

# Prevention, diagnosis and early-stage management of COVID-19 - A crisis in the developing world

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# Mucormycosis: What is it and how can it be avoided?

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# Mucormycosis: overview and clinical burden



Mucormycosis is a rare, but serious fungal infection



## Presentation

- It commonly affects the sinuses or lungs



## Symptoms

- **General:** fever
- **Sinus:** facial swelling, headaches, nasal congestion and black lesions on the nasal bridge
- **Lungs:** chest pain and shortness of breath



## Risk factors

- **Lowered immunity**
  - Poorly controlled health issues (e.g. diabetes)
  - Disorders of the immune system
  - Immunosuppressive therapies

# Minimizing mucormycosis in patients with diabetes and COVID-19

Patients with diabetes are at higher risk of worse outcomes with COVID-19

## Diabetes control

- Ensure adequately controlled disease for improved immunity and lowered risk of worse outcomes with COVID-19 (including the development of mucormycosis)

## Steroids<sup>1</sup>

- Not all COVID-19 patients require steroids
  - Only to be given in a hospital setting, in patients who are likely to be admitted into intensive care and require respiratory support
  - **Not for mild or asymptomatic cases**
- Ensure that glucose levels are maintained in patients with diabetes