

Women with long COVID-19 syndrome have more symptoms

April 20 2022, by Paige Casey



Credit: Pixabay/CC0 Public Domain

A new study found that females with Long COVID-19 syndrome were more symptomatic than males. Females were statistically significantly more likely to experience difficulty swallowing, fatigue, chest pain, and

palpitations at long-term follow-up, according to a study published in the *Journal of Women's Health*.

Long-COVID-syndrome is defined as [persistent symptoms](#) extending beyond 12 weeks after the initial symptoms of acute infection. In this study by Giovanna Pelà, MD, Ph.D., University of Parma, and University-Hospital of Parma, and coauthors, 91% of patients evaluated at follow-up (mean, 5 months) continued to experience COVID-19 symptoms. Breathlessness was the most common symptoms of long COVID-19, followed by fatigue. Females were more symptomatic than males (97% vs. 84%).

"Long-term longitudinal studies are needed to fully understand the sex-related pathophysiology of the symptoms and the effects of pharmacological treatment related to Long COVID-19; these studies will be crucial to understanding the natural trajectory of Long COVID-19 in order to implement targeted treatment strategies and to prevent bias in treating males and [females](#)," concluded the investigators.

"While women have a lower mortality rate than men during the acute phase of COVID, this study indicates that women have a greater likelihood of experiencing Long COVID syndrome," says *Journal of Women's Health* Editor-in-Chief Susan G. Kornstein, MD, Executive Director of the Virginia Commonwealth University Institute for Women's Health, Richmond, VA.

More information: Giovanna Pelà et al, Sex-Related Differences in Long-COVID-19 Syndrome, *Journal of Women's Health* (2022). [DOI: 10.1089/jwh.2021.0411](https://doi.org/10.1089/jwh.2021.0411)

Provided by Mary Ann Liebert, Inc

Citation: Women with long COVID-19 syndrome have more symptoms (2022, April 20)
retrieved 7 May 2023 from
<https://medicalxpress.com/news/2022-04-women-covid-syndrome-symptoms.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.