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Characteristics of long COVID among older adults: a cross-sectional study

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Highlights

- This study evaluated 2333 individuals at hospital-based COVID recovery clinics.
- Older adults are more likely to report on long COVID symptoms.
- The most common long COVID symptoms among older adults are fatigue and dyspnea.
- Older age does not correlate with long COVID fatigue or dyspnea.
- Obesity is an independent risk factors for both long COVID fatigue and dyspnea.

Abstract:

Objective: To describe long-COVID symptoms among older adults, and to assess risk factors for two common long-COVID symptoms: fatigue and dyspnea.

Methods: Multicenter prospective cohort study, conducted in Israel, Switzerland, Spain, and Italy. Included were individuals at least 30 days since COVID-19 diagnosis. We compared long-COVID symptoms between elderly individuals (age>65 years) and younger population (18-65 years); and conducted univariate and multivariable analyses for predictors of long-COVID fatigue and dyspnea.

Results: 2333 individuals were evaluated at an average of 5 months [146 days (95% CI 142-150)] following COVID-19 onset. Mean age was 51 and 20.5% were>65 years. Older adults were more likely to be symptomatic, with most common symptoms being fatigue (38%) and dyspnea (30%). They were more likely to complain of cough and arthralgia, and have abnormal chest imaging and pulmonary function tests. Independent risk factors for long-COVID fatigue and dyspnea included female gender, obesity, and closer proximity to COVID-19 diagnosis; older age was not an independent predictor.

Conclusions: Older individuals with long-COVID, have different persisting symptoms, with more pronounced pulmonary impairment. Women and individuals with obesity are at risk. Further research is warranted to investigate the natural history of long-COVID among the elderly population and to assess possible interventions aimed at promoting rehabilitation and well-being.

Key words: COVID-19; SARS-CoV-2; post COVID; Long COVID; long lasting symptoms; older adults.

Introduction

Long COVID has been reported to affect a substantial portion of COVID-19 survivors, including those who suffered mild acute disease (Yan et al., 2021; Chen et al., 2022; Carter et al., 2022). In many of the cases, the affected individuals experience debilitating symptoms that affect their physical and cognitive function while impairing their quality of life. Recent longer-term follow-up studies show that many individuals do not experience full recovery even at one-year post-infection (PHOSP-COVID Collaborative Group, 2022; Zhang et al., 2021). Often, rehabilitation is required to restore the pre-functional capacity of long COVID patients, however, no drug or non-drug intervention has been proven effective (Schneider, 2020). The most common long COVID symptoms are fatigue and dyspnea, followed by others, including chest pain, myalgia, impaired memory or concentration, and neuropsychiatric symptoms (Yelin et al., 2022; Schou et al., 2021; Michelen, 2021).

Although older adults constitute a large proportion of COVID-19 severely infected individuals, thus far little is known about the prevalence and risk factors of symptomatic long COVID among this population. In most cohorts reporting on long COVID, the mean age of participants was less than 60 years (PHOSP-COVID Collaborative Group, 2022; Huang et al., 2021a; Huang et al. 2021b), and only a few single-center studies addressed specifically older adults with long COVID.

To identify current needs and consequent healthcare system response, it is imperative to broaden our knowledge on long COVID in older adults. We aimed to describe the prevalence of long COVID symptoms among older adults and to explore independent risk factors for two of the most common long COVID symptoms: fatigue and dyspnea.

Methods

Study design and population

This study was a multicenter prospective cohort study, conducted at five multi-disciplinary hospital-based COVID recovery clinics in Israel, Switzerland, Spain, and Italy (Pisa and Modena). Data were collected at the first clinic visit in most centers (Israel, Italy, and Spain) and by telephone interview in one center (Switzerland). Consecutive adult (age ≥ 18 years) individuals visiting the clinics between May 2020 and March 2021 were included. To be enrolled for a visit, patients were required to have a PCR-proved COVID-19 diagnosis at least 30 days before the clinic visit.

