Chest Pain

A typical COVID-19 symptom is chest discomfort. This is possible for chest pain to emerge weeks or even months after your COVID-19 infection or to last longer than the initial illness. Palpitations, lightheadedness, chest pain, and shortness of breath are a few typical Post chest-related issues that can either be brought on by cardiac problems or might also be caused by COVID-19.

It is important to remember that even if you have had COVID-19 and are currently having chest pain, the virus may not be the cause of it. You must seek medical assistance if you notice new chest pain because these symptoms could indicate a more severe problem, such as a lung or heart issue.

Likely Causes of Shortness of Breath following COVID-19.

Although there is still much to learn about chest discomfort after COVID-19, it appears that there are many potential causes. Even though chest pain might not be severe, it is necessary to get immediate assistance if you have any of the following cardiac attack symptoms:

- Severe chest aching
- Your chest pain is constant, from mild to severe.
- Even though COVID-19 is mainly a respiratory or lung disorder, it may also affect several other bodily organs, such as the heart. Numerous factors can result in temporary or long-term harm to cardiac tissue, including:

Lack of Oxygen

The oxygen may enter the bloodstream because the infection induces inflammation that allows the water to clog the air sacs in the lungs. Blood rushing in the body requires the heart to perform faster, which can be risky, particularly for those who already have heart problems.

Myocarditis (Swelling Of Heart)

Coronavirus is one of many viruses, like the flu, that can potentially infect and harm cardiac muscle. The body's defense system can also damage and injure the cardiac muscle.

Stress Cardiomyopathy

Cardiomyopathy is a condition of the cardiac muscle that impairs the heart's capability to pump blood adequately. A variety of viral diseases can bring it on. The stress caused by a viral infection causes the body to secrete excessive catecholamines that can eventually stop the heart. The stressor will cease once the virus is cured, thus, allowing the heart to heal.

Palpitations

After contracting COVID-19, get medical assistance as soon as possible if you experience palpitations or an increase in the heart rate. Multiple factors, such as dehydration, fever, anxiety or stress, and drugs, can induce a momentary rise in heart rate. A quick or irregular pulse can cause palpitations, a rapid or erratic beating in your chest, chest pain, and lightheadedness or dizziness, especially when you stand up.

The disorder known as Postural Orthostatic Tachycardia Syndrome may present the symptoms of Post-COVID, often referred to as the Long COVID. Although POTS has an impact on your blood circulation, it is still not a heart issue. A neurologic condition called POTS disrupts the area of the nerve network that controls blood circulation and heartbeat. The syndrome may result in faster heartbeats as you get up, which can induce brain fog, weariness, palpitations, drowsiness, and other sensations. Consult with your medical physician if you have these indications.

WHEN SHOULD I CONSIDER GETTING AN EMERGENCY MEDICAL ASSISTANCE:

Once you believe you could be suffering from a cardiac attack, you must call 911 immediately for emergency medical assistance. Symptoms of a cardiac attack encompass:
- 15 minutes or more of sudden, intense chest pain.
- Intense chest ache, vomiting, nausea, sweat, dizziness, or breathing problems are all possible symptoms.
- Every new chest pain should be discussed with your medical professionals. Do not disregard chest pain that is caused by physical activity and lessened with rest. It could be angina.