

Women with long COVID-19 syndrome have more symptoms

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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)

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