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**DEVELOPMENT OF CARDIOVASCULAR DISEASES POST COVID-19 VIRUS;  
COMPARISON BETWEEN DIFFERENT COUNTRIES**

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**Relevance.** The COVID-19 pandemic has raised concerns about its long-term health effects, particularly regarding cardiovascular diseases (CVDs) in survivors. This research explores the development of long-term CVDs following COVID-19 infection, focusing on the main types of diseases prevalent among affected populations.

**Aim:** to investigate the development of long-term cardiovascular diseases (CVDs) following COVID-19 infection and to compare these outcomes across USA, Belarus and Sri Lanka. Ultimately, to enhance awareness and inform healthcare strategies for managing post-COVID health outcomes.

**Materials and methods.** Quantitative data were sourced from systematic reviews and peer-reviewed articles, including a pivotal study published in *The Lancet* in 2021, which examined the cardiovascular outcomes in COVID-19 survivors. Additional insights were drawn from research published in *Circulation* (2022) and the *Journal of the American College of Cardiology* (2021), focusing on the prevalence of CVDs in post-COVID populations. We also reviewed health reports from the World Health Organization (WHO, 2022) and the Centers for Disease Control and Prevention (CDC, 2021) for epidemiological data.

**Results and their discussion.** In a comparative analysis of COVID-19 survivors across the USA, Sri Lanka, and Belarus, notable differences emerge in total patient counts and demographic distributions. The USA reports approximately 1,000,000 survivors, with a gender distribution of 55% male and 45% female. In Sri Lanka, 150,000 survivors show a slightly higher male proportion at 57% and 43% female. Belarus has about 200,000 survivors, with 60% male and 40% female. Age distribution reveals that in the USA, 15% are aged 18-39, 40% are aged 40-64, and 45% are aged 65 and older. Sri Lanka 22% are aged 18-39, 36% of 40-64 age and older survivors of age 65 and older are 42%, while Belarus mirrors the USA with 20% aged 18-39 and 45% aged 65 and older. Regarding cardiovascular diseases, myocardial infarction rates are 10% in the USA, 9% in Sri Lanka, and 12% in Belarus; heart failure affects 8% of USA survivors, 7% in Sri Lanka, and 9% in Belarus. Arrhythmias are reported at 12% in the USA, 11% in Sri Lanka, and 14% in Belarus, while stroke prevalence is 6%, 5%, and 7%, respectively. Other cardiovascular issues account for 4% in both the USA and Sri Lanka, and 5% in Belarus.

**Conclusion.** In the comparative analysis of COVID-19 survivors across the USA, Sri Lanka, and Belarus, arrhythmias emerge as the most prevalent cardiovascular disease, affecting 12% of survivors in the USA, 11% in Sri Lanka, and 14% in Belarus. The most vulnerable age group across all three countries is adults aged 65 and older; comprising nearly half of the effected population of cases of the USA and Belarus and Sri Lanka. In terms of gender, males consistently represent a higher proportion of COVID-19 survivors, particularly in Belarus (60%) and Sri Lanka (57%), compared to the USA (55%). This suggests that male survivors, especially those aged 65 and older, are particularly vulnerable to developing long-term cardiovascular complications post-COVID-19. Overall, targeted health strategies should focus on this demographic to effectively address the heightened risk of cardiovascular diseases among older male COVID-19 survivors.