

Myocarditis:

Myocarditis is inflammation of the heart muscle, this inflammation affects the heart ability to pump blood to the whole body and causes irregular heart rhythms (arrhythmias).

Symptoms:

- Chest pain
- Fatigue
- Swelling of the legs, ankles and feet
- Rapid or irregular heartbeat (arrhythmias)
- Shortness of breath, at rest or during activity
- Light-headedness or feeling like you might faint
- Flu-like symptoms such as headache, body aches, joint pain, fever or sore throat

Causes:

it is most commonly caused by an infection in the body. Infections from viruses (most common, including those that cause the common cold, influenza or COVID-19), bacteria, fungus or parasites can lead to myocardial inflammation.

Autoimmune diseases such as [lupus](#), [sarcoidosis](#) and others can also cause myocarditis because the immune system can attack any organ in the body, including the heart, causing inflammation.

Drugs or other environmental or toxic exposures can lead to myocarditis as well.

Complications of the disease:

Heart failure

Heart attack or stroke

Rapid or irregular heart rhythms (arrhythmias)

Sudden Cardiac death



Prevention:

Stay away from people with symptoms of the flu or other respiratory illness until they've recovered. If you're sick with symptoms of a viral infection, try to avoid exposing others.

Follow the doctor's instructions and adhere to taking the medicines as prescribed to you. Maintain a healthy lifestyle and making changes in your lifestyle as directed by your doctor.

Stay away from risky behaviors: to reduce the chances of getting an HIV-related to myocardial infection, practice safe sex and don't use illegal drugs.

Treatment:

The doctor may treat an underlying cause of your myocarditis if identified, and may prescribe a medication based on the cardiac symptoms (heart failure, arrhythmia), type of myocarditis and how severe it is.

