
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

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

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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 (5%) 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

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