During their clinic visit, the patients were interviewed by the carrying physician and reported their long COVID symptoms using a designated questionnaire, in which they were asked to rank each symptom on a 0-3 Likert scale (0 – not at all; 1 – mild; 2 – moderate; 3 – severe). We defined individuals with high burden of long COVID symptoms as those reporting at least 3 continuing symptoms. In addition, patients, regardless of their symptoms, underwent a complete PFT (spirometry, lung capacities and diffusing capacity) during the clinic visit, according to the American Thoracic Society guidelines (Culver et al., 2017). PFT measurements were expressed as percentage of predicted normal values according to gender, age, and height, as measured during the visit. Abnormal diffusion was defined as DLCO < 80% of predicted value (Culver et al., 2017).

We compared elderly individuals (age >65 years) to the younger population (age 18-65 years).

Data collection

Prior to initiation of the study, a shared data collection formats were drafted in collaboration between all the participating centers. A manual defining variables of interest (including filling instructions, labels and values) was sent to all collaborators. Data collection was implemented using REDCap electronic data capture tools hosted at Yale University (Harris et al., 2019). Information on demographics (age, marital status, and sex), pre-COVID-19 and post-COVID-19 physical activity, body mass index (BMI), smoking status, comorbidities, and characteristics of the acute COVID-19 were assessed during clinic visit. These were recorded by the caring physicians at time of clinic visit. For the current study, we retrieved these data from the patients' medical charts. COVID-19 severity was defined following the World Health Organization (WHO) definitions (WHO, 2020). We used the WHO guidelines on physical activity and sedentary behavior to define the individual's physical activity. Physically active individuals were those who undertook aerobic activity of >150 or >75 minutes per week for moderate or vigorous activities, respectively (WHO, 2020b).

Statistical analysis

We used descriptive statistics with measures of central tendency and dispersion to describe the study population. Comparisons were based on the classification of two age groups. The demographics and clinical parameters were compared between the groups implementing the student t-test or Mann-Whitney U test for continuous variables and the Chi-square test or Fisher's exact test for dichotomous variables. Univariate and multivariate analyses for risk factors for long COVID fatigue and dyspnea were conducted, while incorporating age as a variable in the analysis. The multivariable analysis was conducted using generalized estimating equation (GEE) binary logistics, to account for the study site as a random effect

variable. Variables that were not strongly correlated ($r<0.4$) were entered into the multivariable model based on the univariate analysis (*i.e.*, those for which $p<0.1$). Odds ratios (OR) [(and 95% confidence intervals (CI)] were obtained from the multivariate model. Data analysis was performed using IBM SPSS version 28 (Armonk, New York, USA).

Ethical approval

The local Research Ethics Committees of participating centers approved the study protocol (RMC-0485-2020). All participating individuals signed informed consent forms.

Results

Overall, 2333 individuals were included. The mean age was 51 (SD=16), and 478 (20.5%) of them were older than 65 years. The average time interval between COVID-19 onset and clinic visit was 146 days (95% CI 142-150 days). Baseline characteristics of participants, according to age groups, are detailed in Table 1. The proportion of women aged over 65 years was lower compared to the proportion of women in the younger group (39.5% vs 51.6%, p<0.001). Older individuals were more likely to be smokers (41.9% vs 29.5%, p<0.001); not physically active (49.5% vs 28.2%, p<0.001); and had higher rates of comorbidities and medication use (Table 1).

Characteristics of acute COVID-19 in older adults compared to younger individuals

Compared to younger individuals, older participants experienced higher rates of severe COVID-19 (severe or critical 58.4% vs 24.4%, p<0.001), higher rates of hospitalization (79.1% vs 39.8%, p<0.001), and longer duration of hospital stay (Mean=18 days, SD=14 days vs Mean=13 days, SD=12 days, p<0.001). Dyspnea was the only symptom significantly more common in older adults with acute COVID-19 (64.3% vs 56.6%, p=0.035), compared to higher proportions of sore throat, nasal congestion, headache, chest pain, and anosmia/ageusia, all more common in younger adults (Supplementary Table 1).

