

MYOCARDITIS FOUNDATION

KINGWOOD, TX



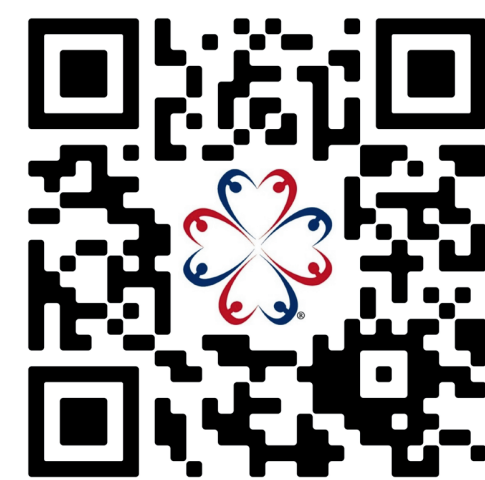
What do we know about Myocarditis?



- It is the 3rd leading cause of sudden cardiac death in children and young adults
- Myocarditis is a disease, mainly caused by viruses, that causes inflammation of the heart muscle
- It's often misdiagnosed, therefore the exact number of cases is unknown
- The earlier it is diagnosed, the better the outcome for the patient
- The high risk age group is from puberty through early 30's
- Boys are 2x more likely to develop it than girls
- Long term complication is Heart Failure/ Cardiomyopathy

About us:

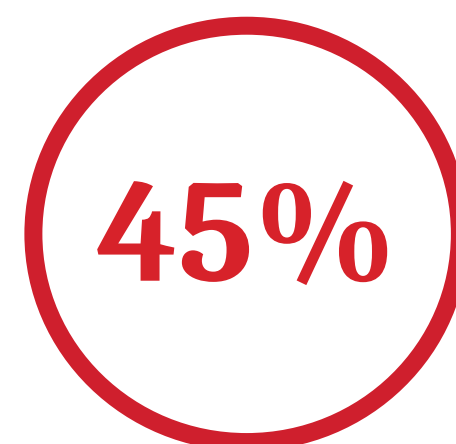
The Myocarditis Foundation funds research and supports families affected by the disease to give them hope.



Donate Today!



1 million cases
were diagnosed
globally in 2019.



Myocarditis can
cause
cardiomyopathy,
which accounts for
45% of heart
transplants in the
USA.

Diagnosis and Treatment:

- Lab tests such as, Troponin, BNP, & Myoglobin can help diagnose Myocarditis

Treatment is symptomatic...

- High blood pressure, heart failure, or frequent cardiac arrhythmias can be treated
- The main treatment is **CARDIAC REST**. The inflamed part of the heart may take 3-6 months to heal
- In order for your heart to properly heal, avoid exercising, lifting weights, smoking, stimulants/caffeine, and alcohol

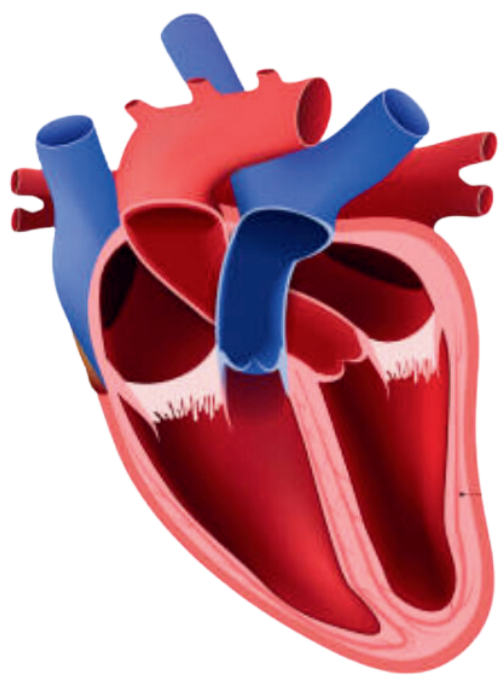
Have the doctor further look if you...

- Have shortness of breath, chest pain, back pain, or cough with no history of asthma
- If you & your friends all had a virus, and they are feeling better, but you are not
- If you are experiencing vomiting and/or diarrhea, abdominal fullness, feel overly tired, weak, lightheaded or dizzy, have palpitations or fast pulse, difficulty walking because your legs feel heavy, swelling in your hands and legs
- **DO NOT BE AFRAID TO ASK YOUR DOCTOR, "COULD THIS BE MYOCARDITIS?"**



Because early heart failure can present the same as viral syndromes...

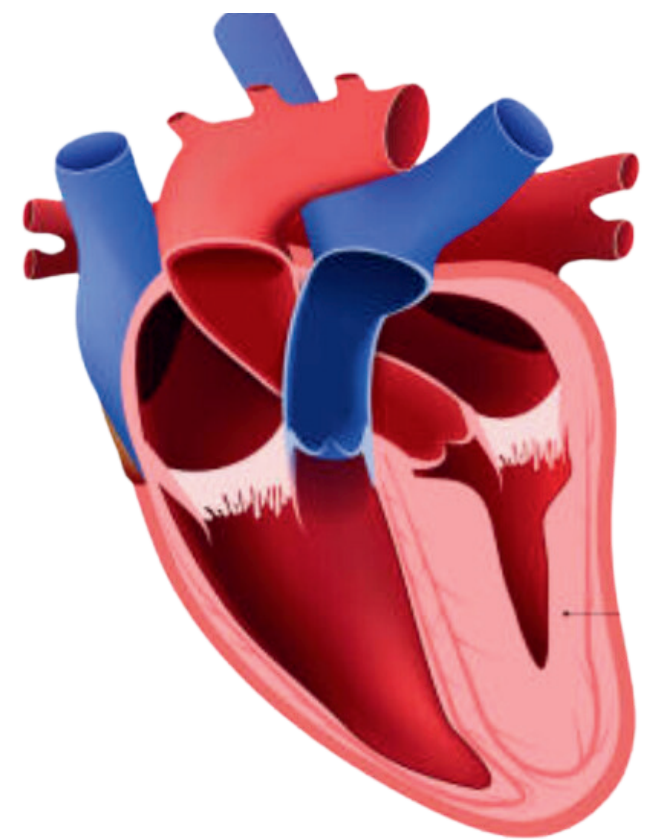
It is often misdiagnosed in young adults who are otherwise healthy and/or athletic. Doctors often mistake it for "stress", "panic attacks", and "asthma". Other misdiagnosed cases are often diagnosed as "stomach virus", "flu", and "pneumonia".



Healthy Heart

Cardiomyopathy

A healthy heart weighs 1 lb.
An enlarged heart weighs about 1.5-3 lbs.



Enlarged Heart

If you have any of these symptoms, **DO NOT PUSH YOURSELF...** 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 ball fields when a player collapses suddenly.