Our Mission
To inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education, and advocacy.

Our Vision
To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by heart disease across the lifespan.

The Mended Hearts, Inc.

Join Us Now!
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Website : www.mendedhearts.org
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Learn more about COVID and CVD on our webinars with Drs. Kleper de Almeida and Nelipovich found on our website and Mended Hearts' YouTube Channel.

Produced thanks to an educational grant from:

Bristol Myers Squibb
COVID in Adults

In 2021, COVID-19 cases have been rising and falling with peaks in January (highest peak), April and September. The COVID-19 Delta variant is the most contagious and cause more illness than other variants in most places.

COVID-19 is a virus where spike proteins bind to ACE-2 receptors in your body. These receptors are in your kidneys, blood vessels, lungs, small intestines and heart muscle, which is why they can be affected by COVID.

Symptoms of COVID**

Most common symptoms include:
- Fever
- Dry cough
- Tiredness

Less common symptoms:
- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or smell
- A rash on skin, or discoloration of fingers or toes

Cardiovascular Impact

In some cases, especially in severe cases requiring hospitalization, COVID-19 can impact the heart and cardiovascular system.

Possible effects on heart
- Heart function--how well the ventricles squeeze and relax
- Pericardial effusions--fluid around the heart
- Heart valves may leak
- Blood clots (deep venous thrombosis and pulmonary embolism)
- Myocarditis
- Coronary artery aneurysm
- Arrhythmias

Higher Risk of Serious Illness

Some people have a higher risk of serious illness from COVID-19, including people with some forms of heart disease. Conditions include:

- Hypertension (high blood pressure)
- Heart failure
- Coronary artery disease
- Diabetes
- Obesity
- Age over 65
- Some congenital heart defects
- Cyanotic (low blood oxygen) conditions
- Cardiomyopathy
- Pulmonary hypertension
- Heart Transplant

Long-Term COVID-19

Some people who get COVID-19 will continue to have symptoms 12+ weeks after COVID-19 infection, called long COVID. Symptoms include fatigue/tired, breathlessness, dizziness, chest pain, heart palpitations, and brain fog and can remain even if all testing is normal.

Course of illness

Most people who get COVID-19 will have no symptoms or mild symptoms. Symptoms typically show up 2 to 4 days after someone is exposed. People with mild to moderate symptoms usually recover in a few days to 2 weeks.

Vaccination, mask-wearing, hand washing, and social distancing can help prevent COVID-19. Please do your part to prevent the spread so we can all stay healthy.

*COVID-19 facts are as of December 2021
**From World Health Organization (WHO)