

HOW CAN YOU STAY SAFE WITH LOCKDOWN ENDING?



ANTHONY KAVEH, MD

We are no safer today when we leave our homes than before, but we cannot stay in lockdown for years waiting on a COVID-19 treatment. We have a very real risk of exposure to coronavirus in this waiting period despite hand washing and masks.

Some people are more susceptible than others to severe disease, and severe disease is associated with high chance of death. Even the best prevention efforts cannot eliminate coronavirus exposure. How can we maximize our body's defenses when we get exposed?

READY TO LEAVE LOCKDOWN? YOU CAN CONTROL YOUR RISK

LOCKDOWN ENDS

But without medical treatment, we are no safer when we leave home than before

CORONAVIRUS EXPOSURE

Hand washing, distancing, and masks help, but exposure risk to coronavirus remains very high in years to come

HOSPITALIZATION

Some people are more susceptible to being hospitalized with severe disease

BAD OUTCOME

Roughly 1-in-5 hospitalized patients will die



OUTCOMES IN OUR CONTROL

Avoid hospitalization: COVID-19 risk factors can be reduced with lifestyle choices



© Anthony Kaveh, MD
www.integrated.doctor

CONTROL YOUR COVID-19 RISK THROUGH LIFESTYLE

COVID-19 deaths skew heavily toward people with chronic diseases associated with lifestyle. Now, more than ever, the world with COVID-19 is more dangerous for people with:

- Blood pressure problems
- Diabetes
- Obesity
- Smoking history

Treatments remain unproven, but lifestyle changes **are proven** to not only reduce risk factors associated with COVID-19 hospitalization, but also:

- Reduce cancer & heart disease risk
- Improve brain health
- Cost less
- Benefit health in years before vaccine, and lifelong thereafter

FOR MORE INFORMATION OR TO SCHEDULE A LECTURE / INTERVIEW / SPEAKING ENGAGEMENT PLEASE VISIT WWW.INTEGRATED.DOCTOR

Anthony Kaveh MD is a physician anesthesiologist and integrative medicine specialist. He completed his medical training at Stanford and Harvard medical schools. He advocates for his patients to take control of their health and learn to heal themselves. With his wife, a frontline emergency room physician, Dr. Kaveh empowers patients to live their healthiest lifestyle.