

To whom it may concern,

I am a 42 year old mother of two children living in Sydney. Prior to Covid and Pfizer vaccines I was a healthy, fit, active, social and generally successful person. Over the past two and a half years I have gone through innumerable doctors appointments, medications and pain with the hope of regaining my former life.

There needs to be a better collective effort by the government to bring together the medical community and help find solutions. There is a lack of understanding of this illness and how it is impacting people's lives. Right now there is no cure. Some of us have gotten ill from vaccines that were mandated by the government and our companies.

I am told that I have 'Covid induced cardiac immune response'. Through my twenties and thirties I competed in sports at an elite level. I flew around the world with my job and had an exciting career ahead of me. For over a year now I have been off work with Cardiac pain, Brain fog and autonomic Dysfunction. I have sought the advice of many doctors in Sydney and around the world in hope of finding a solution.

This has deeply impacted my relationship with my family. As the tiredness and pain make it hard to be a good partner and parent. The uncertainty around my health and future gnaws away at me on a daily basis.

The heart issues began within days of the first vaccine. I have had three vaccines and in each case I was progressively worse. At the time no one made the link. However a Cardiac MRI in August 2022 picked up Pericarditis. I did not have covid when the initial heart pains occurred, only the vaccine. Post covid I started to get sharper stabbing pains as well which I am not told is microvascular spasms. The autonomic dysfunction also came post covid.

There are a huge number of people suffering with long covid and medical complications as a result of the vaccine. However it is very difficult to get professional advice and support on this. I was referred to a long covid clinic in st vincent's and never heard back. I am told that they are overwhelmed when I make contact. I was also referred to clinic nineteen who have a six month waiting list for a consultation. There is a total lack of support in NSW and Australia wider from what I understand. Yet a huge number of people are suffering.

This article

<https://www.nytimes.com/interactive/2023/12/14/opinion/my-life-with-long-covid.html> by the New York Times gives a good insight into the impact for some. The symptoms of those suffering are endless and relentless. I have spent tens of thousands of dollars and would average 8 medical appointments a week all in the hope of trying to find some answers to this. It is a debilitating disorder that is underfunded and needs to be addressed.

Also questions need to be raised around why the vaccine was approved and how it was regulated. By the time I got my second dose guidance was available in multiple countries that would have meant I did not get a second dose. This could have meant a very different outcome for me.

It is my hope that in time I will recover and be able to enjoy the time I have with children. Run with them in the park, race them in a pool and get through a full day as normal.

Thank you for your consideration,

Jessica

Appendix:

Here is a summary of who I have seen over the course of this issue to show how time consuming and difficult it is to get support and answers.

1. Changed GP since March 2022
2. Immunologist since November 2022
3. Neurology November 2023
4. ENT November 2023
5. Musculoskeletal December 2023

Cardiologists : 5 separate Cardiologists

1. 2021 brady tachycardia post viral pleuropericarditis
2. March 2022: referral for BradyTachycardia and heart pain (myopericarditis)
3. March 2023: Microvascular Dysfunction
4. London June 2023
5. Autonomic Dysfunction December 2023

Also seeing a Speech Language therapist, Acupuncture and Psychologist. Second opinion sought via a work service. Report attached.

Investigations:

- Left Shoulder MRI for chest pain December
- Tilt table test December
- ENT: Muscle tension dysphonia
- ECG & Cardio pulmonary stress test June 2023
- coronary angiogram March 2023
- Cardiac MRI Macquarie hospital August 2022
- ECG & Ecocardiography August 2022
- Stress Echo July 2021
- CT coronary angiography July 2021
- Holter July 2021
- Echo cardiogram July 2021

Dates of vaccination and covid:

- Pfizer Comirnaty 16 Jul 2021
- Pfizer Comirnaty 09 Sep 2021
- Pfizer Comirnaty 03 Feb 2022
- Covid May 2022

No medications were being taken prior. Now current medications

- Endep 20 10mg Tablet 1 Tablet Before bed.
- Imdur 60mg Durules 1/2 daily.
- Melatonin 2mg Tablet, modified release 1-2 tablets at night.
- Mersyndol 450mg;9.75mg;5mg Tablet 1 Tablet p.r.n.
- Nicotine 7mg/24hr Patch 1 daily as per protocol.
- Nitrolingual Pumpspray 400mcg/dose Spray as needed.
- Plaquenil 200mg Tablet 1 Tablet Daily.
- Prednisone 1mg Tablet 2mg daily.
- Somac 40mg Tablet 1 Tablet Daily.

Supplements

- Magnesium
- Electrolytes: Magnesium, Potassium & Sodium
- Vitamin C
- Quercetin
- CoQ10
- Zinc
- Chinese herbs