Manifestations of long COVID in older adults compared to younger individuals

Older participants visited the recovery clinic about one month earlier compared to younger participants (Mean=123 days, 95% CI 113-134 days vs

Mean=150 days, 95% CI 145-154 days, p<0.001), and had higher rates of symptoms (80.0% of older individuals reporting any symptom, compared to 64.2% of younger individuals, p<0.001). Nevertheless, they had similar rates of high burden symptoms (34.1% in older individuals vs 32.8% in younger individuals, p=0.678). Fatigue and dyspnea were the most common long COVID symptoms in both age groups (fatigue: 38.7% among older individuals vs 39.4% among younger individuals, p=0.779; dyspnea: 29.9% in older individuals vs 27.3% in younger individuals, p=0.251). Headache, chest pain, palpitations, concentration impairment, and emotional distress were all more common in the younger age group, while cough and arthralgia were more common in older adults. Older participants were more likely to report an increase in their physical activity following COVID-19 (29.2% vs 8.2%, p<0.001), while younger patients tended to report a decrease (younger 28.8% vs older 16.3%, p<0.001). Older participants were more likely to have abnormal chest imaging at the time of assessment (23.2% vs 10.1%, p=0.001), and impairments in pulmonary function tests (including impaired forced expiratory volume in one second (FEV1), Total lung capacity (TLC), and carbon monoxide diffusing capacity (DLCO)) (Table 2).

The ranked severity of long COVID symptoms in the general study population and the older adult population are provided in supplementary tables 2 and 3.

Risk factors for long COVID fatigue among older adults

Univariate and multivariate analyses for long COVID fatigue are displayed in table 3. Female gender, smoking, obesity, and hypertension, were associated with higher rates of long COVID fatigue. Obesity [OR 1.586, 95% CI 1.115-2.255] and

female gender (OR 2.073, 95% CI 1.572-2.734) were independently associated with long COVID fatigue. Evaluation at a shorter time interval since the acute infection was also significantly associated with fatigue (OR 1.594, 95% CI 1.054-2.410). Older age did not associate with long COVID fatigue (OR 0. 779, 95% CI 0.538-1.129) (Table 3).

Risk factors for long COVID dyspnea among older adults

Female gender, Pre-COVID-19 physical activity status, obesity, hypertension, and COVID-19 severity, were associated with higher rates of long COVID dyspnea. Obesity (OR 1.690, 95% CI 1.198-2.382), female gender (OR 1.674, 95% CI 1.261-2.222), partial pre-COVID-19 physical activity (OR 1.632, 95% CI 1.163-2.290), and chronic pulmonary disease (OR 1.983, 95% CI 1.179-3.334) were independent risk factors for long COVID dyspnea. Older age did not associate with long COVID dyspnea (OR 0.695, 95% CI 0.476-1.013) (table 4). Dyspnea was also significantly associated with a shorter time interval between acute illness and evaluation (OR 2.071, 95% CI 1.386-3.094) (Table 4).

Discussion

In this cohort of 2333 COVID-19 recoverees, recruited from multinational COVID recovery clinics at approximately 5 months following disease onset, 20.5% were older adults (> 65 years). The proportion of women among the older group was lower compared to younger adults. As expected, older adults had higher rates of comorbidities. During the acute phase, the proportion of individuals with severe COVID-19 was higher among the older age group, consequently, they had a higher likelihood of hospitalization and of chest radiogram abnormalities, and reduced pulmonary diffusing capacity at the time of clinic assessment. Older adults were more likely to report on persisting symptoms at time of assessment, with the most common symptoms being fatigue and dyspnea. This burden of persisting symptoms among older adults probably reflects the higher rates of severe COVID-19 and consequent hospitalizations and complications. It is likely that these well known contributing factors for deconditioning among the elderly population (Covinsky et al., 2011) added to the baseline risk for long COVID among recoverees, leading to higher proportions of symptoms.

Differences in long COVID manifestations between older and younger adults may also reflect difference in baseline conditions, such as comorbidities, which are significantly more prevalent among the former. Although age and comorbidities are associated with COVID-19 severity, their impact on long COVID may extend beyond the acute phase. For instance, the poorer age-adjusted pulmonary function found in our study among the older adults can be explained by diminished pulmonary reserve with age (Lowery et al., 2013), which likely protracts restoration of health following COVID-19. Additionally, sarcopenia was postulated as one of the contributors to long COVID (Piotrowicz et al., 2021). In comparison to the younger adults, older

individuals have lower skeletal muscle mass. These physiological differences consequent from the effects of aging on muscle fiber type and size (Deschenes, 2004). Since sarcopenia is associated with functional decline (Beaudart et al., 2017), its effect on elderly individuals may be more substantial. It may also play a role in long COVID, accounting for different effects and consequences of fatigue and dyspnea among younger and older individuals.

