



ABSTRACT

The Math+ protocol in Covid-19

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COVID-19 is a highly heterogeneous and complex medical disorder; indeed, severe COVID-19 is probably amongst the most complex of medical conditions known to medical science. While there is no single ‘Silver Bullet’ to cure COVID-19, this severely disturbed pathological processes leading to respiratory failure in patients with COVID-19 organizing pneumonia will respond to the combination of Methylprednisone, Ascorbic acid, Thiamine, and full anticoagulation with Heparin (MATH+ protocol). While methylprednisolone, ascorbic acid, thiamine and heparin form the core treatment elements of the MATH protocol, the addition of the following medications to complement this protocol (MATH+): melatonin 6–12 mg at night, famotidine 40 mg daily (20 mg in renal impairment), vitamin D 2000–4000 u PO daily, elemental zinc (50–75 mg daily), magnesium supplementation, atorvastatin 80 mg/daily and ivermectin based on body weight. COVID-19 disease progresses through a number of phases, each with a unique treatment approach. An understanding of the pulmonary stages of COVID-19 leads to the unambiguous and irrefutable conclusion that three related pathophysiologic processes are driving the disease process and that all three of these derangements must be treated in order to reduce the mortality and morbidity of this deadly disease. These include i) an organizing pneumonia with a dysregulated immune system with the overproduction of pro-inflammatory mediators and a severe microvascular injury, ii) a hypercoagulable state with systemic micro- and macro-vascular disease that potentiates the microvascular injury, iii) with both these processes leading to severe ventilation/perfusion mismatching leading to severe hypoxemia. The core components of the MATH+ treatment protocol target all three major pathophysiologic processes with readily available, inexpensive, and safe FDA approved interventions. The pulmonary phase of COVID-19 is a treatable disease; it is inappropriate to limit therapy to ‘supportive care’ alone. The MATH + protocol consists of multiple drugs that have synergistic and overlapping biological effects that are safe, cheap, and readily available and are likely to significantly reduce the morbidity and mortality of this disease.

Keywords: covid-19, sars-co2, math+, glucocorticoids, organizing pneumonia

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