

Menopausal health:

Long COVID

Long COVID is a disabling illness that can develop in anyone after they have had an acute COVID-19 infection, independent of its severity.

Symptoms of long COVID

Common symptoms

- Fatigue
- Shortness of breath
- Loss of smell
- Muscle aches

Less common symptoms

- Brain fog
- Depression
- Anxiety
- Chest pain
- Sleep problems
- Dizziness
- Nausea
- Stomach aches
- Loss of appetite
- High temperature
- Cough
- Headaches

Recovery from long COVID varies and seems to be unrelated to the severity of the initial COVID-19 infection.

Long COVID in women

More research is needed on the chronic effects of COVID-19 infection on the following:

- Ovarian function
- The menstrual cycle
- Menopause
- Fertility
- Pregnancy

COVID recovery programs vary worldwide – there is no consensus on the management of long COVID.

Further information

Pollack et al. (2023). Female reproductive health impacts of long COVID and associated illnesses including ME/CFS, POTS, and connective tissue disorders: a literature review <https://doi.org/10.3389/fresc.2023.1122673>

NHS. Long-term effects of COVID-19 (long COVID) <https://www.nhs.uk/conditions/covid-19/long-term-effects-of-covid-19-long-covid/>

NICE (2024). Guideline NG188. COVID-19 rapid guideline: managing the long-term effects of COVID-19 <https://www.nice.org.uk/guidance/ng188>