

Opinion

## The Truth of Dengue and its Side Effects after Recovery

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Dengue fever is a mosquito-borne flavi virus infection [1] that affects millions of people worldwide. While most individuals recover from dengue without long-term complications, a significant proportion may experience various side effects following acute phase of the illness. After recovering from dengue, people experience a range of physical, psychological, and immunological complications. Physical side effects can include persistent fatigue, muscle and joint pain (referred to as post-dengue fatigue syndrome and post-dengue musculoskeletal syndrome), and skin manifestations such as rashes [2,3] and hair loss. These symptoms can persist for weeks or even months after the initial infection, impacting the quality of life and daily functioning of affected individuals.

Psychological side effects, such as anxiety, depression, and post-traumatic stress disorder (PTSD), have also been reported among dengue survivors. The psychological impact is arisen from the distressing experience of the acute illness, fear of re-infection, or the burden of coping with ongoing symptoms. These mental health consequences can further exacerbate the overall burden of dengue on affected individuals and their families. Understanding the side effects of dengue

after recovery is crucial for health care professionals, policymakers, and researchers.

Monsoon and mosquito-borne disease have concurrent occurrences. As the rainy season approaches, there is a sudden rise in the number of mosquitoes. The hot and humid climate is perfect for their breeding.

People suffer from a dengue side effects even after its recovery. The first common problem is hair fall. Many people have this problem after suffering from the dengue. In addition, recovered patients get increased hunger resulting into taking much food that leads to weight gain. Further, rashes on the skin appear prior to recovery and continue after it.

The side effects of dengue after recovery are diverse and can have significant implications for individuals and public health. Physical symptoms such as fatigue, muscle and joint pain, and skin manifestations can persist for extended periods, affecting daily functioning and quality of life. Further research is required to protect patients from the health problems that arise after dengue recovery.

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