



A Conversation Between Two Friends on COVID-19

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On Thursday August 19th Dr. Charles McGowen and David Zanotti sat down and talked about COVID-19 on WTN Radio (FM 99.7, Nashville, TN). Here are excerpts from that interview. You can hear more from Dr. McGowen on The Public Square® radio broadcast. Please visit thepublicsquare.com and visit the series titled “COVID Chronicles.”

DZ:

First lets remind our listeners of your background. I love the old stories about the beginning of things.

Dr. McGowen:

I grew up in a steel town and always wanted to become a physician. Dad was a steel worker, Mom an elementary school teacher. I worked 3 summers and one winter in the steel mill while going to college. Married my high school sweetheart. We have 3 kids, 7 grandkids and 20 great-grandkids.

I went to The Ohio State University College of Medicine, graduated in 1961. Did a year of a rotating internship 61 to 62, entered the USAF after the internship, served as a flight surgeon on active duty for 2 years and in the active reserves for 5 years while completing a residency in Internal Medicine

DZ:

Tell us about your work on the smoking issue and your first book.

Dr. McGowen:

It all began in 1963 in USAF with Surgeon General Luther Terry's order on educating all military personnel and their dependents on the ill effects of tobacco on the human body by preparing an hour lecture with slides. I did that every week until I had spoken to 50 squadrons on our Air Force Base.

- That continued when I left active duty and continued on my AF Reserve Base for the next 5 years.
- I enacted a resolution in our local hospital banning smoking during all required meetings of the medical staff; something never heard of before in our town.
- I lobbied unsuccessfully to have smoking banned from the hospital and my effort was dismissed by the hospital board as the actions of a fanatic.
- I responded by writing a book WHERE THERE'S SMOKE, and continuing educational efforts to the public as a speaker for the American Heart and Lung associations with appearances on radio and national television talk shows.
- In 1988 the hospital board of directors made this FANATIC a permanent member.

DZ:

Lets talk about the coronavirus. Is this virus behaving like the corona style viruses behave?

Dr. McGowen:

There are seven kinds of corona viruses that attack humans, they all act differently; 4 cause mild URIs, like the common cold. Three of the viruses cause more severe disease: MERS (Middleeast Resp. Syndrome) epidemic of 2012; SARS (severe acute respiratory syndrome) in 2003 and now Covid-19 produced in the Wuhan, China lab, which is causing the current pandemic and the resurgence from its delta variant

DZ:

What about lethality? It appears that the 98-99% recovery factor has held up in spite of the roller coaster ride.

Dr. McGowen:

Yes. It can be mild, make you terribly sick or kill about 1 to 1.5 % of those who get it along with comorbidities: COPD and severe obesity.

DZ:

Now to variants—they always happen right?

Dr. McGowen:

Viruses mutate; it's a form of micro-evolution that enhances survivability. We have new H1N1 influenza vaccines every two years or so because of those mutations.

DZ:

So we should not be surprised?

Dr. McGowen:

The “surprise” is the rapidity with which the variations have developed. We are currently faced with DELTA the Greek letter designating the 4th variant. The World Health Organization has also designated variants Eta, Iota, Kappa, and Lambda as “variants of interest” and is tracking 13 additional variants that originated in the U.S., Brazil, the Philippines, Indonesia, Colombia, and other nations. Thus they are halfway thru the Greek alphabet of 24 letters.

DZ:

We all don't know what we don't know about this virus because of **gain of function** questions with the Chinese.

Dr. McGowen:

Gain of Function is what Senator Rand Paul (also a medical doctor of ophthalmology) and Dr. Anthony Fauci have vociferously duelled over in Senate hearings. At best, **GOF's** alleged purpose was to turn a harmless virus, indigenous to animals (i.e. bats) into a dangerous human virus in order to develop a vaccine to protect humans against such a lethal virus.

To do that the virus was empowered or **GAINED FUNCTION** to become **MORE** easily transmittable, **more** infective to humans, **more** lethal and **more** able to mutate at **greater rates** so as to beat newly developed vaccines to their goal of immunizing great numbers of human beings to the deadly virus.

DZ:

And now to vaccines -- there has never been a 100% effective vaccine. Are the three vaccine treatments being used today performing as expected?

Dr. McGowen:

Probably not. We have those produced by Moderna, Pfizer and Johnson and Johnson. We were told, “Get vaccinated with any one of those and then you won't have to mask up.” Delta changed all that. So will the variants after that.

DZ:

Can we get to herd immunity on vaccines alone?

Dr. McGowen:

No; the most effective, long lasting form of herd immunity comes from surviving an attack of the Covid-19 virus infection.

DZ:

Therapeutics—what should America be doing on therapeutics?

Dr. McGowen:

The medical community should be using them! Empirical outpatient treatment of SARS-CoV2 infections include the following:

- Tamiflu
- Prednisone
- Hydroxychloroquine
- Ivermectin

- Vitamin D3
- *CAVEAT: Zithromax, initially tried, has been found no better than a placebo. Report in this week's issue JAMA*
- IL-6 antagonists plus corticosteroids for inpatients increase 28 day survival: also reported in same JAMA issue. They prevent the so-called CYTOKINE STORM which can cause multi-organ failure and death.

DZ:

Now to the macro-question—Would all of this be easier if we were healthier people? Can we get there?

Dr. McGowen:

Yes, but not overnight. It's called PREVENTIVE MEDICINE.

The three conditions that reduce one's chances of survival in this pandemic are COPD, severe obesity and uncontrolled diabetes.

Thus, you must begin now: QUIT SMOKING, LOSE THE WEIGHT AND FOLLOW YOUR DOCTOR'S ADVICE IN CONTROLLING YOUR DIABETES.

DZ:

Exit question: How important is talking to my local, personal Doctor about COVID-19?

Dr. McGowen:

THAT IS OF THE GREATEST IMPORTANCE: In order:

- To get examined for your new symptoms
- To get tested for Covid-19
- To get vaccinated if negative on testing
- To get medically treated and quarantined if positive on testing.



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