



PIDE

COVID-19 BLOG

No. 5

We Would Not Die!

The World Health Organization has estimated that 3.4% of people affected by the novel coronavirus have died. According to a report by WHO carried out with Chinese authorities, the death rate for people over the age of 80 was 21.9 percent.

The elderly, especially those with diabetes, heart disease and lung disease, can be severely affected by the new virus. CoVID-19 is more or less like seasonal flu in some cases. According to the Centers for Disease Control and Prevention (CDC), flu-related deaths are 70 to 85 percent, and up to 50 to 70 percent in flu-related hospitalization occurs among those 65 years and above.

Risk of Dying by Age

AGE	DEATH-RATE all cases
80+ years old	14.8%
70-79 years old	8.0%
60-69 years old	3.6%
50-59 years old	1.3%
40-49 years old	0.4%
30-39 years old	0.2%
20-29 years old	0.2%
10-19 years old	0.2%
0-9 years old	No fatalities

Source: <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

The Iranian news agency reports that a 103-year-old woman in Iran has recovered after being exposed to the new Coronavirus, despite much evidence that the elderly are at high risk for the disease. The woman was hospitalized in the central city of Semnan for about a week and fully recovered. The woman was the second elderly patient in Iran to survive the disease. The other was a 91-year-old man from Kerman, southeast of Iran. After being ill for three days, he recovered despite pre-existing medical conditions, including hypertension and asthma.

In an interview with media, the woman and the man said, *“when we discovered that we were infected with the coronavirus and were at the stage where the patient died, we decided first that we would not die because we were lying in the hospital bed every day thinking that we had to overcome all problems, we survived the world wars and we also suffered all kinds of revolution. This decision also kept us alive and well”*.

As WHO claims that people over 80, the death rate may be as high as 21.9 percent. But that does not mean individuals cannot beat the odds. Iranian 91 years man and 103 years woman are examples of self-belief and positive attitude.

Currently, however, there is no cure for this coronavirus, and treatment is based on care provided for influenza (seasonal flu) and other acute respiratory diseases, according to the Center for Disease Control and Prevention. The only way to avoid coronavirus is social distancing and a strong immune system.

No one really understands how or why a positive attitude helps people recover faster from surgery or cope better with serious diseases — including diseases as serious as cancer, heart diseases and AIDS. Mounting evidence, however, suggests that these effects may have something to do with the mind's power over the immune system.

"Look at the bright side" or to "see the glass as half full." Chances are good that the people who make these comments are positive thinkers. Researchers are finding more and more evidence pointing to the many benefits of optimism and positive thinking.

Such results show that not only are positive thinkers healthy and less stressed, but their overall well-being is also high. According to Positive Psychology researcher Suzanne Segerstrom, "almost every significant amount of human activity is involved, and numerous studies suggest that optimists are generally psychologically and physically healthy."

In recent years, researchers have found that our brains can have a powerful effect on our bodies. Immunity is one area where our thoughts and behaviour can have a particularly powerful effect. In one study, researchers found that activation of negative emotion in the brain area led to the weaker immune response to a flu vaccine.

Researchers Segerstrom and Sefton found that people who were optimistic about a specific and important part of their lives showed a stronger force than those who were doing well in school.

As one of the life coaches¹ suggests, following positive attitude practices can help everyone in these trying times:

- Self-Affirmation (Yes I Can, I am a SURVIVOR)
- Imagine that you are Young and keep thinking about every Challenge you come across and Survived in the end.
- Pay GRATITUDE to all those who helped or inspired you throughout your journey (you may use your wonderful imagination if it is not possible to make a small phone call now)

¹ NLP Trainer, master hypnotist and life coach, Zeeshan Abbasi.

- Be THANKFUL to Allah for everything. (It's better to keep counting His unlimited blessing as we have in Surah-e-Rehman)
- Make a Commitment to Allah that how you are going to become More Useful for mankind.
- Forgive everyone to unload yourself and relax. (Best way to do it to pray for their success in both the worlds).
- Remember all the beautiful, exciting and bright moments when you are seeing yourself with your loved.
- And of course, we may pray to seek forgiveness to Allah and be THANKFUL to Allah again and again for even giving us this opportunity to say Alhamdulillah.

This attitude naturally boosts immune system and one can feel it.

References:

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By: Nadeem Ahmed Khan, PIDE.

Pakistan Institute of Development Economics

Web: www.pide.org.pk, Twitter: @PIDEpk, Facebook: PIDEIslamabad