As for the somewhat less frequent symptoms, older patients were more likely to report on cough and arthralgia while younger patients were more likely to report on headache, chest pain, concentration impairment, and emotional distress. Older age did not correlate with long COVID fatigue or dyspnea. Among older adults, independent risk factors for long COVID fatigue included female gender, obesity, and proximity to the acute phase, while risk factors for long COVID dyspnea included the former as well as COPD and pre-COVID partial physical activity status.

Long COVID is reported to affect a considerable portion of COVID-19 recoverees, estimated at 10-30%, while symptoms may persist for longer than 1 year (Yelin et al., 2022). A study from Wuhan, China, reported fatigue, chest pain, anxiety, and myalgia in 8-28% of survivors at 1 year following discharge (Zhang et al., 2021). Similarly to our findings, multiple studies rank fatigue as the most common long COVID symptom (Michelen, 2021; Proal and Marshall, 2018; Townsend et al., 2020; Wostyn, 2021; Aly and Saber, 2021; Tosato et al., 2021). Although older age is an established risk factor for severe acute COVID-19 (Li et al., 2020; Perrotta et al., 2020; Gao et al., 2021), data on post-COVID sequela and long COVID among the specific population of elderly individuals are lacking. In a recent cohort study of hospitalized individuals, older age harbored a greater risk for long COVID at 1-3 months following acute disease. In our study, older age did not correlate with long COVID. This difference

can be explained by the fact that while the former study included hospitalized individuals, 52% of our cohort were not hospitalized during the acute phase. Similarly to our study, the aforementioned study identified ongoing fatigue and impaired pulmonary diffusion capacity at higher rates among the older population. Female gender and high BMI were also identified as risk factors for long COVID among older adults (Bai et al., 2021). A recent UK-based, multicentre, prospective study also found that female sex and obesity are risk factors associated with long COVID, with a long-term follow-up of 1-year (PHOSP-COVID Collaborative Group, 2022). A suggested explanation is the association between obesity and multisystemic states (ie, pro-inflammatory, hormonal, and metabolic) that could promote the maintenance of systemic inflammation. The same study found that long-lasting systemic inflammation correlated with severity of long COVID symptoms (PHOSP-COVID Collaborative Group, 2022).

A cohort study assessing recoverees at 6 months following acute COVID-19, also identified an association between older age and pulmonary diffusion impairment, fatigue, and weakness (Huang et al., 2021a). When the same cohort was followed for a year, the risk for diffusion impairment surged by 30% per each additional decade of age. Similarly to our study, no significant association was demonstrated between age and long COVID fatigue (Huang et al. 2021b).

In a nested case-control study performed in one of our participating COVID recovery clinics, 141 younger adults (mean age=47 years, SD=13) underwent a multidimensional assessment for long-COVID fatigue, including cardiopulmonary exercise testing. The two independent risk factors for long COVID fatigue identified through a multivariable analysis were long COVID memory impairment, and peak exercise heart rate (Margalit al., 2022). Those with significant long COVID fatigue

had, in average, lower peak exercise heart rate, although their physical performance was within the range of normal. This subtle deviation corresponds with the observed discrepancy between the suffering of inflicted individuals and the paucity of clinical findings on routine assessment tests.

Among the older age group in the current study, we found no association between long COVID fatigue and cognitive aspects. This may stem from the fact that occupational requirments frequently unveil subtle cognitive impaitments among the younger age group (Godeau et al., 2021), while older individuals on retirement may detour this confrontation. Moreover, these subjective symptoms may be under reported among elderly group since individuals may disregard their long COVID cognitive symptoms as age-related.

Unveiling the extent of long COVID and its charachteristics among the older population is particularly important since older age of recoverees was associated with long-term impairment in quality of life and functional capacity (Tleyjeh et al., 2022).

