

# Breakthru Long Covid Treatments Offered at a One of a Kind Long Covid Treatment Clinic in Texas: Covidinstitute.org

*Dr. Groysman's Covid Institute in Texas offers specialized care for Long Covid, targeting its distinct symptoms with evidence-based treatments.*

IRVING, TEXAS, USA, March 26, 2024 /EINPresswire.com/ -- After a few recent articles stating that [long covid](#) didn't exist and was the same as any post viral syndrome, Dr. Robert Groysman, a renowned double board-certified physician and owner of Covidinstitute.org, wants to set the record straight. "Long Covid is real, there is no doubt in my mind, treating it 5 days a week for the last 3.5 years", he said. While there is some resemblance to chronic fatigue and postural orthostatic tachycardia syndrome (POTS), there are clear differences, one of which are the loss of taste and smell or abnormal taste of smell known as parosmia. There are over 200 symptoms that were documented with long covid.



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According to the World Health Organization (WHO) and supported by The National Institutes of Health (NIH), an estimated 10-15% of those infected, or 10-15 million individuals in the United States (65 million worldwide), are currently experiencing Long Covid symptoms. Still, many have never heard of long covid. The true impact on society, quality of life, and healthcare costs remains not completely understood, but government agencies and watch groups estimate the related expenditures are projected to exceed billions of dollars in both short-term and long-term care. Moreover, the condition's long-term effects impact patients' social functionality, force them to leave their jobs, and hinder their ability to care for their families.

Long covid is associated with several other conditions such as mast cell activation syndrome, where mast cells discharge their contents at inappropriate times. POTS is also frequently associated with long haulers.

Dr. Groysman focuses treatments using evidence-based approaches on 4 different causes of Long Covid:

1. Dysautonomia
2. Gut dysbiosis
3. MCAS/histamine intolerance
4. Mitochondrial dysfunction

Dr. Groysman stated that from his over 3.5-year experience treating long covid, that this is a multisystem and multi-cause condition and the only way to fully treat it is to determine which causes are involved and to what extent and then treat each cause. Each of these has specific treatment protocols. Not everyone will have all four involved in their illness. Some have one or two that are very prominent. Identifying which ones are involved is key to treating long covid. "I am looking at the low serotonin levels as part of the gut dysbiosis, and the mitochondrial dysfunction as a cause of muscle weakness during long covid", he said.

New associations are coming out monthly. An interesting one is May-Thurner syndrome which has become more frequently diagnosed thanks to long covid and the additional workups that are performed. This is an anatomical variant of the way the blood vessels in the pelvis are positioned that can result in compression of the iliac veins. This is not a genetic condition. This can lead to clot formation in those veins. This is not caused by Long Covid though.

Dr. Groysman, the founder and medical director of The Covid Institute, has been treating Long Covid patients for over 3.5 years and is widely regarded as an expert in the field. He is followed by thousands on social media support groups and has been featured in numerous articles, podcasts, and YouTube videos viewed around the world. He is considered a clinical resource for both patients and healthcare professionals seeking his advice.

"With the complexity of care needed to treat Long Covid, it could almost be considered a specialty in and of itself. Currently, patients desperate for answers, cures, and treatment options are bounced around from specialist to specialist who tend to focus solely on masking/treating symptoms vs. addressing the possible underlying cause(s)," said Dr. Groysman. "Most physicians today are under-equipped or lack the knowledge to make informed decisions, and thus refer the patient to a specialist with no known/recognized diagnosis. This leaves the patient frustrated, often desperate for care, and not knowing where to turn. Unfortunately, except for a select few academic institutions, who are often backlogged for months or have closed enrollments, there are very few obvious choices for patients to seek care, and this is the reason I established the institute."

The Covid Institute is dedicated to the care and treatment of patients diagnosed or suspected of suffering from Long Covid. The MD-led program offers multiple treatment options, including the stellate ganglion block procedure, vagus nerve stimulation, supplements meant to target one or more of the causes, medications, and other options tailored to each patient's specific symptoms. Long Covid care requires specialized recognition and treatment due to its highly complex set of symptoms. New treatments are incorporated into the treatment plan as new evidence comes out.

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