



WHY IS HEART HEALTH IMPORTANT

- The heart keeps your blood moving constantly (1)
 - This allows proper flow of Oxygen, Carbon Dioxide, Nutrients and Waste material to the proper cells in the body (1)
- The heart helps fight off illnesses (2)
- Any kind of disease or underlying illness can cause a malfunction



HOW DOES CORONAVIRUS AFFECT THE HEART (2)

- The virus causes inflammation of the heart muscle
- This disrupts the Oxygen flow which causes an increased troponin levels
- Following that, the heart undergoes distress and a heart attack results with clot formation
- The blood clots have a potential to travel to other parts of the body resulting in an embolus



TYPES OF HEART INFLAMMATION (3)

- Endocarditis- inflammation of the inner lining
- Myocarditis- inflammation of the heart muscle
- Pericarditis- inflammation of the tissue sac surrounding the heart



CAUSES OF HEART INFLAMMATION (3)

- Viral
- Bacterial
- Fungal
- Medications
- Environmental Factors
- Autoimmune Diseases



Treatments (3)

- Treatments are based on the type and cause of the heart inflammation.
 - Medicines: Antibiotics, antifungals, blood thinners, corticosteroids, or anti-inflammatories
 - Procedures: Heart surgery, pericardiocentesis
 - Maintaining a healthy lifestyle
 - Receive your COVID Vaccine
 - Practice COVID Safety protocols



SOURCE:
1. [HTTPS://WWW.HEART.ORG/EN/CORONAVIRUS](https://www.heart.org/en/coronavirus)
2. [HTTPS://WWW.HEALTH.HARVARD.EDU/BLOG/COVID-19-AND-THE-HEART-WHAT-HAVE-WE-LEARNED-2021010621603](https://www.health.harvard.edu/blog/covid-19-and-the-heart-what-have-we-learned-2021010621603)
3. [HTTPS://WWW.NHLBI.NIH.GOV/HEALTH-TOPICS/HEART-INFLAMMATION](https://www.nhlbi.nih.gov/health-topics/heart-inflammation)