



Potential Long-term Effects of SARS-CoV-2 on Heart Health Outcomes

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DESCRIPTION

The novel coronavirus, SARS-CoV-2, has effected people around the world and resulted in thousands of deaths. The virus affects multiple organs in the body, including the heart. In particular, cardiovascular complications from COVID-19 are concerning due to the potential for severe outcomes. SARS-CoV-2 can have a direct effect on cardiac systems by damaging cardiac muscles, leading to inflammation of the heart (myocarditis). This can cause symptoms such as chest pain, shortness of breath and fatigue. Additionally, existing heart conditions can become worsened by infection with SARS-CoV-2. People with high blood pressure or coronary artery disease may be more at risk from developing severe complications due to underlying cardiovascular diseases. People recovering from COVID-19 may also have long term effects on their hearts even after recovery. Myocarditis may become permanent if not treated promptly and appropriately.

The novel coronavirus, SARS-CoV-2, has had an immense effect on global health. Although this virus has been widely known for its impacts on the respiratory system, it is also having a serious effect on cardiovascular health. Since the start of the pandemic in 2020, many studies have reported an increase in cases of cardiovascular problems such as myocarditis and heart failure caused by SARS-CoV-2 infection or other forms of stress caused by the pandemic. These findings are especially concerning since cardiovascular disease is already one of the leading causes of death worldwide. It is estimated that over 31% of deaths globally are due to cardiovascular diseases. In addition, those with underlying cardiometabolic conditions such as diabetes and hypertension are at an even higher risk for experiencing complications due to SARS-CoV-2 infection.

Recent studies have revealed an alarming connection between SARS-CoV-2 infection and cardiovascular system complications. Coronavirus infection has been linked to an increased risk of developing myocarditis, an inflammation of the heart muscle, as well as other cardiac injuries such as stroke. Even those who experience a mild case of COVID-19 can suffer from long-term cardiovascular effects, such as an increased risk of arrhythmias or

chest pain. Recent research has also found that some patients may suffer from coronavirus-induced thrombosis, a condition in which the formation of blood clots in arteries or veins can increase the risk for serious cardiac events such as stroke or heart attack. The incidence of thrombosis appears to be higher in those who are severely ill with COVID-19, but even those with mild cases should be aware of this potential complication. It is important to note that the connection between SARS-CoV-2 and heart health is still being studied. However, it is clear that there is a link between coronavirus infection and cardiovascular complications and that the virus should be taken seriously with regards to its potential impacts on one's overall health.

SARS-CoV-2 continues to spread throughout the world, researchers are beginning to look into the potential long-term effects it could have on heart health. In the short term, we know that SARS-CoV-2 can cause inflammation in the body which can lead to a wide range of cardiovascular complications, such as increased risk of stroke and heart attack. While this acute effect is concerning enough, research is now beginning to uncover some potential long-term effects that may occur from being infected with SARS-CoV-2. One study observed patients up to eight months after they were first infected with SARS-CoV-2 and documented an increase in cardiac troponin levels (a marker of cardiac injury) in these individuals even months after their initial infection. The novel Coronavirus, SARS-CoV-2, has been linked to an increased risk of cardiovascular illness in those affected by the virus. While researchers are still trying to determine the full extent of the risk posed by SARS-CoV-2 on heart health, there are some strategies that can be employed to help mitigate the risks associated with the virus and heart health.

One of the most important strategies individuals with existing cardiovascular conditions can take is to closely monitor their own health. This means tracking vital signs such as blood pressure, pulse rate, and oxygen saturation. Additionally, it is important for those who are at risk for or have a history of developing cardiovascular illness to closely monitor symptoms such as chest pain or shortness of breath that may be caused by SARS-CoV-2 infection. By staying mindful of these signs and symptoms, it is easier for individuals to seek prompt medical attention if needed.

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