

3-30-2021

The Ticking Time Bomb: COVID-19's hidden, long-term impact: permanent cardiovascular disease

Fuad-Tahsin Abbas

Wayne State University School Of Medicine, hf9176@wayne.edu

Sara Farooqui

Wayne State University School Of Medicine, ga7873@wayne.edu

Stephanie Morgan

Wayne State University School Of Medicine, cp8547@wayne.edu

Emile Tadros

Wayne State University School Of Medicine, hf8846@wayne.edu

Creative Commons License:



This work is licensed under a [No Rights Reserved](#) license.

Recommended Citation


Abbas, Fuad-Tahsin; Farooqui, Sara; Morgan, Stephanie; and Tadros, Emile, "The Ticking Time Bomb: COVID-19's hidden, long-term impact: permanent cardiovascular disease" (2021). *COVID-19 Medical Myth Infographics*. 38.

<https://digitalcommons.wayne.edu/covidinfographics/38>

This Infographic is brought to you for free and open access by the Open Source Medicine at DigitalCommons@WayneState. It has been accepted for inclusion in COVID-19 Medical Myth Infographics by an authorized administrator of DigitalCommons@WayneState.

The Ticking Time Bomb: COVID-19's hidden, long-term impact: permanent cardiovascular disease

Follow this and additional works at: <https://digitalcommons.wayne.edu/covidinfographics>

 Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)



THE TICKING TIME BOMB:

COVID-19's hidden, long-term impact: permanent cardiovascular disease

Did you know? Even in healthy patients with no underlying conditions, COVID-19 causes permanent heart damage.



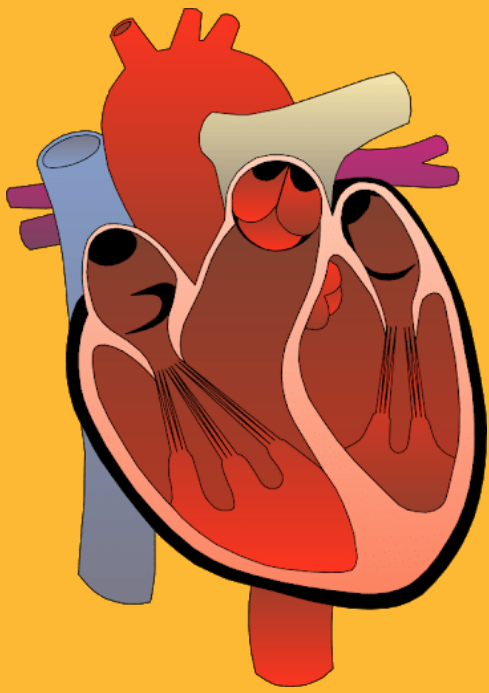
In one study, patients who looked like they recovered actually displayed the following at later check-ups:

29%

Of these patients had chronic hypertension, or high blood pressure

20%

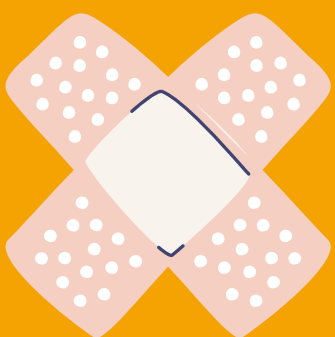
Of these patients displayed structural heart damage upon further examination



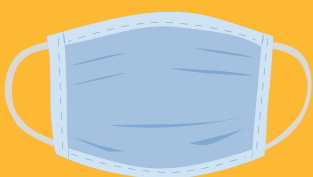
COVID DOESN'T STOP AT YOUR LUNGS, IT HURTS YOUR HEART



- ACUTE HEART DAMAGE IS A WELL-DOCUMENTED EFFECT OF MOST CORONAVIRUSES, INCLUDING THE NOVEL CORONAVIRUS.
- COVID-19 IS KNOWN TO INDUCE SYSTEMIC INFLAMMATION, WHICH CAN HAVE MANY ADVERSE EFFECTS SUCH AS HYPOXIA, MYOCARDITIS, AND CARDIAC ARRHYTHMIA.
- ADDITIONAL HEART DAMAGE SEEN IN PATIENTS WHO SEEMINGLY RECOVERED INCLUDES CARDIOVASCULAR AND CEREBROVASCULAR DISEASE (14%), **HEART FAILURE (10%), ACUTE CARDIAC INJURY (16%), CORONARY HEART DISEASE (10%), MYOCARDIAL DAMAGE (20%), CARDIOVASCULAR DISEASE (11%), ARRHYTHMIA (11%), CARDIOMYOPATHY (7%), HEART PALPITATION (6%) AND HEART VALVE DISEASE (9%)**



EVIDENTLY, COVID-19 HAS LONG-TERM CONSEQUENCES EVEN IN HEALTHY PATIENTS. THEREFORE, IT IS NOT NECESSARILY A "ONE-AND-DONE" INFECTION. MAKE SURE TO CONTINUE VIGILANCE TO AVOID INFECTION AS MUCH AS YOU CAN TO PREVENT THESE SCARY LONG-TERM EFFECTS!



WEAR A MASK



WASH YOUR HANDS



SOCIALLY DISTANCE