraid as God is our creator and sustainer and God is also the God of compassion and the God of all comfort who helps us and bears or supports us in time of need. This is one of those times as Alice was truly sick from COVID. However, key is how we know God. Alice said that she did not know God and up to now was not really interested in knowing God. The only reason she was interested in God was if God could help her. Alice's nurse friend said Jesus, who is the person we call our 'Lord and Our God' healed for over two years and he healed people of so many different illnesses. Alice asked her nurse friend what she meant? Alice's nurse friend said Jesus sometimes healed all day long simply by touching or just saying people were to be healed. She continued by saying Jesus healed the blind and deaf and those who could not walk and many other kinds of illnesses. He did these healings over and over, and

the people Jesus touched or talked to were completely and immediately healed of the illness. Alice could not believe this and did not think this was true. Alice asked her nurse friend how did she know this was true. Alice's nurse friend said that the Bible in four of its books talks a lot about the healings of Jesus. She went onto tell Alice that Jesus healed to be compassionate on the results of illnesses. Jesus also was asked to raise people from the dead and he raised at least one man and a little girl from the dead. Alice could not believe this as it was incredible. How could this happen and why did Jesus even care about people's illnesses.

Alice's nurse friend shared a story in the Bible about Jesus and a woman who had some bleeding problem of fourteen years and approached Jesus in a crowd and by just touching the edge of Jesus' clothes she was fully healed of her bleeding. Alice said that is an amazing but how could Jesus do that kind of healing. Alice's nurse friend said that Jesus can heal because he was the son of God, and he had the ability and power to heal all who are sick. Alice's nurse friend said that in the Bible is a statement about the miracles of Jesus, almost all of which are healing miracles. It was in the book called John and John wrote, 'Jesus did many other miraculous signs in the presence of his disciples, which are not recorded in this book. But these are written. That you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.'

Alice could not believe what her nurse friend had said and told her nurse friend that she wanted to know more about Jesus, but this was the day they were going to see the doctor and see the test results. When they arrived at the doctors office, the doctor showed Alice all of her test results were normal and so quickly Alice screamed out for joy. However, the doctor said there was one test, which was not normal and that was her blood sugar, which showed she had diabetes and probably from her COVID infections. Alice was so distraught, she started crying. Alice's nurse friend comforted her by putting her arm around her and reminded her that God is the God of compassion and the God of all comfort and can help her in these times.

Alice asked the doctor what she could do about the diabetes. The doctor told her that there was no medicine which could cure her of diabetes but right now she did not need medical treatment, but she could control the diabetes now with working on more exercise as Alice did not exercise much. Also, the doctor told her to work on lower volumes of food at each meal and have less carbohydrate and

sugar intake and Alice knows she could work on this. The doctor told her to come back in 3 months and re check her blood sugar and hopefully by then her blood sugar will be normal. Alice was hoping the same and was willing to work on the changes the doctor had told her about, and she knew she could make these changes.

As Alice and her nurse friend left the doctors hospital Alice told her nurse friend that she was still upset. Alice's nurse friend said very simply this can be addressed and will not destroy her life. Alice said though that this frustrated her so much and was angry that the COVID gave her diabetes, but her nurse friend told Alice that our times are in the hand of Jesus and maybe Jesus may be able to bring healing of the diabetes but in the meantime to work on the control as the doctor had suggested.

Alice wanted to know how she could know Jesus as she was fascinated by the fact that Jesus could be the creator and sustainer of the world but can heal completely the physical suffering of people in this world. She wanted to know about this Jesus as he wanted to be healed from her diabetes by Jesus. Her nurse friend told Alice that what was most important was not just the healing of our physical body but the healing of our souls. It is the salvation of our souls which brings us to eternal life with Jesus. Alice's nurse friend said that the sins or wrongdoing before or to God, like not believing in Jesus is forgiven if we believe that Jesus died on the Cross in Jerusalem for our sins. Then Jesus was buried and three days later rose from the grave to say that he conquered death. If we believe this, we will have life now with Jesus and with Jesus forevermore or we will have eternal life with Jesus even after we die in this life.

Alice's wanted to believe this and wanted to know how. Alice's nurse friend asked Alice to pray after her and Alice did and prayed that wanted Jesus to forgive her of her sin as she believed in Jesus' death on the Cross, his burial and resurrection. After this prayer Alice had peace, which overcame her distress of her knowing she had diabetes. She knew now her distress in diabetes was turned to joy in Jesus Christ, even if COVID caused the diabetes.