

La Gran D Radio Interview 4/29/2023

English Translation

Jorge Perez, Station Manager, La Gran D Radio

Shary Perez, Health Research Program Coordinator, United Community Center

Mira Atkinson, MS Student on the COVID Survivors Research Team, Marquette University

Jorge: Good morning we are here at La Gran D station. We have the opportunity to have a very interesting conversation today that I think we will all enjoy. Today we are here to chat with Shary Perez that we know very well. How are you?

Shary: Hello Hello, I am very well, how are you?

Jorge: I am very happy to have you visit us and you come with company, Mira Atkinson that is visiting us and is graduating from Marquette University.

Mira: Hello thank you for having me.

Jorge: No thank you because Shary Perez brings us an interesting surprise. Since she told me I've been very interested, and I think everyone that is listening in right now needs to take this very seriously because we could all help in trying to figure out what we all want to know. Therefore, Shary, please share with us this invitation that you are making to the Hispanic community.

Shary: of course. We want to continue to inform the Hispanic community about what they can do to protect themselves from Covid-19 but also, we want to talk about what is persistent COVID-19 or also known as long covid-19 as known in English and this is because there are a lot of people that have had covid-19 y continue to experience symptoms.

Jorge: exactly

Shary: So, these symptoms can be different for each individual person. And sometimes you may ask yourself is this real? Or is it me is what I'm feeling real? Should I see a doctor? What should I ask my doctor? Are these symptoms because of covid-19 so today I brought my friend Mira because Mira has very important information about what is COVID-19, Long covid-19. And also, we have been working with Marquette University in a very important project that has to do with covid or long covid-19, persistent covid specifically. Therefore, I am very happy to be here with Mira and Mira is going to talk a little about persistent covid-19.

Mira: thank you Shary, thank you so much. A little bit of information about persistent covid or long covid-19 is when longer-lasting symptoms still linger after at least 2 months following the initial infection of covid-19. Some of these symptoms may include fatigue, brain fog, cognitive issues, loss of taste and smell, and muscle weakness to name a few. We are currently doing a study looking at these effects specifically within Hispanic communities where we have also identified these issues. Also, just to give you a little background on who I am and where I come from, right now I am a master's student at Marquette University and am about to graduate next month from the university. I am working in the Neuromuscular Physiology Lab with a well-funded researcher, Sandra Hunter, who's been at Marquette for 20 years, who studies the protective effects of exercise and how physical function changes with age and long-covid. Also, a little more I am originally from the Chicago suburbs. I am half-Mexican, my mom is from Mexico City and my dad is American therefore I learned

to speak Spanish first and then when I was around 4 years old I learned English. I have had the opportunity to learn more about covid-19 with Marquette. The project that we are working on is on the effects of long covid-19.

Jorge: To me this appears to be very interesting especially because a lot of people at home, at work, including people that are just learning about this, that come to certain conclusions after me having covid -19 once, twice, I don't feel the same. I have problems like they say, brain fog, I forget my keys I don't know where I left them. And that would happen for a few seconds which never happened to me. My muscles ache more like in the morning when I woke up other people say that you know what my respiration like my lungs didn't stay 100% and I have limitations and it's reoccurring. For me it interests me a lot and I hope for those in our community that are listening La Gran D and watching us here on Facebook on La Radio de Milwaukee get interested, get involved, and participate because this is a study for Hispanics. We need to remember what is basically our Latin DNA is very different from Americans and Asians. Therefore, there are repercussions *cough* there is the cough, very distinctive of what it could be this phenomenon that we are suffering and now learning what is long covid-19 and this prolongation the doubt of, is there a cure? Or is this a degradation of the state of health? That is the greatest incognito and hopefully 20 years don't go by, and we still don't know what is going on. Therefore, how can one register and participate in this study?

