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Coronavirus an Urgent Warning: From Proper Prevention to a World of Preventative Medicine

Michael Goldberg*Department of Pediatrics, L.A.C.-U.S.C
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Other than quarantine, the probably single best obstacle to preventing the spread of infection is good hygiene- good hand washing. The next barrier is not our immune system as most think, but rather what we call an "Intact mucosa" including the nasal, throat, sinus and upper respiratory areas.

Our upper respiratory "passages" when healthy become the next barrier trying to prevent an infection from settling in. Therefore, if a child or adult suffers from postnasal drip, or other form of upper-respiratory allergy, the first step too staying healthy is immediate identification, control and prevention of that allergy. This includes a combination (depending upon the individual) of nighttime antihistamines, inhalers, diet and allergy control, etc.

Once into our body, past our mucosa barriers, then of course it becomes our immune system and general health that is the last line of defense from an infectious virus. It is not medically sound to have children and adults walking around with evidence of chronic activated viruses. Not all infections are "viral," and after a period of time, many viral infections will have secondary bacterial components. Congested chest and sinus are great places for "bugs" to multiply and grow". Clinically physicians must work to help a patients recover as rapidly as possible, and not be too quick to "wait" when borderline clinical indications may more action.

Anyone fighting chronic congestion, or a chronic lingering infection becomes a much more vulnerable target for any infectious organism passing them by. Rather than just treating each recurrent infection, the physician and patient needs to think of prevention which leads to dietary and environmental allergy control.

So far, COVID -19 should be taken as a warning there will likely be something as bad or worse in the future. The President and our leaders must take this as an urgent warning, get back to proper prevention, a world of preventative medicine. It time to take back control of our medical system, demand focus on wellness, true prevention, and not just taking care of and prospering with lingering chronic illness.

How many friends and family members know children or young

***Corresponding authors:**

Michael Goldberg

 mjgped@ucla.eduDepartment of Pediatrics, L.A.C.-U.S.C
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adults labeled 'Autistic' who are not healthy, "chronically ill," who are suffering multiple immune disorders without real resolution or treatment. Horribly, over the last 3 ½ decades, we have potentially iatrogenically created a vulnerable, at risk population potentially changing the scope of a future pandemic exponentially. This represents children, young adults, who should be resistant to infections, "healthy," but as written and discussed by many in the last 35+ years represent an enlarging chronically ill, vulnerable population.

So after first taking the steps protecting yourselves, your families now; I will encourage anybody reading this to become proactive to prevent a worse problem in the future, and maybe finally get help NOW for this truly MISSED MEDICAL PANDEMIC labeled AUTISM SPECTRUM DISORDER in their children and many adults. Thankfully, as I've been told, President Trump has shown a willingness to CHALLENGE the CDC, the NIH, our establishment.

As a pediatrician I firmly believe now is the time to do everything possible to bring attention to the White House, local representatives, that there is a serious missed medical pandemic, mistakenly labeled Autism Spectrum Disorder that deserves urgent investigation, focus and solutions now, to avoid an even bigger crisis in our future.