

5. Treating long COVID cardiac complications

Patients with long COVID could be at risk for heart disease, and a group of clinicians and researchers [released treatment guidelines](#) for people experiencing symptoms or those who could following a diagnosis, *Arielle writes*.

Why it matters: An estimated one in five adults, 18–64 years old, who had COVID previously will develop at least one persistent symptom related to the infection, [a CDC analysis found](#).

Between the lines: The guidance recommends that physicians carefully screen patients for potential cardiovascular complications following long COVID.

- When prescribing exercise, clinicians should individualize treatment to the patient.
- Doctors prescribing treatments or making referrals should consider inequities in who has access to cardiovascular care, including less availability for people of color and women.

Even patients who are not high-risk for heart disease or complications may be at risk for future health problems, the guidance says.

- "If we don't pay attention and don't make recommendations and see behavioral changes, a much younger population could have more significant cardiovascular disease because of COVID infection and long-haul disease," Jonathan Whiteson, medical director of cardiac