

Mayo Clinic Minute: How myocarditis impacts young men and athletes

VIDEO

AUDIO

	COVID-19 doesn't usually affect the heart, but inflammation of the heart, known as myocarditis, has been reported in limited cases.
Leslie Cooper, M.D. Cardiology Mayo Clinic	"Myocarditis disproportionately affects younger men. That's due to high testosterone levels, which can make a viral infection more severe."
	Dr. Leslie Cooper, a Mayo Clinic cardiologist, says the risk of myocarditis is relatively low, and most people will fully recover. Once confirmed by echocardiogram and blood tests, returning to an active lifestyle after myocarditis can take some time.
	"In young athletes, we recommend avoiding competitive sports for a period of three months to minimize the risk of worsening myocarditis."
	The condition appears less frequently in adults who've received a COVID-19 vaccine compared to those infected by the virus.
	"If you are immunosuppressed, or if you have other genetic reasons why you might get heart illness, then it's worth seeing your physician to discuss possible ways to minimize your personal risk."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.