Our study has several limitations. First, older participants had a higher proportion of severe COVID-19 and a consequent higher proportion of hospitalizations. This prevents concrete inference as to whether differences are exclusively related to age or confounded by disease severity. This possible limitation has been partly controlled by the multivariable analysis, however, it still limits the generalizability of our findings. Studies that include a larger sample of older outpatients (during acute COVID-19) are needed. Second, residual confounding is also a concern, since we did not have baseline chest imaging and pulmonary function tests for reference. Accordingly, the impaired pulmonary function observed among older individuals could be possibly related to reduced capacity at baseline. Nevertheless, older adults also experienced high acute COVID-19 burden of

respiratory symptoms. Accordingly, it is reasonable to assume that the abnormal imaging and diffusing capacity are at least partially related to COVID itself. Third, two of the five included centers did not collect full demographics, background conditions, and COVID-19-related parameters. However, this limitation did not differentiate between patients, and the sample size yielded sufficient statistical power (Peduzzi et al., 1995).

In conclusion, older individuals report higher rates of long COVID manifestations, with somewhat different persisting symptoms, and more pronounced pulmonary impairment. Women and individuals with obesity are at risk. The somewhat higher burden of long COVID symptoms among older adults is likely to be multifactorial. Higher rates of severe COVID-19 with subsequent deconditioning, diminished baseline muscle mass and pulmonary reserve, as well as comorbidities, are assumed to play a role. Further prospective long-term follow-up research is warranted to investigate the natural history and recovery patterns of long COVID among the elderly population. The exceedingly high numbers of COVID-19 recoverees together with the high prevalence of long COVID among the elderly population indicate a need for clinical attention and resource allocation for long COVID among older adults. Possible interventions aimed at promoting rehabilitation and well-being of this susceptible population should be assessed in comparative trials.

Conflict of interest: The authors declare that they have no conflict of interest.

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Ethical approval: The study was conducted in accordance with the Declaration of Helsinki, and approved by the Institutional Review Boards of the 4 centers (approval numbers: Israel 0458-20-RMC; Italy CEAVNO n. 1768; Spain PR374/20; Switzerland CER 2020-01273).

Informed Consent Statement: All patients signed or gave oral informed consent prior to participation.

Author Contributions:

Israel: Leonard Leibovici, Dana Yelin, Dafna Yahav conceived the study idea, designed the study, planned the statistical analysis, verified the underlying data, and drafted the manuscript; Ili Margalit contributed to the underlying research protocol, designed the study, planned the statistical analysis, collected data, and and drafted the manuscript; Vered Daitch designed the study, planned the statistical analysis, performed the statistical analysis, and writing the manuscript; Muhammad Awwad collected data and drafted the manuscript, Irit Shapira-Lichter and Donna Abecasis contributed to the underlying research protocol; All authors contributed to manuscript revision, read and approved the submitted version.

Switzerland: Mayssam Nehme contributed to the underlying research protocol, collecting data and reviewing the manuscript; Idris Guessous contributed to the

underlying research protocol, collecting data and supervising the work in Switzerland; Pauline Vetter and Laurent Kaiser contributed to the underlying research protocol, collecting data; All authors contributed to manuscript revision, read and approved the submitted version

Spain: Carlota Gudiol contributed to the underlying research protocol, coordinating the study in Spain and writing the manuscript; Jaume Bordas-Martínez contributed to the underlying research protocol, collecting data and reviewing the manuscript; Xavier Durà-Miralles and Dolores Peleato-Catalan contributed to the underlying research protocol and data collection; All authors read and approved the final version of the manuscript.

Italy: Pisa: Marco Falcone contributed to the underlying research protocol, collecting data, reviewing the manuscript and supervising the work in Pisa; Giusy Tiseo, Laura Carrozzi, and Francesco Pistelli contributed to the underlying research protocol, collecting data and reviewing the manuscript; Modena: Cristina Mussini, Giovani Guaraldi, and Jovana Milić, contributed to the underlying research protocol, collecting data and reviewing the manuscript

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Table 1. Demographics and clinical characteristics of the study population

