

# An Overview on Myocarditis

Dianne C Mitchell\*

Senior Director of Genomics, Texas Tech University, USA

## EDITORIAL

Myocarditis is an inflammation of the heart muscle (myocardium). The inflammation can reduce your heart's ability to pump and cause rapid or abnormal heart rhythms (arrhythmias). Infection with an epidemic usually causes myocarditis. Sometimes myocarditis may result from a reaction to a drug or be part of a more general inflammatory condition. Signs and symptoms include pain, fatigue, shortness of breath, and rapid or irregular heartbeats. Severe myocarditis weakens your heart in order that the rest of your body doesn't get enough blood. Clots can form in your heart, leading to a stroke or attack. When children develop myocarditis, they could have signs and symptoms including fever, fainting, breathing difficulties, rapid breathing, pain, rapid or abnormal heart rhythms (arrhythmias).

The explanation for myocarditis isn't identified. There are many potential causes but the danger of developing myocarditis is rare. Potential causes of myocarditis include:

**Viruses:** Many viruses are commonly related to myocarditis, including the viruses that cause the respiratory disease (adenovirus); COVID-19; hepatitis B and C; parvovirus, which causes a light rash, usually in children (fifth disease); and herpes simplex virus.

Gastrointestinal infections (echoviruses), mononucleosis (Epstein-Barr virus) and German measles (rubella) can also cause myocarditis. It is also common in people with HIV, the virus that causes AIDS.

**Bacteria:** Bacteria that may cause myocarditis include staphylococcus, streptococcus, the bacterium that causes diphtheria and therefore the tick-borne bacterium responsible for Lyme disease.

**Parasites:** Among these are such parasites as Trypanosomacruzi and toxoplasma, including some that are transmitted by insects and

may cause a condition called Chagas disease. Chagas disease is far more common in Central and South America than within the US, but it can occur in travelers and in immigrants from that a part of the planet.

**Fungi:** Yeast infections, like candida; molds, like aspergillus; and other fungi, like histoplasma, often found in bird droppings, can sometimes cause myocarditis, particularly in people with weakened immune systems.

Myocarditis also sometimes occurs if you're exposed to medications or illegal drugs which may cause an allergic or toxic reaction. These include drugs accustomed treat cancer; antibiotics, like penicillin and sulfonamide drugs; some anti-seizure medications; and a few illegal substances, like cocaine. Chemicals or radiation, exposure to certain chemicals, like carbon monoxide gas, and radiation can sometimes cause myocarditis and other disease or disorders like lupus, Wegener's granulomatosis, giant cell arteritis and Takayasu's arteritis.

Early stages of myocarditis, you would possibly have mild symptoms like pain, rapid or irregular heartbeats, or shortness of breath. Some people with early-stage myocarditis do not have any symptoms. The signs and symptoms of myocarditis vary, counting on the explanation for the disease. Common myocarditis signs and symptoms includes pain, rapid or abnormal heartbeat (arrhythmias), shortness of breath, at rest or during activity, fluid buildup with swelling of your legs, ankles and feet, fatigue, other signs and symptoms of a virus infection like a headache, body aches, joint pain, fever, a pharyngitis or diarrhea. Sometimes, myocarditis symptoms could also be almost like a coronary failure. If you're having unexplained pain and shortness of breath, seek emergency medical help.

\*Correspondence to: Dianne C Mitchell, Senior Director of Genomics, Texas Tech University, USA, E-mail: d.mitchell@yahoo.com

Received: September 02, 2021, Accepted: September 09, 2021, Published: September 14, 2021

Citation: Mitchell DC (2021) An Overview on Myocarditis. Angiol Open Access. 9:254.

Copyright: © 2021 Mitchell DC. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.