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## **Common viral infections: Can they cause acute myocarditis? How can we achieve an early diagnosis and an initial treatment?**

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The aim of this paper is to remind to general pediatricians the risk of viral myocarditis as a part of a common viral infection. To explain the clinical features, the diagnostic algorithm and the available treatments in primary and in hospital care. Myocarditis is an inflammatory disease of heart muscle and the pericardium. It is an important cause of dilated cardiomyopathy worldwide. Viral infections are the commonest cause of myocarditis. The spectrum of viruses known to cause myocarditis has changed in the past 2 decades. Several new diagnostic methods, such as cardiac MRI, are useful for diagnosing myocarditis. Endomyocardial biopsy may be used for patients with acute dilated cardiomyopathy associated with hemodynamic compromise, those with life-threatening arrhythmia and those whose condition does not respond to conventional supportive therapy, to differentiate dilated cardiomyopathy from acute myocarditis. Important prognostic variables include the degree of LV and RV dysfunction, heart block and specific histopathological forms of myocarditis. We review diagnostic and therapeutic strategies of viral myocarditis.

### **Biography**

Andreas C Petropoulos graduated from Aristotle University's Medical School, Greece in 1989. He followed 30 year career as a medical officer, senior Flight Surgeon in the Hellenic Air-Force. He has specialized in Aviation & Hyperbaric Medicine, Pediatrics, Fetal, Pediatrics and Congenital Cardiology in USA and Europe. He holds MSc in Preventive Cardiology. He is an AEPC Prevention and Heart Failure/Pulmonary Hypertension, working group's member. He worked and lectured in Athens and Brussels universities. Currently, he consults in Fetal, Pediatrics and Congenital Cardiology in Merkeziklinika and is Associate Professor at the State University and Post-Graduate and CME Center in Azerbaijan. His research focuses on prevention, CVD imaging techniques, fetal cardiology and heart failure.

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