

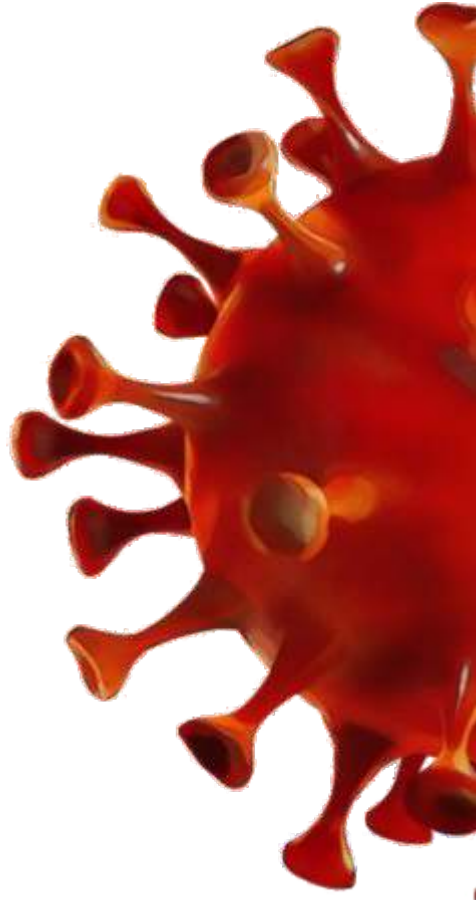
Post COVID Complications, Long term effects of Coronavirus after recovery



How long the coronavirus lasts in the body depends upon person to person, exposure to the virus and severity of infection

Coronavirus lasts in the body depends on the person to person and severity of infection. As per WHO generally this will take incubation period of 10 to 14 days to recover fully, and sometimes more. Mild to moderate case of COVID-19 will recover in about 14 days. Sometimes COVID-19 symptoms can remain for more than 20 days up to 45 days.

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) can damage the lungs, brain, blood vessels, skin, nerves, kidney and heart, which increases the risk of long term health issues. However, the virus may remain in the body up to 3 months after diagnosis. This may mean some people get a second positive test result even after they recover, although this does not necessarily indicate the virus is still transmissible.



What is Post Covid Syndrome or Long Covid?

Most people infected with COVID-19 get better within 10 days of illness. People who continue to experience mild symptoms post covid recovery called as **Post Covid Syndrome or Long Covid**, these people may experience post COVID conditions and also develop long-term complications that affect the organs.

Post COVID complications are a broad range of new, ongoing or returning health conditions, people can experience more than 28 days / 4 weeks after first being infected with the coronavirus. Even asymptomatic people who did not have symptoms when they were infected can have post COVID complications. These complications can have different types and combinations of health problems for different lengths of time.



Who all are at the risk of post COVID complications and can have long-term effects?

Old age group people and people having serious medical conditions such as **diabetes, immunodeficiency disorders, cancers or chronic diseases** are at the risk of developing post COVID complications. As per recent data even young person feeling healthy, post COVID recovery can also have long term effects of coronavirus may experience symptoms for weeks to months after infection.



What are the causes of Post-COVID syndrome / long COVID?

Currently researchers are not able to define the causes related to long term effects of COVID-19, as per recent report possible long covid causes identified in SARS-CoV-2 recover patients may include:

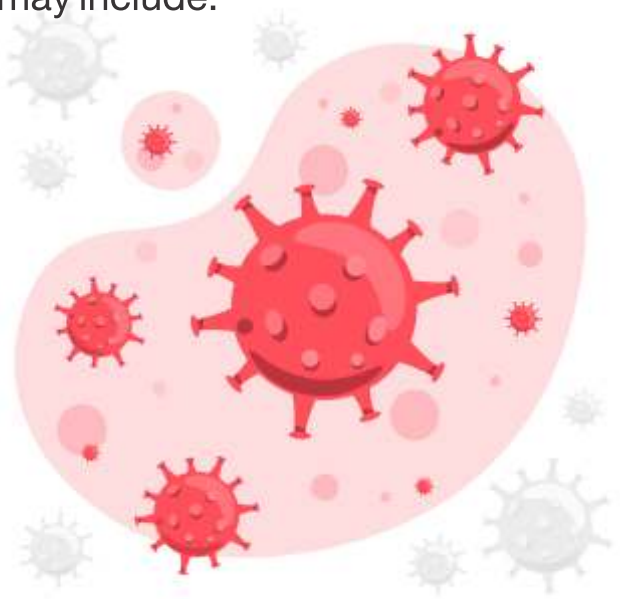
Reduced or lack of response from the immune system

Reinfection of the virus

Multisystem inflammatory syndrome (MIS)

Prolonged hospitalization due to severity

Post-traumatic stress



As per recent data of SARS-CoV-2 survivors, 30-40% of who had secondary infections, survivors of acute COVID-19 may be at increased risk of infections with bacterial, fungal infections or other complications. However, these secondary infections do not explain the persistent and prolonged consequence of a previous infection in post-acute COVID-19.