Mira: Well, if you are interested in our study, it is very easy to register. You do not need to currently have covid. If you had it a couple years ago or months ago you, what is important to us is that you have had it. Therefore, to register you can call 414-2088-2110. You can also send an email to our email that is vol4researchsc@marquette.edu. That is v-o-l, the number four, r-e-s-e-a-r-c-h-e-x-s-c@marquette.edu. Therefore, all you have to do, if you are interested you can call and then we will ask you a series of questions and go from there.

Jorge: excellent and this a program completely where one can participate and then will have information about what you have discovered.

Mira: Yes, and it is important to note that there is monetary compensation for having participated in the study so if you participate you will receive something.

Jorge: Wow so double the interest then to participate. With more interest Well then, the phone number so that people can write this down it is [414-288-2110](tel:414-288-2110) that is [414-288-2110](tel:414-288-2110) you can also ask for Shary Perez with the UCC who knows a lot about this topic and has done us the great favor to invite Mira Atkinson from Marquette University to invite the Hispanic community, *cough* there is the cough the second time so you believe me and then some people freak out and ask "are you all right, are you sick?" I say No I've stayed as a representation of covid. But yes, this is a problem and we need to confront this because if this is a matter of someone needing to do respiratory therapy, if we don't have information in addition and we see that is isn't just Jorge, it's Lupita, it's Francisco, it's Mario, its certain people of a certain generation that have this problem and I am sure if one continues with this signal because the body does have signals and so if everyone has it it's not a small thing it is an indication to say that something is not working right within the body therefore it needs to be payed attention to. I have started to go to gym which is important for the respiration, but it is important for the whole world to know because it could be that I worry about my health but many people that listen to this may not worry about their health. Therefore, they may let it go till it becomes a stronger cough that can deteriorate their respiratory system.

Shary: And at times people don't know how to express it or how to explain it to their doctor and we know that a lot of people go through this and people may have a little fear about talking to their doctor and may say oh no I don't want to go to the doctor or don't know how to explain it well. Therefore, it is important to go to

your doctor and talk to them about it because it is real, and it is happening. It hasn't happened to the entire world but there are people that are experiencing it and the symptoms can be very different for each person. If someone tells you what they feel is fatigue or a cough and you don't feel that, but you experience other symptoms like brain fog or

Jorge: or vision blur or tingling. I have heard of people that experience tingling or a prickling sensation in the inferior extremities. They start to feel spontaneously a tingling sensation and then it goes away after 5 minutes and that didn't happen before. So, these are signals that our tries to brain send us and we have to try to interpret them and this study to me appears to be very interesting and so here we have Mira from Marquette University doing this great investigation. The telephone number is 414-2 88-2110 414-288-2110, please here you can call the radio station of La Gran D and we can give you the number again in case you weren't able to write it down but we encourage you to participate in this great program and I like always will continue to bring something so that people can contribute and above else be informed on the importance of this. Something more to add?

Shary: we will continue to be doing interviews at the radio station, we have a ton of interesting topics like mental health along with covid-19 so stay tuned.

Jorge: and please thank you Mira for inviting us and this program till when can people register up to?

Mira: You can register up until the end of this summer so all these upcoming months, may, June, July, people will have the opportunity.

Jorge: and a message for Marquette University, thank you along with the UCC you are taking us into account and are inviting us but yes please approach directly with us so that we can collaborate because this isn't the only ailment out there, there is so many. There is one that worries me for women and that is decalcification. It's another problem. It interests me to learn about how women above the age of 70 years old, Hispanics, suffer from fractures of the femur or hip, it's sad. Therefore, there needs to be a lot of research to know how to stop this, from what stage in a woman's life can this happen at so that this doesn't occur and our Hispanics don't suffer from this like our moms, our grandma's with this type of ailment and there's more. So thank you so much we are going to give a kiss to the microphones through to our patrons through the signal of La Gran of the most Mexican and after all of this you already know, the UCC with great pleasure Shary Perez great representation with that she brings to us today like guest announcer and now you know, she has just graduated, Mira Atkinson from Marquette University and thank you and continue to listen to La Gran of the most Mexican.