

## CLINICAL CASE NUMBER 5



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In our post covid program at Dempo Healthcare over the last 6 months, I have been analysing and treating a large number of post covid patients. Many of them come with a large number of complaints from cough, breathlessness, chest pain, inability walk, loss of memory, loss of appetite, loss of weight, muscle weakness and many more. Infect any system can get affected in covid. Some of them have come with so called long covid symptoms. My first step is to assess them thoroughly right from skin to endocrine functions. Most of these complaints do not worry me. High dose Vit c, Vit-D and other supportive measures set these patients to normally within a weeks' time. Their CRP/ESR settles down to normal within 4 days. Even the thyroid function improves within a months' time without adding any thyroid drugs.

I need to use my expertise with these patients in analysing and assessing their cardiac status. In 30% of these patients I have seen, have heart involvement.

These are the people whom we lose because of heart improvement even up to 3 months after covid recovery. They may or may not have chest pain and breathlessness. ECG is normal in some cases. A good echocardiogram with speckle tracking shows various types of damages done to the heart with ease today. This gives us the guidance for exact line of treatment and all these patients can be saved

A lesson to learn is, check all covid positive patients for heart involvement. Once you make the right diagnosis you can treat them correctly. Most of the deaths in covid 19 infections are due to heart problems and heart failure.

**A good echocardiographic study with speckle tracking is a must, in all covid patients during the sickness as well as post covid, to save every person having covid 19 infections.**