	Valid cases N=2333	**Individuals aged 18-65 years N= 1855 (79.5%)**	**Individuals aged >65 years N= 478 (20.5%)**	***p-value*[a]**
Age (years), mean (SD)	51.25 (16.39)	45.32 (12.49)	74.25 (6.32)	<0.001
Women, N (%)	1145 (49.2)	956 (51.6)	189 (39.5)	<0.001
Body mass index (BMI), mean (SD)	27.8 (5.4), N=952	27.6 (5.5)	28.8 (5.2)	0.388
Married, N (%)	644 (70.5), N=914	512 (70.0)	132 (72.1)	0.579
Smokers, N (%)	644 (32.2), N=2002	463 (29.5)	181 (41.9)	<0.001
Pre-COVID-19 physical activity				<0.001
Inactive, N (%)	289 (32.5), N=888	199 (28.2)	90 (49.5)	
Partially active, N (%)	280 (31.5), N=888	238 (33.7)	42 (23.1)	
Fully active, N (%)	319 (35.9), N=888	269 (38.1)	50 (27.5)	
Background illnesses				

Diabetes mellitus, N (%)	213 (9.90), N=2151	124 (7.1)	89 (21.4)	<0.001
Hypertension, N (%)	465 (23.4), N=1983	247 (15.2)	218 (60.4)	<0.001
Obesity, N (%)	391 (26.8), N=1460	275 (25.7)	116 (29.9)	0.106
Ischemic heart disease, N (%)	94 (4.8), N=1957	45 (2.8)	49 (14.2)	<0.001
Hypothyroidism, N (%)	59 (5.7), N=1044	42 (5.1)	17 (7.8)	0.123
Chronic kidney disease, N (%)	32 (2.2), N=1487	12 (1.1)	20 (5.2)	<0.001
Chronic pulmonary disease, N (%)	129 (7.4), N=1732	95 (6.4)	34 (13.5)	<0.001
Malignancy, N (%)	45 (2.6), N=1732	28 (1.9)	17 (6.7)	<0.001
Charlson comorbidity score, median (IQR)	0 (0-2), N=1406	0 (0-1)	2 (0-4)	<0.001
Regular use of ACE inhibitors, N (%)	156 (15.8), N=987	70 (9.1)	86 (39.1)	<0.001
Regular corticosteroid therapy, N (%)	15 (1.6), N=944	10 (1.3)	5 (2.6)	0.208
Regular use of anticoagulation, N (%)	40 (4.2) N=956	10 (1.3)	30 (14.9)	<0.001

[a] Calculated using student t-test or Mann-Whitney U test for continuous variables and chi-square or Fisher's exact test for categorical variables.
N = number of patients; IQR = interquartile range; SD = standard deviation.

Table 2. Characteristics of the study population during the post-COVID-19 clinic visit

	Valid cases **N=2333**	**Individuals aged 18-65 years** **N= 1855 (79.5%)**	**Individuals aged >65 years** **N= 478 (20.5%)**	***p-value*[a]**
Time from COVID-19 diagnosis to clinic visit (days), mean (SD)	146 (87), N=1601	150 (87)	124 (83)	<0.001
Individuals who visited <60 days from diagnosis, N (%)	207 (12.9), N=1601	172 (12.7)	35 (14.3)	0.474

Long COVID symptoms [b]				
Any symptom, N (%)	1439 (67.2), N=2141	1111 (64.2)	328 (80.0)	<0.001
≥3 symptoms, N (%)	575 (33.0), N=1743	488 (32.8)	87 (34.1)	0.678
Fatigue, N (%)	916 (39.3)	731 (39.4)	185 (38.7)	0.779
Headache, N (%)	159 (6.8)	143 (7.7)	16 (3.3)	0.001
Chest pain, N (%)	205 (11.8), N=1743	186 (12.6)	19 (7.5)	0.022
Dyspnea, N (%)	649 (27.8)	506 (27.3)	143 (29.9)	0.251
Palpitations, N (%)	111 (4.8)	102 (5.5)	9 (1.9)	<0.001
Cough, N (%)	265 (11.4)	197 (10.6)	68 (14.2)	0.027
Myalgia, N (%)	493 (21.1)	386 (20.8)	107 (22.4)	0.452
Arthralgia, N (%)	177 (7.6)	126 (6.8)	51 (10.7)	0.004
Hair loss, N (%)	91 (5.3), N=1732	79 (5.3), N=1732	12 (4.8), N=1732	0.705
Concentration impairment, N (%)	446 (19.1)	370 (19.9)	76 (15.9)	0.045
Memory impairment, N (%)	479 (20.5)	368 (19.8)	111 (23.2)	0.102
Emotional distress, N (%)	401 (23), N=1743	358 (24.1)	43 (16.9)	0.012
Anosmia, N (%)	363 (15.5)	299 (16.1)	63 (13.2)	0.114
Physical activity status at time of visit				<0.001
Worsened, N (%)	385 (26.8), N=1427	347 (28.8)	38 (16.3)	
Remained unchanged, N (%)	885 (61.6), N=1427	758 (63.0)	127 (54.5)	
Improved, N (%)	167 (11.6), N=1427	99 (8.2)	68 (29.2)	
Pathological chest radiogram, N (%)	66 (12.5), N=530	44 (10.1)	22 (23.2)	0.001
Pulmonary function tests				
FEV1 (%), mean (SD)	97 (16), N=848	97 (15)	100 (20)	0.028
FEV1 <80% of expected, N (%)	90 (10.5), N=848	67 (9.8)	23 (14.0)	0.114
FVC (%), mean (SD)	98 (16), N=844	97 (15)	100 (20)	0.129

