

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

| Video  | Audio  |
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|  | "Pericarditis is simply inflammation of the lining of the heart tissue or the pericardium."  |
|  | When the irritated layers of pericardium rub together, it can cause sharp chest pain.  |
| <b>Leslie Cooper Jr., M.D.</b><br><b>Cardiovascular Medicine</b><br><b>Mayo Clinic</b> | "Pericarditis has a classic type of chest pain, better if you lean forward and worse if you lay on your back."   |
|  | ... a symptom that can often be mistaken for a heart attack, which can make it difficult to diagnose.  |
|  | "Most patients who develop pericarditis have had a recent viral infection, and those affect people of all ages, but especially young individuals, more commonly males than females in the general population."   |
|  | Other less common causes include chronic health conditions, such as kidney failure, cancer, prior radiation and atypical infections.   |
|  | "The good news is that the vast majority of people with pericarditis recover and have normal lives with no further symptoms. A small percentage will go on to have a chronic or recurrent chest pain syndrome. Chronic pericarditis has specific therapies." |
|  | For the Mayo Clinic News Network, I'm DeeDee Stiepan.  |