

Hello Indonesia, Be Careful with COVID-19 in the Elderly with Hypertension and Diabetes Mellitus.

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ABSTRACT

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) causes coronavirus disease 2019 (COVID-19). COVID-19 has not only spread in Indonesia, it has even become a world health problem. World Health Organization (WHO) reported that cases of COVID-19 globally there have been 44,888,869 confirmed cases, including 1,178,475 deaths. Until October 29th 2020, Indonesia's population who confirmed for COVID-19 (confirmed cases) had reached 404,048 (+3,565 new cases), 60,569 active cases (15.0% of confirmed cases), 329,778 patients had recovered (81.6% of confirmed cases), and 13,701 died (3.4% of confirmed cases).

Several case reports suggest that heart injury occurs in COVID-19 patients. Many cases in COVID-19 patients who died from complications of heart disease. Nevertheless, there remains hope that Covid-19 patients with complications of heart disease will be cured. This hope is proven by anti-inflammatory glucocorticoid and immunoglobulin therapy.

Keywords: SARS-CoV-2, COVID-19, complications of heart disease.

THE LATEST DEVELOPMENTS IN THE COVID-19 OUTBREAK IN INDONESIA

Coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The COVID-19 outbreak has become a global health problem [1]. The handling of the COVID 19 outbreak in Indonesia was specifically carried out by the Indonesian National Board for Disaster Management (Badan Nasional Penanggulangan Bencana=BNPB), the Government of The Republic of Indonesia through the Task Force for The Acceleration of Handling COVID-19 (Satuan Tugas Percepatan Penanganan COVID-19). The agency recorded that Indonesia's population who tested positive for COVID-19 had reached 385,980 (confirmed as of October 25th 2020). At that time there were an additional 4,070 new cases, 63,556 active cases (16.5% confirmed cases), 309,219 patients had recovered (80.1% confirmed cases), and 13,205 died (3.4% confirmed cases).

It has been stated that currently active cases in Indonesia show the smallest number compared with the last few months. It should be noted that DKI Jakarta (Special Capital Region of Jakarta) province is listed as a province in Indonesia that has the

highest number of COVID-19 cases compared with the other provinces. The number of COVID-19 cases in DKI Jakarta is 100,220 (26%), Jawa Timur (East Java) 50,653 (13.1%), Jawa Barat (West Java) 33,568 (8.7%), Jawa Tengah (Central Java) 31,586 (8.2%) and Sulawesi Selatan (South Sulawesi) 17,893 (4.6%), while the other provinces in the Republic of Indonesia are recorded each <4% [2]. The prevalence of COVID-19 cases in Indonesia for each province are presented in Figure 1. It should be noted that on October 24th 2020, there have been 42,055,863 confirmed cases of COVID-19 in the world. It was also noted that the number of deaths due to COVID-19 in the world was 1,141,567 [3].

Apart from the above data, it should be noted that confirmed cases of COVID-19 in Indonesia are not influenced by gender. This is supported by the data that the number of confirmed cases COVID-19 in women 49.1%, whereas in men of 50.9%. The number of COVID-19 sufferers who were hospitalized and undergoing independent isolation in women was 49.8%, while in men it was 50.2%. The number of COVID-19 sufferers who recovered in women was 49.3%, while in men it was 50.7%. In contrast to this fact, it turns out that the number of COVID-19

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cases that have died in women is 41.3%, whereas in men 58.7%. These data shows that in Indonesia the number of COVID-19 cases that have died in men is higher compared with women [2].

It turns out that data on confirmed COVID-19 cases base on gender shows varying percentages for different countries. There are several countries where the number of confirmed cases of COVID-19 in men more than in women. Qatar, Singapore, Bahrain and Botswana are among the countries that have the number of confirmed COVID-19 cases in men more than women. On the other hand, Gabon, Ukraine, Moldova and South Africa are the countries that have the number of confirmed COVID-19 cases in women more than in men [4].

In the 31-45 year age group, the number of confirmed COVID-19 cases is 30.9%, the number of patients hospitalized and self-isolating 30.9%, and the number of patients who recovered 31.75%. The percentage of confirmed COVID-19 cases in this age group is the highest compared with other age groups. On the other hand, it was also shown that in the age group of ≥ 60 years, cases died due to COVID-19 as much as 43%. Percentage of cases died due to COVID-19 in this age group is the highest compared with the other age groups. Based on these data it could be stated that the younger of the age, so the lower of died cases due to COVID-19 [2].

It is necessary to know about the symptoms and comorbidities of COVID-19 in Indonesia. We know that the most common symptoms of COVID-19 include cough, fever, shortness of breath and weakness. In addition, comorbidity of COVID-19 in Indonesia has also been shown. Comorbidity of COVID-19 in Indonesia include hypertension (50%) followed by diabetes mellitus (34.9%) and heart disease (19.7%) [3]. The report on the percentage of comorbidity for COVID-19 in Indonesia has been done before, which is around June 2020. The report shows that the top three comorbidities for COVID-19 are hypertension (52.1%), diabetes mellitus (33.6%), and other cardiovascular diseases (20.9%) [5].

In one case, despite receiving treatment at a COVID-19 referral hospital, elderly patients with comorbidity of hypertension and diabetes mellitus only lasted eight days after hospitalization. In this case, the patient's death due to Covid-19 began with a sudden heart attack. In addition, these patients also suffer from acute respiratory distress syndrome [6]. This reality is reinforced by the statement that there are three possible characteristics about the death process in COVID-19, namely failure of the dominant terminal organ, proportionality of care in the dying process, and involvement of COVID-19 in the dying process [7].

Although there are case reports of cadaveric aortic enlargement [8], but still need to find further facts about the relationship

between the process of death of COVID-19 patients with heart and blood vessel disorders. Previous studies in Wuhan, China showed that COVID-19 patients generally experience cardiac injuries. This fact is associated with a high risk of death in COVID-19 patients in hospital. Moreover, it also stated that patients with or without cardiac injuries had a high risk of death [9].

MESSAGE FOR THE ELDERLY WITH HYPERTENSION AND DIABETES MELLITUS

For the elderly who have hypertension and diabetes mellitus should still be careful and have a healthy lifestyle, trying not to catch SARS-CoV-2, so that you avoid COVID-19.

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COMPETING INTERESTS

The author completed the ICMJE Unified Competing Interest form and declare no conflicts of interest

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