

THE EFFECTS OF COVID-19 ON THE HEART



SHORT TERM EFFECTS OF COVID-19 ON THE HEART

- Inflammation of the heart muscle (Myocarditis)
- Irregular heartbeat (Arrhythmias)
- Acute heart injury

LONG TERM EFFECTS OF COVID-19 ON THE HEART

- Increased risk of heart failure
- Persistent myocardial inflammation
- Development of heart disease

POSSIBLE SYMPTOMS

- Chest pain
 - Shortness of breath
 - Fatigue
 - Palpitations
 - Dizziness
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- According to a study published in the Journal of the American Medical Association (JAMA), up to 30% of COVID-19 patients experience cardiovascular complications.
 - Another study published in the European Heart Journal found that 78% of recovered COVID-19 patients showed evidence of heart involvement on MRI, even in individuals with mild symptoms.

THE EFFECTS OF COVID-19 ON THE SKIN



SHORT TERM EFFECTS OF COVID-19 ON THE SKIN

- Rash or skin lesions
- Red or purple spots on the skin (COVID toes)
- Hives (Urticaria)
- Itchy or painful skin

LONG TERM EFFECTS OF COVID-19 ON THE SKIN

- Persistent skin inflammation
- Development of chronic skin conditions
- Increased risk of secondary skin infections

POSSIBLE SYMPTOMS

- Skin discoloration
- Blistering
- Swelling
- Dry or peeling skin
- According to a study published in JAMA Dermatology, approximately 20% of COVID-19 patients experience some form of skin involvement.
- A review published in the British Journal of Dermatology suggests that skin manifestations are more common in younger patients with COVID-19.

THE EFFECTS OF COVID-19 ON THE JOINTS



SHORT TERM EFFECTS OF COVID-19 ON THE JOINTS

- Joint pain
- Joint stiffness
- Swelling in the joints
- Reduced range of motion

LONG TERM EFFECTS OF COVID-19 ON THE JOINTS

- Persistent joint inflammation
- Development of chronic joint conditions
- Increased risk of secondary joint infections

POSSIBLE SYMPTOMS

- Arthritis-like symptoms
 - Difficulty moving affected joints
 - Warmth or tenderness in the joints
 - Pain worsened by movement
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- Research published in the Annals of the Rheumatic Diseases suggests that joint pain is reported in approximately 15-20% of COVID-19 patients.
 - A study in the journal Rheumatology indicates that joint symptoms may persist for weeks or months after the acute phase of COVID-19.

THE EFFECTS OF COVID-19 ON THE STOMACH



SHORT TERM EFFECTS OF COVID-19 ON THE STOMACH

- Nausea
- Vomiting
- Diarrhea
- Abdominal pain or discomfort

LONG TERM EFFECTS OF COVID-19 ON THE STOMACH

- Persistent gastrointestinal symptoms
- Development of gastrointestinal disorders
- Increased risk of secondary gastrointestinal infections

POSSIBLE SYMPTOMS

- Loss of appetite
- Bloating
- Heartburn or acid reflux
- Changes in bowel habits
- A study published in the American Journal of Gastroenterology found that up to 20-25% of COVID-19 patients experience gastrointestinal symptoms.
- Research from the World Journal of Gastroenterology suggests that gastrointestinal symptoms may be more common in patients with severe COVID-19.

THE EFFECTS OF COVID-19 ON MENTAL HEALTH



SHORT TERM EFFECTS OF COVID-19 ON MENTAL HEALTH

- Anxiety
- Depression
- Stress
- Insomnia

LONG TERM EFFECTS OF COVID-19 ON MENTAL HEALTH

- Increased risk of developing chronic mental health conditions
- Persistent feelings of distress or hopelessness
- Impact on overall well-being and quality of life

POSSIBLE SYMPTOMS

- Feelings of isolation or loneliness
- Fear and worry about health and safety
- Difficulty concentrating
- Changes in appetite or weight
- According to a study published in The Lancet Psychiatry, rates of anxiety and depression have increased globally during the COVID-19 pandemic, with up to [Percentage]% of individuals experiencing symptoms.
- Research from the Centers for Disease Control and Prevention (CDC) indicates that young adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers are at increased risk for adverse mental health outcomes.

HOW COVID-19 EFFECTS MEN AND WOMEN



SHORT TERM EFFECTS OF COVID-19 ON GENDER

- Both males and females can experience common symptoms such as fever, cough, and shortness of breath.
- However, studies suggest that males may be more likely to experience severe symptoms requiring hospitalization during the acute phase of infection.

LONG TERM EFFECTS OF COVID-19 ON GENDER

- Research on the long-term effects of COVID-19 with respect to gender is ongoing.
- Preliminary studies indicate that both males and females may experience persistent symptoms post-recovery, such as fatigue, joint pain, and cognitive difficulties.

POSSIBLE SYMPTOMS

- Fever
- Cough
- Fatigue
- Loss of taste or smell
- Shortness of breath

- Gender differences in COVID-19 susceptibility and outcomes may be influenced by various factors, including biological, social, and behavioral factors.
- Understanding these differences can help inform public health strategies and interventions tailored to different populations.

CURRENT COVID-19 VACCINES



PFIZER-BIONTECH COMIRNATY AND MODERNA (SPIKEVAX)

- These mRNA vaccines are updated for the Omicron XBB.1.5 variant.
- Recommended for individuals 6 months and older, with dosage varying by age.
- Adults and children are eligible for single doses at least two months after their last COVID vaccine.

NOVAVAX

- This protein-based vaccine offers an alternative for those unable to receive mRNA vaccines.
- It is designed to target the XBB.1.5 strain and is available for individuals aged 12 and older.

The updated vaccines are intended to provide protection similar to annual flu shots, focusing on the most relevant variants circulating at the time. If you're considering getting vaccinated, check with your healthcare provider to ensure you're getting the most appropriate and up-to-date option based on your circumstances.

KNOW THE FACTS