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## 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

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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.



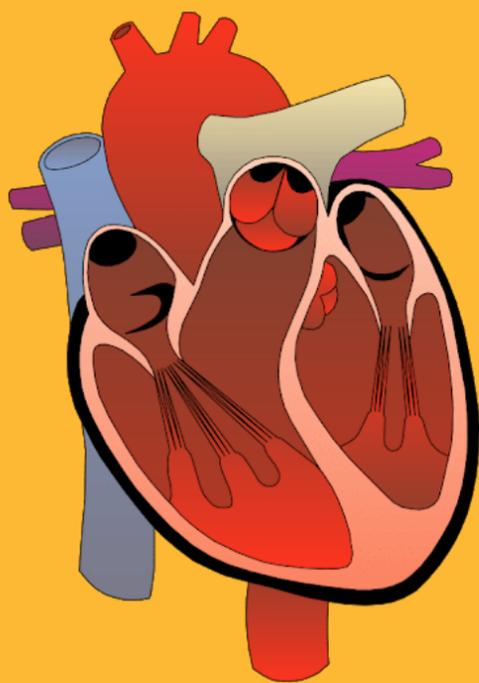
**In one study, patients who looked like they recovered actually displayed the following at later check-ups:**

# 29%

**Of these patients had chronic hypertension, or high blood pressure**

# 20%

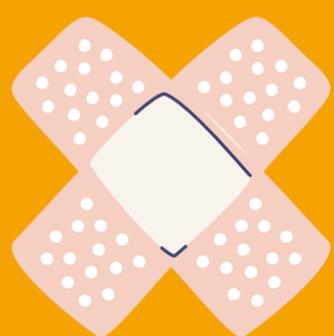
**Of these patients displayed structural heart damage upon further examination**



## 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 (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**