

PRESS RELEASE

For immediate release

Fatal condition currently not recognised by most people

Charity Launches Myocarditis Awareness Day

(Buckinghamshire, United Kingdom) Tuesday, 19th August 2024:- The majority of us wouldn't seek medical help when experiencing symptoms of a condition from which one young person dies suddenly each week in the UK,* according to new research.

In a survey of 1001 consumers nationwide, the majority of respondents¹ wouldn't visit a medical professional (such as a doctor or nurse) if they experienced symptoms like swelling in their hands, legs, ankles or feet, palpitations (rapid or irregular heartbeat) abnormal fatigue, dizziness or shortness of breath – all of which are symptoms associated with an inflammation of the heart muscle, known as Myocarditis.

A staggering 82% of respondents² wouldn't seek help for flu-like symptoms of headache, body aches, joint pain or fever and only just over a quarter (27%) of people know what Myocarditis is³.

The launch of the first **Myocarditis Awareness Day in the UK** – 17th August 2024 – aims to improve public awareness and understanding of Myocarditis and encourage people to seek help when they need it. Early detection and treatment can lower the risk of long-term complications or fatalities from the condition. With increased awareness, members of the public are better informed to monitor their own health and ask the correct questions of their GP if they are concerned.

¹ Only 44% would seek help with swelling, palpitations or shortness of breath. Just 35% would seek help with abnormal fatigue and 32% with light headedness or dizziness.

² Reverse of those who said they would seek help for flu-like symptoms

³ Respondents who correctly identified that Myocarditis is an inflammation of the heart muscle

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“It’s so important to be aware of the symptoms and know that it’s ok to seek medical help if you’re experiencing them,” says Andy Jansons, Chair of the charity Myocarditis UK, whose son Alexander Jansons died from the condition at the age of 18. He adds, “We have come a long way since we began in 2013 where there was hardly any information available on Myocarditis, but the introduction of a National Awareness Day is an incredible step forward in raising recognition. Alexander would have appreciated that the awareness day date is also the same date his birthday would have been.”

Making Myocarditis a household name and helping the public, general medical practitioners, A&E centres and medical personal to know and understand what to look out for is a key step in identifying, diagnosing, and treating Myocarditis effectively.

The first Myocarditis Awareness Day recently took place on 17th August 2024.

For more information about protecting your heart health or supporting those affected by Myocarditis, visit [Myocarditis Charity UK | Cause, Prevention and Cure \(myocarditisuk.com\)](https://myocarditisuk.com) or follow us on [Facebook](https://www.facebook.com/myocarditisuk) .

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Issued on behalf of Myocarditis UK. For all media enquiries or to arrange an interview please contact Flourish PR.

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NOTES TO EDITORS

The research was conducted by Censuswide, among a nationally representative sample of 1001 UK consumers (aged 18+). The data was collected between 20.05.2024 to 22.05.2024. Censuswide abides by and employs members of the Market Research Society and follows

the MRS code of conduct and ESOMAR principles. Censuswide is also a member of the British Polling Council.

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MYOCARDITIS UK

Alexander Jansons Myocarditis UK

* Source – see

<https://www.hra.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/diagnosis-and-risk-stratification-in-myocarditis/>

ABOUT MYOCARDITIS

Myocarditis is an inflammation of the heart muscle (myocardium). Myocarditis can affect the heart muscle and your heart's electrical system, reducing the heart's ability to pump effectively and causing rapid or abnormal heart rhythms (arrhythmias). This inflammation enlarges and weakens the heart, creates scar tissue (fibrosis) and forces it to work harder to circulate blood and oxygen throughout the body. Myocarditis can affect anyone, at any age, and can occur in people with no history of previous illness.

Most commonly, patients experience chest-pain, or breathlessness or have a heart rhythm abnormality that makes them collapse or feel as though they are going to collapse. This is often but not always after a viral infection or an adverse drug reaction.

Common symptoms of myocarditis include: chest pain or discomfort, or a feeling of tightness in the chest; shortness of breath, either at rest or when active, or in certain positions, such as lying down; unusual tiredness; palpitations (like your heart is fluttering, racing, or pounding) an irregular heartbeat; feeling light-headed or fainting; recent flu-like symptoms such as high temperature, headaches, body aches, joint pain, or sore throat or swelling in hands, legs, ankles or feet.

ABOUT MYOCARDITIS UK

[Myocarditis UK](#) (formally The Alexander Jansons Fund) was set up after the death of Alexander Jansons from Myocarditis in July 2013, at the age of 18. With little to no information provided on this inflammatory condition affecting the heart, the charity was founded to research the causes, prevention, and cures for Myocarditis. Today the charity has raised over £1,000,000 towards research and to generate greater awareness about this often-hidden condition.

To learn more or donate please visit www.myocarditisuk.com

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