



# Myocarditis Foundation

*The Myocarditis Foundation is dedicated to providing information and support related to the causes, symptoms, diagnosis, and treatment of Myocarditis and sudden death.*

*The Myocarditis Foundation is a nonprofit 501(c)3 organization with the mission to educate physicians and the public about this disease, to support the patients and their families who have been affected by myocarditis, and to fund research to learn more about myocarditis in an effort to save lives from sudden cardiac death.*

## What is myocarditis?

Myocarditis is a disease characterized by inflammation of the myocardium (muscular layer of the wall of the heart), often with subsequent damage to the heart. Myocarditis is a poorly understood, often undiagnosed illness which can rapidly progress to heart failure and death. There are many causes of myocarditis including: viral infections, autoimmune disorders, environmental toxins, and adverse drug reactions.

## Who is diagnosed with myocarditis?

The disease usually occurs in young, otherwise healthy people, yet anyone may be susceptible. Every year several thousand patients are diagnosed with myocarditis, however; the true incidence is unknown due to the variable nature of presenting symptoms and the lack of recognition of the disease. **5-20% of all cases of sudden death in young adults are attributed to myocarditis**

## What is the prognosis of myocarditis?

The prognosis of myocarditis is variable depending upon the cause, timeline of diagnosis, and the patient's condition. Some patients recover completely but many have long-term aftereffects, such as chronic heart failure. Death from myocarditis may occur acutely, early on, or may result from long-term complications of dilated cardiomyopathy with chronic heart failure.

*For more information or to donate, please contact the Myocarditis Foundation:*

**[www.myocarditisfoundation.org](http://www.myocarditisfoundation.org)**

