



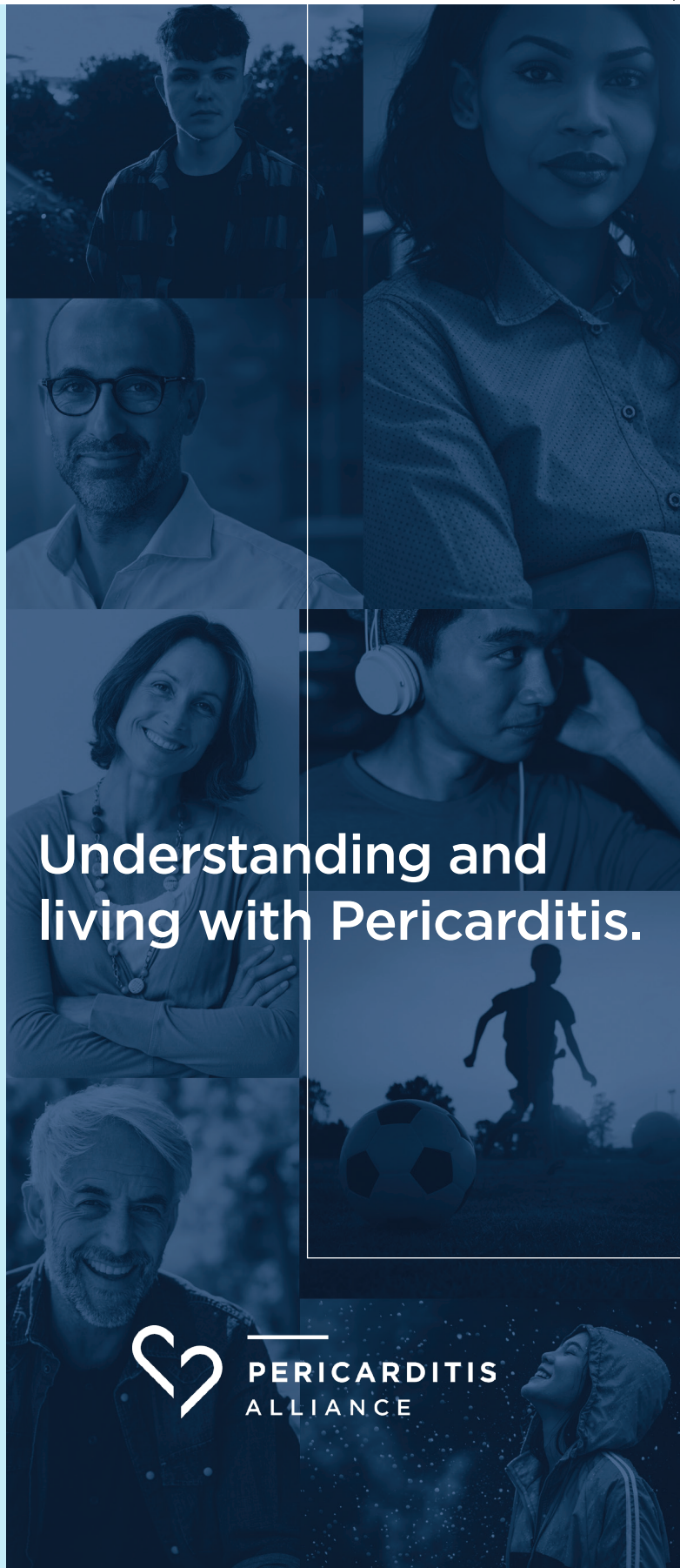
**PERICARDITIS**  
ALLIANCE

Get in touch with the Pericarditis Alliance to learn more about our work, for help with your personal pericarditis journey, to make a donation, and to learn how you can get involved.

[pericarditisalliance.org](https://pericarditisalliance.org)

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The Pericarditis Alliance is a nonprofit organization dedicated to the diagnosis and treatment of pericardial disease through research, education, and support for patients and healthcare providers.



Understanding and  
living with Pericarditis.



**PERICARDITIS**  
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# What is Pericarditis?

Pericarditis is inflammation of the pericardium, the thin fluid-filled sac surrounding the heart. The pericardium holds the heart in place and shields it from infection; there is a small amount of fluid between the heart and the pericardium to ensure there is no rubbing between them.

Pericarditis may occur as the result of a viral, bacterial, or fungal infection. It may also be caused by certain heart conditions, heart surgery, specific medical conditions, injuries or medications.

Most people diagnosed with pericarditis will recover after one acute episode without hospitalization. Approximately 15-30% of those diagnosed will face complicated or recurrent pericarditis.

## SYMPTOMS

Pericarditis often appears with symptoms similar to a heart attack, such as sharp chest pain in the middle or left side of the chest.

**Common symptoms of pericarditis may include:**

- chest pain (sharp and stabbing) that may decrease by sitting up and leaning forward
- pain in the back, neck or shoulder
- anxiety or fatigue
- dry cough



## TREATMENT

Inflammation is typically treated with medication, but, for some, surgery is needed.

Non-steroidal anti-inflammatory medication, other anti-inflammatory medication, and corticosteroids are common treatments.

Interleukin-1 inhibitors are also being used in complicated cases.

**Speak to your doctor about your risk and treatment options.**