INFLUENZA VACCINATION CAN HELP PREVENT HEART ATTACKS

Influenza Increases the risk of heart attack up to 10X

Greater risk of heart attacks within the week following an influenza infection

This appears to have a range of effectiveness similar to that of traditional cardiovascular secondary interventions, such as:

- High cholesterol medication
  - Risk reduction up to 30%
  - 19-30%
- High blood pressure medication
  - Risk reduction up to 25%
  - 17-25%
- Smoking cessation
  - Risk reduction up to 43%
  - 32-43%

Vaccination Can reduce the risk of heart attacks up to 45%

15-45%

Macintyre et al., 2016. Heart

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