

COVID-Out Media File Transcripts

English language

Video files

Title: Intriguing clues, then randomized trial

Transcript: We knew that people who take metformin get COVID less and end up in the hospital less, from large database studies; but you can’t really know whether that’s a coincidence until you do a proper randomized trial like this one at the University of Minnesota. For added confidence, the study tested three medications head to head— and metformin came out the winner.

Title: Inclusiveness and representation

Transcript: It was important for good results that the makeup of the study look like the makeup of the country. The University of Minnesota team had bilingual enrollment coordinators, and we went to a lot of effort to make sure it was really representative. We think it’s important as a lesson for future studies.

Title: Reducing barriers to quick use

Transcript: Metformin worked best if it was taken right away, during the first four days of symptoms— and in that case, it reduced hospitalization by more than half. We’re going to want to make sure going forward that we have our systems set up to get medication to people quickly, and reduce barriers, not create them.

Title: Lessons for the future

Transcript: At a time when most funds were going to vaccine studies or very expensive new medications, it was only because a few really dedicated philanthropists believed in Dr. Bramante’s vision and came through and came through with the funds quickly. I think there are some important lessons for us about making sure our government clinical trial system is robust and prepared to jump on things like this in the future.

Audio files

Title: It’s natural that people will be cautious

Transcript: It’s natural that people will be cautious and have concerns. But with a really low-cost medication like this that’s available globally, we think this could really make a difference.

Title: Many people will ask

Transcript: Many people will ask, “Shouldn’t there be a second study to confirm this?” But this is a little different situation than usual. This is not a new, untested drug— this is a medication, metformin, that millions of people take safely every day around the world. And in the meantime, lives are at stake.

Title: The study tested three medications head to head

Transcript: The study tested three of the medications head to head, and a lot of people were excited about two of them— either fluvoxamine, an old antidepressant; or it seemed important to get answers about ivermectin. But the dark horse— metformin— actually came out the winner. And at a certain point, you have to go with what the science tells you, not with what you were hoping.

Spanish language

Video files

Title: Disponibilidad en América Latina

Transcript: En los Estados Unidos, para las personas que tienen barreras económicas, puede ser bastante difícil obtener recetas y atención médica rápidamente. Pero en otros países donde los medicamentos están disponibles sin receta, esto podría ser algo que cada familia tenga a mano y listo.

[In the United States, for people who have economic barriers, it can be pretty difficult to get prescriptions and medical care quickly. But in other countries where medications are more readily available over the counter, this could be something that every family keeps on hand at the ready.]

Audio files

Title: Se trataba de justicia global

Transcript: Para nosotros, financiar este estudio se trataba de justicia económica y justicia global. Queríamos ser parte de la búsqueda de una solución que estuviera disponible para todos.

[For us, funding this study was about economic justice— and global justice. We wanted to be part of finding a solution that would be available to everybody.]

Portuguese language

Audio files

Title: Uma solução disponível para todos

Transcript: Para nós, o financiamento deste estudo se tratava de justiça econômica, assim como de justiça global. Queríamos participar de achar uma solução que estaria disponível para todos.

Title: Algo que toda família poderia manter à mão

Transcript: A metformina deu resultados melhores quando tomada imediatamente. Nos Estados Unidos, para quem tem barreiras econômicas, pode ser difícil obter prescrições e cuidados médicos prontamente. Mas, nos países onde os medicamentos são mais disponíveis, isto pode ser algo que toda família mantém à mão, pronto para agir.