

# Long Covid- the Heart

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Liang Yang had not felt well for three to four months. Before then he felt fine and did not have any health issues. He was twenty-seven years old and very healthy and liked to play soccer even though older as much as he could. Before three to months ago, he could play almost with anyone. Though recently he was not playing that much soccer due to lack of time. Just before three to four months ago he developed a cough, sinus congestion and some fatigue and just did feel good. Liang Yang went to a friend of his when his symptoms of COVID began. He went to his friend who was a nurse and she said he should go to the hospital and be evaluated. Liang Yang asked his nurse friend to go with him as he never had been to the hospital and did not know how to get around.

Liang Yang's nurse friend went to the hospital that day and after testing he was told that he had COVID. The doctor who evaluated him told him that his case was mild, and he really did not need many medications if any at all. The doctor told him and his nurse friend that many people had died, and many were very sick from the COVID. He was told to stay at home for a week assuming that he would get better. The doctor told him to drink a lot of fluids and stay away from other people for five to seven days.

Liang Yang returned home and was very thankful for his nurse friend helping to get to the hospital, getting a diagnosis and knowing he had mild COVID. After a week Liang Yang felt better but not fully back to normal but not sick enough to keep him from work. Over the next weeks and months though able to work, Liang Yang noted that he still was not back to normal. He did not have quite the energy he had before and was at times short of breath. He tried and could play soccer but could only play half the time he normally played and then he gave out. He never had felt like this before. Though he thought most of the lack of playing soccer as well as he generally could was related to his lack of playing and exercising and playing before he got sick. Regardless Liang Yang did not think there was a problem just he was not in good physical shape. However, the shortness of breath and easy fatigue was not going away.

Liang Yang went and talked with his nurse friend about what to do about the fatigue. He told her about how he had felt before he had COVID infection, during

and after the infection. His nurse friend suggested he go back to the same hospital he went to when he was diagnosed with COVID infection. Liang Yang thought that was a good idea and they went to the hospital and was able to find the same doctor who diagnosed him with the COVID infection. The doctor asked Liang Yang how he was doing since the COVID infection? He said not so well since he had the COVID infection. The doctor asked if he was able to go to work and Liang Yang said yes, and he was able to get his work done without issues or side effects and no complaints of or about his work from his work supervisors. Liang Yang told him he was back to playing soccer, which he played a lot before the COVID infection but was a little more short of breath than he thought he should have though he thought he was just out of shape from not exercising before the COVID infection and not being so active since having the COVID infection.

The doctor told Liang Yang that his shortness of breath, which he now appeared to have might be related to something else. Liang Yang was very interested about the cause of the shortness of breath and fatigue so he could have it treated and get back to normal. The doctor told Liang Yang that he would like to first examine him and then do some tests on him to see what the cause may be. After the exam, which was essentially normal the doctor ordered some blood tests, an electrocardiogram of the heart, a chest x-ray and an echocardiogram, which was a type of x-ray for the heart. The doctor told Liang Yang that he could get all these tests done today and tomorrow and then to return to his clinic in a week to review the tests. Liang Yang was so glad that he could get the tests and results so quickly.

Liang Yang's nurse helped show him where to get the blood work, electrocardiogram, the chest x-ray and the echocardiogram, a type of heart picture, which took up the whole afternoon. Liang Yang told the nurse though glad to get these tests he was concerned if something was wrong, and this bothered him. His nurse friend told Liang Yang that he had a good doctor, and he ordered the right tests to clarify the cause of his shortness of breath and more fatigue. She also told him that what is more important is to know the one who can give you peace regardless of the circumstances. Liang Yang told his nurse friend he had never heard of this type of peace before but given his circumstances he would like to know more about this peace in difficult circumstances like his.

Liang Yang's nurse friend said there is a verse in the Bible, which addresses this very question. That verse says, 'And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.' Liang Yang had never heard about this concept of peace nor Jesus Christ. Liang Yang's nurse friend told him that the Bible says that the world was created through Jesus Christ and sustained by Jesus Christ and thus he is in charge of our bodies. That was encouraging for Liang Yang that someone was totally in charge of our bodies. He then asked how we get this peace her nurse friend was talking about. She said that as Jesus is the sustainer of the world and every little part of our body he can bring healing. Liang Yang asked how he could get Jesus to bring healing to his body. His nurse friend said that while Jesus is the sustainer of our bodies in this world he may or may not be bringing healing but what is more important is that you get life in Jesus through what he did for us both for now on this earth and after we die.

Liang Yang could not believe what his nurse friend was sharing to him about Jesus, and he asked her how he could know Jesus to help him with his health. His nurse friend said that there are two aspects of this life in Jesus. First, is eternal life he will give to all who believe in him as their Savior, that is even after you die you will have life with Jesus. This is the salvation of our souls not just in this life but eternally. Second, is that in this life Jesus may or may not heal all people but he could. However, after we die, he will give those who believe in Jesus a new body without problems that will live forever with our souls. Liang Yang was amazed about this person he had never heard of, but he was so excited to hear about this Jesus being able to give life now and forevermore both with a healed soul and body.

Liang Yang and his nurse friend went back the next day to the doctor's office to get the test results. The doctor told him that all the blood tests were normal, including kidney, liver, blood sugar, cholesterol, blood counts and inflammation tests. The chest x-ray was normal as well. Liang Yang was relieved that these tests were normal. The doctor said that the EKG and echocardiogram or heart pictures was slightly abnormal. Liang Yang asked what that meant. The doctor said the test meant that his heart was not pumping as well as it should and that is why his energy and breathing at times were down a bit. The doctor went on to explain that though the heart is not quite normal there are some medications which

could help him feel back to normal. He also went onto say this same heart condition was not uncommon after getting COVID infection.

Liang Yang was upset that he had a heart problem, though the change was slight. He was glad there was some treatment for his problem. He asked the doctor if he would feel normal with the heart medications and the doctor said he should feel normal and be as active as he needs to be. Liang Yang asked if his heart would get back to normal and the doctor said it might but only time will tell and that could be weeks to months. The medicines were not to heal but make him feel better.

The doctor gave Liang Yang two medications for his heart and Liang Yang was so glad he could get the medications today and start the medications today. Then hope he would feel good and even back to normal soon. The doctor told him to come back in a month to the hospital to see how his heart is doing. After finishing the visit Liang Yang and his nurse friend left the hospital. He asked his nurse friend what she thought. First, she thought it was good in one day they could find out the cause and second, that there was a treatment to help him feel better.

As they were in the subway going back Liang Yang asked the nurse about Jesus Christ about how to believe in him and have eternal life as he wanted to have that life and having COVID, and a side effect made him more wanting to know Jesus Christ as his Savior and Lord. His nurse friend said that 'If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead you will be saved.' Liang Yang asked what does Jesus Lord mean? His nurse friend said 'Lord' means that Jesus is the creator and sustainer and judge of the world. Liang Yang believed this and believed that Jesus died on the Cross for our sins and God raised Jesus from the dead.

Liang Yang's nurse friend asked him if he would like to pray and ask Jesus into his heart to which he said yes. Liang Yang prayed and asked the Lord Jesus into his heart and save him from his sins and give him eternal life. After he prayed this pray, he was so full of joy he hugged his nurse friend and knew now that regardless of his heart he would have eternal life with Jesus Christ. Liang Yang was so excited in one day he found out why he was sick, how he could get well because his problem was discovered, and he came to know Jesus as his Savior and Lord.