What are post COVID long-term symptoms and complications?

It's difficult to predict long-term effects of COVID-19, still researchers are trying to understand why the symptoms are lasting for long period in patients post recover. Some common signs and symptoms observed post recovery that include:

- **Body pain, Joints pain or headache**
- **High blood sugar (hyperglycemia)**
- **Fever**
- **Feeling of tiredness or lack of energy**
- **Loss of taste or smell**
- **Shortness of breath or difficulty breathing**
- **Coughing or Chest pain**
- **Inability to focus or difficulty thinking or a lack of mental clarity (brain fog)**
- **Rapid or fast heartbeat (heart palpitations)**
- **Anxiety disorder or depression**
- **Dizziness or lightheaded when you stand up from sitting or lying down (orthostatic hypotension)**
- **Red bumps or rash on a flat, red patch of skin (maculopapular rash)**
- **Symptoms that get worse after mental or physical activities**



Long-term organ damage in COVID-19 (Multiorgan dysfunction)

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection triggers long-lasting changes in the immune system, it primarily affects the lungs. Conditions associated with long COVID-19 may be the result of injury to multiple organs, including the lungs, brain, blood vessels, skin, nerves, kidney and heart. This can be seen as metabolic, musculoskeletal, cardiovascular, and neurological complications secondary to the disease. Organ damage may increase the risk of long-term health issues. Organ damage may increase the risk of long-term health issues. As per recent data COVID-19 mainly affect these organs and body parts:

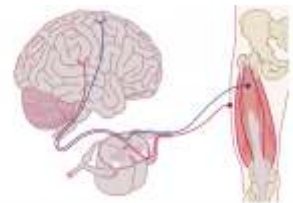
Lungs - pneumonia associated with COVID-19 can cause long-term damage to the tiny branches of air tubes in the lungs, (alveoli) where the lungs and the blood exchange oxygen and carbon dioxide during the process of breathing in and breathing out. Scar tissue in the lungs can lead to long-term breathing problems.



Heart – patients post COVID-19 recovery have shown irreversible tissue death of the heart muscle, even in people who experienced only mild COVID-19 symptoms. This may increase the risk of Myocardial infarction (MI) resulting heart failure or other heart related life-threatening complications in the future.



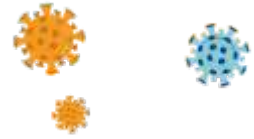
Brain – there are many reports where young people with COVID-19 also experienced neurological symptoms include muscle weakness, tingling or numbness in the hands and feet, and can eventually cause paralysis (Guillain-Barré syndrome), dizziness, sudden blackout, confusion, delirium, seizures, stroke. COVID-19 may also increase the risk of developing Alzheimer's disease and Parkinson's disease.



Kidney – patients affected with COVID-19 can develop sudden loss of kidney function, known as acute kidney injury. Dialysis may be necessary in severe cases, but this type of kidney damage can sometimes be reversed. People with CKD are at higher risk of developing a severe symptoms post COVID-19 recovery. So it's important to take all the necessary precautions to prevent infection.



Diagnosis of Post-COVID syndrome / Long COVID



If someone experiencing any symptoms post COVID, not necessarily required to check again the positive results. To diagnose physician may require the complete medical history and previous covid treatment. Apart from checking temperature, blood pressure, pulse rate, SpO2 level and breathing function physician may require these tests to check the severity of symptoms:

- **Complete blood picture**
- **Serum electrolytes**
- **Kidney function test**
- **Liver function test**
- **C-reactive protein for inflammation level**
- **Troponin test of heart condition**
- **D-dimer, to check that no blood clots are present**
- **Serum ferritin to check iron levels**
- **ECG, Chest X-ray or CT Scan**
- **Complete urine examination**



Long COVID / post COVID syndrome treatment

Long COVID / post-COVID syndrome is a new phenomenon, around 25 to 30% SARS-CoV-2 survivors reporting with new, ongoing or returning health conditions.

Apart from moderately or severely affected with SARS-CoV-2, people with mild symptoms and treated in home quarantine can also have the long-term effects of COVID-19, that's why everyone should continue to take steps to reduce the risk of getting infected.

The treatment goal is, depending upon the symptoms, and can be achieved through:

- Getting patient's symptoms under control
- Identifying underlying health problems
- Slowly improving their ability to function
- Focussing on breathing exercises that boost immunity, lowers stress and anxiety, give relaxation, improve blood oxygen level, reduce stress levels in the body
- Improving healthy sleep habits through modification in behavior (avoiding mobile or TV before bed), practicing yoga, balanced diet and light meal before sleep



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