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# Peer reviewed studies show COVID-19 has long term side effects predominantly on heart, lungs and brain: Experts

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Though the people above 60 years old are vulnerable to COVID-19 particularly those with co-morbidities like diabetes and cardiovascular diseases, experts have corroborated peer reviewed studies substantiating that besides lung damage, COVID-19 can also damage other organs like the heart, kidneys and brain.

COVID-19 virus can make blood cells bound to get together and form clusters. While enormous clusters can cause coronary failures and strokes, a significant part of the heart failure due to COVID-19 is found to come from little clots that block small veins or vessels in the heart muscle.

"Side effects or damages of COVID-19 may also show years after getting over the disease. COVID-19 can likewise hamper veins which lead to possibly chronic ailments involving liver and kidneys," informed Dr Ajay Kaul, chairman & HOD, cardiothoracic and vascular surgeons (CTVS), BLK Super Speciality Hospital. Research done in JAMA Cardiology suggests that in numerous patients, COVID-19 could lead to cardiovascular damage, an incessant, dynamic condition in which the heart's capacity to pump blood all through the body decreases. It is too early to state if the harm in patients recovering from COVID-19 is transient or chronic, however cardiologists are worried that it may lead to permanent organ damage.

JAMA Cardiology is a monthly peer-reviewed medical journal covering cardiology published by the American Medical Association (AMA). JAMA Cardiology found that 78 of 100 individuals who had COVID-19 also had cardiac variations coupled with inflammation in the heart muscle when their heart imaging was done in a gap of 10 weeks from the first diagnosis. A significant number of participants in that study review were strong and physically healthy.

"The imaging tests have indicated enduring side effects to the heart muscle, even in individuals who experienced just mild COVID-19 side effects. This may build the danger of cardiovascular failure or other heart problems in the future," Dr Kaul explained. One such research in Italy found that 87% of patients who recovered from COVID-19 were still battling health issues two months later. Information from the COVID Symptom Study, which utilizes an application into which many individuals in the United States, United Kingdom and Sweden have shared their symptoms, recommend 10% to 15% of individuals—including some "mild" cases—don't rapidly recover.

"Current therapies for COVID-19 may interact with cardiovascular medications. COVID-19 and its adverse effects on different body systems is an evolving science. Daily, some impact on body organs is reported in different scientific journals from different countries. Surely, as time passes, we will come across newer challenges in diagnosis and management of COVID-19. It is reported in journals that cardiovascular system is affected with complications including myocardial injury, myocarditis, acute myocardial infarction, heart failure, dysrhythmias and venous thromboembolic events," stated Ahmedabad based pharmaceutical consultant Dr Sanjay Agrawal.

"Early this year, numerous specialists dreaded the infection would lead to extensive and permanent lung failure for many survivors since the other two variations of the coronavirus, namely SARS and MERS, had the ability to damage the lungs. As per the American College of Cardiology (ACC), there were likewise instances of intense cardiovascular failure, heart attack and cardiac arrest after the infection," Dr Kaul explained.

Specialists have stated that being put in a medical clinic's emergency unit, brings about post-intensive care syndrome, which includes decreased physical capacities and psychological disability. Additionally, the COVID-19 could even impact a part of the brain associated with breathing and circulation having lesser known side effects.

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