



Record High T Cell Count Related to #COVID19?

My most recent labs revealed a record high CD4 count. Could isolation due to COVID-19 concerns be the culprit?

September 3, 2020 By [Shawn Decker](#)

The last five years or so, my average t-cell count has been around 600. In January, before the Covid-19 lockdown, my count was 635. I'm more than thrilled with that because, paired with my consistently undetectable viral load, it's a sign that my HIV medications are working and my immune system is in pretty good shape. That's a far cry from the 90s, when anything above 200 was viewed as a godsend.

But two weeks ago, my labs showed a huge spike in CD4, with a recorded count of 836. I'm not sure if I've ever broken the 700 threshold before. If so, then it was years ago and didn't happen more than once. Despite [missing some doses of my HIV meds](#) during the Covid-19 pandemic, I had a feeling that would be the case. I shared my thoughts of a potential windfall of t-cells with my doctor who said, if that were true, it would make for a good study. I'm fortunate enough that I've been able to isolate myself and stay safe at home. When I do go out, I wear a mask. Honestly, the only place I go to is the coffee shop for a quick chat with our barista friends. It's in and out. If the coffee shop has more than a handful of people waiting inside (masks are required in Virginia) I'll wait outside until there's a comfortable amount of space inside.

By the way, I haven't missed a dose of my HIV meds since blogging about it. Just wanted to give an update there.

It could be random, but I have to believe this limited interaction with people has helped my immune system. For the foreseeable future, I don't see any changes in my week-to-week routine. I won't be getting lab work done again until January. The world may be very different by then. I guess it will be- whether things are worse or better remains to be seen.

In the meantime, stay as safe as your circumstances allow.

Positively Yours,
Shawn
