



Things that you need to know about Myocarditis as a Young Adult...

MYOCARDITIS...What is that?

Myocarditis is an inflammation of the heart muscle. It is very often caused by our everyday viruses. Why some people develop Myocarditis and most others don't, is unknown.

We do know that the High-Risk Population to develop the disease are those from puberty through their early 30's, and males are twice as likely to develop it than females.

The earlier it is diagnosed, the better the outcome. Most cases of Myocarditis survive, but those that exhibit early signs of heart failure need to obtain treatment by trained cardiologists in the disease.

MYOCARDITIS...Could I have it?

If you have recently had a virus and are not feeling better or feeling worse, you need to seek out medical treatment. The deadly side effects of Myocarditis are Heart Failure and deadly Cardiac Arrhythmias.

Myocarditis accounts for 45% of Heart Transplants in the United States.

Because early Heart Failure can present the same as "viral syndromes", it is often misdiagnosed. In young adults who are otherwise healthy and often very athletic, doctors often mistake it for "stress", "panic attacks", and "asthma." Other misdiagnosed cases are often diagnosed as "stomach virus", "flu", "pneumonia", to name a few.

Have the doctor look further if you:

- Have Shortness of Breath, Chest Pain, Back Pain, Cough & you don't have a history of Asthma...
- If you have recently had a virus, even if it was "just" a mild cold or sore throat and you are feeling worse...
- If other friends have had a virus and are better but you are not...
- If you have vomiting &/or diarrhea, abdominal fullness, feel weak, overly tired, lightheaded or dizzy, have palpitations or a fast pulse, difficulty walking because your legs feel heavy, swelling in your hands or legs...

Have the doctor listen to your heart for a "Gallop Rhythm" and feel your liver for "swelling"...these are signs of early heart failure and are not normal in everyday viral syndromes such as the flu or stomach viruses...

If you have any of these symptoms, DO NOT PUSH YOURSELF through them...young athletes often think they can do it but if you have myocarditis this will only aggravate your heart more and could cause deadly cardiac arrhythmias...This is often what you see on the ballfields when a player collapses suddenly...

This information is not to scare you but to make you aware of the possibility of Myocarditis...It was not taught in medical school until recently as it was always thought to be a rare disease, so doctors do not even think of it when you present with "viral symptoms"...we are finding out that it is not as rare as they previously thought...

If you are not getting better or are feeling worse than you normally do, to a virus, please seek out medical advice and ask them to look for these things mentioned here...it could save your life or your friends...share this information with them. **ASK THEM, "COULD THIS BE MYOCARDITIS?"**