FVC <80% of expected, N (%)	90 (10.7), N=844	69 (10.2)	21 (12.7)	0.338
FEV1/FVC, mean (SD)	87 (11), N=833	86 (10)	88 (14)	0.104
FEV1/FVC <0.7, N (%)	29 (3.5), N=833	20 (3)	9 (5.5)	0.113
TLC (%), mean (SD)	95 (14), N=816	96 (14)	93 (15)	0.042
TLC <80% of expected, N (%)	107 (13.1), N=816	76 (11.6)	31 (19.4)	0.009
DLCO (%), mean (SD)	90 (16), N=826	91 (15)	85 (18)	0.001
DLCO <80% of expected	209 (25.3), N=826	152 (22.7)	57 (36.3)	<0.001

[a] Calculated using student t-test or Mann-Whitney U test for continuous variables and chi-square or Fisher's exact test for categorical variables; [b] For each symptom, individuals who reported moderate to severe intensity were counted as positive.
DLCO = Diffusing capacity for carbon monoxide; FEV1 = Forced expiratory volume in one second; FVC = forced vital capacity; N = number of patients; IQR = interquartile range; SD = standard deviation; TLC = total lung capacity.

Table 3: Univariate analysis and multivariate Generalized Estimating Equations analysis of independent risk factors for long COVID fatigue among older adults.

	Univariate analysis (N=2333)			**Multivariate analysis**	
	No post-COVID fatigue (N=1417)	**Post-COVID fatigue (N=916)**	**P value**	**OR (95% CI)**	**P value**
Age >65 years	293 (20.7)	185 (20.2)	0.779	0.779 (0.538-1.129)	0.187
Women	651 (45.9)	497 (54.3)	<0.001	2.073 (1.572-2.734)	**<0.001**
Married, N=916	256 (67.7)	389 (72.3)	0.135	-	-
Smoker, N=2007	382 (33.9)	263 (29.9)	0.060	1.086 (0.787-1.498)	0.617
Pre-COVID-19 physical activity,			0.150	-	-

N=890					
Inactive	106 (29.8)	183 (34.3)			
Partially active	125 (35.5)	156 (29.2)			
Fully active	125 (35.1)	195 (36.5)			
Background illnesses					
Diabetes mellitus, N=2155	117 (9.2)	96 (10.9)	0.185	-	-
Obesity, N=1465	245 (21.0)	220 (26.8)	0.003	1.586 (1.115-2.255)	**0.010**
Hypertension, N=1985	168 (24.4)	223 (28.7)	0.064	1.185 (0.819-1.716)	0.368
Ischemic heart disease	50 (4.4)	44 (5.4)	0.287	-	-
Hypothyroidism, N=1046	21 (4.7)	38 (6.4)	0.236	-	-
Chronic kidney disease, N=1491	15 (2.1)	17 (2.2)	0.963	-	-
Chronic pulmonary disease, N=1734	74 (7.1)	55 (7.9)	0.511	-	-
Malignancy, N=1734	27 (2.6)	18 (2.6)	0.990	-	-
Otherwise healthy individuals, N=1611	193 (23.8)	191 (23.9)	0.971	-	-
Regular use of ACE inhibitors, N=689	75 (18.2)	82 (14.2)	0.090	-	-
Regular corticosteroid therapy, N=946	6 (1.5)	9 (1.6)	0.929	-	-
Regular use of anticoagulation, N=958	19 (4.8)	21 (3.7)	0.403	-	-
Disease severity according to the WHO, N=2209			0.227	-	-
Asymptomatic, mild, or moderate	904 (66.8)	571 (66.7)			
Severe	406 (30.0)	246 (28.7)			
Critical	43 (3.2)	39 (4.6)			
Less than 60 days from COVID-19 diagnosis to clinic visit, N=1688	89 (8.9)	122 (17.8)	<0.001	1.594 (1.054-2.410)	**0.027**

