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SARS-CoV-2 referred to as the novel coronavirus, was originally discovered in Wuhan, China, in December 2019. The virus is spread from person to person through respiratory droplets when an infected person talks, coughs, or sneezes. It is thought to have originated from bats, specifically a single bat species the *Rhinolophus affinis*. Since then, the virus has quickly spread over the globe, causing the ongoing COVID-19 pandemic. All ages are affected by COVID-19 which can cause minor symptoms like fever, coughing, and exhaustion as well as severe ones like pneumonia and respiratory failure. The elderly, those with compromised immune systems, and those with underlying medical issues are at increased risk from the virus. In severe cases, the immune system's response to the virus can cause a cytokine storm, which is a severe overreaction of the immune system that can cause further damage to the body, the virus can also interfere with the normal functioning of the body's blood-clotting system, leading to the formation of blood clots and other cardiovascular complications. mRNA vaccines help create antibodies to fight the SARS-Cov-2 pathogen but in turn they also have many side effects whose causes are unknown. They can cause abnormalities in the body's normal cycles and the cardiac/circulatory system causing thrombosis or myocarditis. This review will argue that mRNA vaccines themselves and specifically covid vaccines have not been researched enough and they are causing an increase of heart complications in young adults.