

- Virus

Stress may hamper body's fight against Covid-19: Study

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According to a study conducted in mice, acute stress may impair the body's ability to fight off infections, especially Covid-19. The research, in the journal Nature, is the first to show how specific regions in the brain control the body's cellular immune response while under acute stress and infected with Covid-19 or influenza. The researchers noted that acute stress prompts neurons from the region known as the paraventricular hypothalamus, to instantly trigger a large-scale migration of white blood cells or leucocytes from lymph nodes to the blood and bone marrow. This, in turn, decreases an immune response to viruses such as Covid19 and influenza, making the body less resistant to fighting off infection, and putting it at greater risk of complications and even death.