

PROTECTING AGAINST INFLUENZA IN PEOPLE

WITH Heart Disease

INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS LIVING WITH HEART DISEASE

This group is at higher risk of serious influenza-related complications, including heart attack.¹⁻⁴

Influenza infection activates inflammatory pathways in the body which can cause plaques in the arteries to burst and block blood flow, triggering a heart attack.⁵⁻⁷

ACCORDING TO THE PUBLIC HEALTH AGENCY OF CANADA:



89% of adults hospitalized for influenza in the 2010-2011 flu season had a **chronic medical condition**



23% of those patients had **heart disease**⁸

Some types of heart disease include:⁹

- **Coronary artery disease**
- **Cardiomyopathy**
- **Heart failure**
- **Heart attack**
- **Peripheral vascular disease**

GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in the winter months, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.²

HEART DISEASE IN CANADA



IN 2015

51,534

deaths were caused by heart disease¹⁰



Heart Disease is the second leading cause of death in Canada¹⁰

ABOUT 1 IN 5 CANADIANS

die of heart disease¹⁰



NACI* AND HEART & STROKE**

RECOMMEND influenza immunization for individuals with heart disease and their close contacts:^{2,11}



Healthcare Providers



Household Contacts



Service Providers

* National Advisory Committee on Immunization ** Heart and Stroke Foundation

BENEFITS OF SEASONAL INFLUENZA VACCINES²



Considered the most effective method to prevent influenza



Helps protect those who are vulnerable to serious illness



VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.²

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.¹² For more information on seasonal influenza vaccines, visit www.immunize.ca. Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

REFERENCES: 1. Udell et al. *Association Between Influenza Vaccination and Cardiovascular Outcomes in High-Risk Patients: A Meta-analysis*. 2013. *JAMA*. 310(16):1711-1720. doi:10.1001/jama.2013.279206. 2. An Advisory Committee Statement (ACS), National Advisory Committee on Immunization (NACI): *Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2017-2018*. Public Health Agency of Canada. October 2016. 3. CDC Centers for Disease Control and Prevention. *Influenza (Flu) - Flu and Heart Disease and Stroke*. August 2016. 4. Davis, M. M. et al. *Influenza Vaccination as Secondary Prevention for Cardiovascular Disease*. *Journal of the American College*

of Cardiology, 48(7), 1498-1502. doi:10.1016/j.jacc.2006.09.004. 5. Madjid M. et al. *Influenza epidemics and acute respiratory disease activity are associated with a surge in autopsy-confirmed coronary heart disease death: results from 8 years of autopsies in 34 892 subjects*. *Eur Heart J*. 2007;28(10):1205-1210. 6. Ross R. *The pathogenesis of atherosclerosis: a perspective for the 1990s*. *Nature*. 1993;362(6423):801-809. 7. Warren-Gash C, et al. *Influenza as a trigger for acute myocardial infarction or death from cardiovascular disease: a systematic review*. *Lancet Infect Dis*. 2009;9(10):601-610. 8. National Advisory Committee on Immunization (NACI). *Statement on Seasonal Influenza Vaccine for 2011-2012*. An

Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI) *Canada Communicable Disease Report*, Oct. 2011. 9. Government of Canada. *About Heart Diseases and Conditions*. March 2017. 10. Statistics Canada. Table 13-10-0394-01 Leading causes of death, total population, by age group. 11. Heart and Stroke Foundation. *Ask a cardiologist: Flu shots*. Jay Udell. 12. Public Health Agency of Canada. *Public Funding for Influenza Vaccination by Province/Territory (as of March, 2015)*. 2017.

