

**Mayo Clinic Minute: What is myocarditis?**

Video	Audio
	"Myocarditis is simply inflammation of the heart muscle. It affects mostly younger adults, and it's generally caused by a virus."
	Dr. Leslie Cooper, a Mayo Clinic cardiologist, says the most common symptom of myocarditis is chest pain.
<b>Leslie Cooper Jr., M.D.</b> <b>Cardiovascular Medicine</b> <b>Mayo Clinic</b>	"In an otherwise healthy person, sometimes — a week or so after a viral-type illness — chest pain will develop, sometimes with shortness of breath, and it can be very disabling. It can occur at rest or with activity."
	Often myocarditis improves on its own with or without treatment. The treatment focuses on the cause and symptoms, such as heart failure.
	"In that setting, we always treat the heart failure with guideline-directed medications. But the chest pain specifically can be treated with anti-inflammatory medicines."
	Because testosterone is a driver of inflammation, which can make a viral infection more severe, young men tend to be more affected.
	"And they tend to have a bit more severe disease, particularly at ages between 12 and 40 or so."
	Dr. Cooper says awareness of myocarditis symptoms and risk factors is important.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.