



Healthy lifestyle for pre-existing non-communicable diseases people in the Era of COVID-19

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Abstract:

Statement of the problem: In less than many months, a mass of pneumonia-like cases in Wuhan China developed into an unmatched pandemic called COVID-19. Human species of whole ages can gain COVID-19, but several persons are at great hazard of earning serious symptoms. This comprises elderly individuals (60+) and those with pre-present non-communicable diseases (NCDs) such as heart disease, diabetes, cancer, and respiratory disease such as chronic obstructed pulmonary disease and asthma. Per se persons frequently achieve COVID-19 symptoms most speedily, and they may sustain complications and seek entrance to an intensive care unit (ICU) if they do not demand prompt medical care. The purpose: To provide advice and instruct elderly individuals (60+) and those with pre-present NCDs to follow health guidelines to lower their risk of COVID-19 significantly. Methodology: I present my experience gained in the era of COVID-19 to curb the effect of the coronavirus and to teach my good practices to fulfill significant hypothesis and innovative approaches.

Biography:

Laila M. Montaser, MD is Professor of Clinical Pathology. She is Chair, of Stem Cell, Regenerative Medicine, Nanotechnology and Tissue Engineering (SRNT) Research Group. She serves as the Head, Founder Leader of Clinical Pathology Department, Faculty of Medicine, Menoufia University. She is the nominator of Council of Menoufia University to TWAS prize in Medical Sciences and to award of Nano Science Research Excellence



Recent Publications:

1. Montaser LM (2020). Could putting the mesenchymal stem cells technology into practice be an optimistic therapy for the critically ill COVID 19? *J Chem Edu Res Prac*, 4(2), 1-4.
2. Montaser LM. Innovative outlook for COVID-19. Key-note speech presented at Webinar Online 13rd Int. Conf. on Pharmaceutical Chemistry 22 may 2020, Paris, France. *World J Pharmacol Toxicol* 2020, 3(2), 1-2. Available at: <https://www.omicsonline.org/open-access/innovative-outlook-for-containing-covid19.pdf>
3. Montaser LM (2020). Editorial: A Therapeutic Approach from Lab to Clinic in the Domain of the Disease Caused by the Novel Coronavirus from the Perspective of an Egyptian Scientist. *CPQ Medicine* 2020, 8(6), 1-7.

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