[a] Calculated using chi square; [b] N = number of patients; [c] goodness of fit test: Quasi Likelihood under Independence Model Criterion (QIC)= 1230.37. p value<0.001; constant: β= -1.530; risk for long COVID-19 fatigue: OR>1.

Table 4: Univariate analysis and multivariate Generalized Estimating Equations analysis of independent risk factors for long COVID dyspnea among older adults.

	Univariate analysis (N=2333)			**Multivariate analysis**	
	No post-COVID dyspnea (N=1684)	**Post-COVID dyspnea (N=649)**	**P value**	**OR (95% CI)**	**P value**
Age >65 years	335 (19.9)	143 (22.0)	0.251	0.695 (0.476-1.013)	0.063
Women	794 (47.1)	354 (54.5)	0.001	1.674 (1.261-2.222)	**<0.001**
Married, N=916	375 (71.8)	270 (68.5)	0.277	-	-
Smoker, N=2007	440 (31.9)	205 (32.7)	0.718	-	-
Pre-COVID-19 physical activity, N=890			0.020		
Inactive	150 (30.8)	139 (34.5)		1.078 (0.769-1.512)	0.663
Partially active	173 (35.5)	108 (26.8)		1.632 (1.163-2.290)	**0.005**
Fully active	164 (33.7)	156 (38.7)		Ref.	
Background illnesses					
Diabetes mellitus, N=2155	117 (9.2)	96 (10.9)	0.185	-	-
Obesity, N=1465	204 (23.2)	187 (32.0)	<0.001	1.690 (1.198-2.382)	**0.003**
Hypertension, N=1985	303 (21.5)	162 (28.2)	0.001	-	-
Ischemic heart disease	65 (4.7)	29 (5.0)	0.784	-	-
Hypothyroidism, N=1046	31 (5.0)	28 (6.5)	0.315	-	-
Chronic kidney disease, N=1491	13 (1.4)	19 (3.4)	0.012	2.233 (0.847-5.887)	0.104
Chronic pulmonary disease, N=1734	78 (6.2)	51 (10.5)	0.002	1.983 (1.179-3.334)	**0.010**
Malignancy, N=1734	30 (2.4)	15 (3.1)	0.411	-	-

Otherwise healthy individuals, N=1611	252 (24.5)	132 (22.7)	0.430	-	-
Regular use of ACE inhibitors, N=689	90 (16.1)	67 (15.6)	0.825	-	-
Regular corticosteroid therapy, N=946	6 (1.1)	9 (2.1)	0.220	-	-
Regular use of anticoagulation, N=958	24 (4.5)	16 (3.8)	0.589	-	-
Disease severity according to the WHO, N=2209			<0.001		
Asymptomatic, mild or moderate	1107 (69.0)	368 (60.8)		Ref.	
Severe	445 (37.7)	207 (34.2)		1.121 (0.540-2.331)	0.759
Critical	52 (3.2)	30 (5.0)		1.958 (0.979-3.915)	0.057
Less than 60 days from COVID-19 diagnosis to clinic visit, N=1688	125 (10.3)	86 (18.0)	<0.001	2.071 (1.386-3.094)	**<0.001**

[a] Calculated using chi square; [b] N = number of patients; [c] goodness of fit test: Quasi Likelihood under Independence Model Criterion (QIC)= 1175.01. p value<0.001; constant: β= -2.954; risk for long COVID-19 dyspnea: OR>1.

Conflict of interest: The authors declare that they have no conflict of interest.