

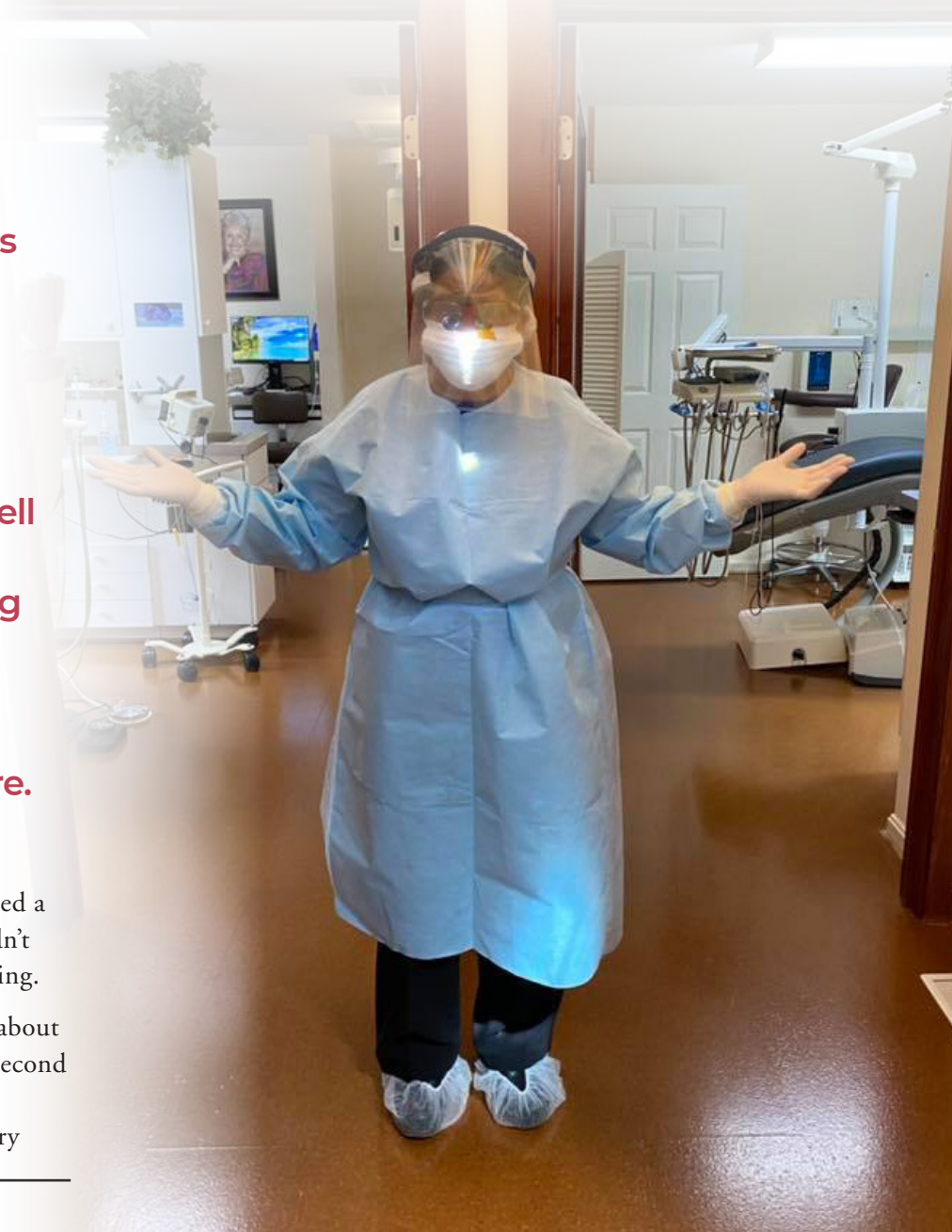
COVID-19:

Acknowledge, Assess, Accept and Adapt

In January 2020 my life was as normal as it had been for the last fifty...something years (You didn't think I'd actually tell my age)! A constant balancing act between usual suspects - work, worship, love and leisure.

Around February, my assistant mentioned a strange new disease and how there didn't seem to be much clear information or reporting.

I would listen, acknowledge and keep going about my day without any worries, not giving it a second thought. Boy, was that the wrong approach! Pandemic wasn't even a word in my dictionary



What we THOUGHT in February 2020

VS

What we now KNOW in July 2020

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|--|---|---|
| COVID-19 causes pneumonia and should be treated with ventilators | 1 | COVID-19 causes blood clots and should be treated with Aspirin-Heparin |
| No drugs/medications have worked | 2 | Favipiravir and Remdesivir can both prevent hypoxia |
| Virus directly kills patients | 3 | The body's immune response to the virus causes a Cytokine storm which can kill both the virus but also the patient themselves - steroids are being used to control the reaction and only target the virus |
| People with no symptoms could pass away from sudden low oxygen saturation | 4 | These asymptomatic deaths were "Happy Hypoxics" - People should monitor their oxygen levels to stay at or above 92-93% |
| Laying in a supine position did not help individuals who had low oxygen saturation | 5 | Laying in a prone position helps these "Happy Hypoxics" control their oxygen levels |

when it hit us like a ton of bricks in March. With swift shut down orders from our Governor, my busy, hectic run-around life came to a screeching halt. Suddenly, all those conversations with my assistant became very meaningful. Three months of shut-down provided us time to reflect, re-evaluate, and re-engineer our office to safely re-open. Giving credit where credit is due - having taken all the news reports seriously, my team had been preparing our office by ordering a small cache of all essentials including disinfectants and PPE. I too acted quickly and established a Telemedicine platform, to continue caring for patients. And here we are today (◀ See picture) - **A new norm in dentistry.**

It is easy to say "I Quit!" but more gratifying to say "I accept this challenge" and succeed in doing so. The Sleep

Better Maryland team is here to serve our community in the safest possible manner - Saving lives, one smile at a time!

Above are Top 5 things we knew about COVID-19 in February versus what we know now.

So, after having been bombarded with all the information about COVID-19 from professionals, non-professionals, educated and not so educated, magazines, media, family & friends, all I can say is the risk of infection is not going anywhere. We should all be utilizing common sense, and follow simple precautions of hand washing, wearing masks and social distancing until we have a successful vaccine.

Cheers to a healthy and safe life!



**RASHMI K. PARMAR
DMD, D-ABDSM**

Dr. Rashmi Parmar received her D.M.D. degree from the University of Pennsylvania School of Dental Medicine. She completed her comprehensive General Practice Residency at the Carolinas Medical Center in Charlotte, NC.

In addition to being a graduate of The Las Vegas Institute of Advanced Dental Studies, she is also a Diplomate of the American Board of Dental Sleep Medicine.

Since 1992, she has been in private practice in Clarksville, MD with an emphasis on Sleep and TMD. She is a Clinical Evaluator for new dental products and has lectured both, locally and internationally.