

# 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.<sup>1-4</sup>

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.<sup>5-7</sup>

### 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**<sup>8</sup>

Some types of heart disease include:<sup>9</sup>

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

### 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.<sup>2</sup>

### HEART DISEASE IN CANADA



IN 2015

**51,534**

deaths were caused by heart disease<sup>10</sup>



Heart Disease is the second leading cause of death in Canada<sup>10</sup>

ABOUT 1 IN 5 CANADIANS die of heart disease<sup>10</sup>



### NACI\* AND HEART & STROKE\*\*

**RECOMMEND** influenza immunization for individuals with heart disease and their close contacts:<sup>2,11</sup>



Healthcare Providers



Household Contacts



Service Providers

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

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>2</sup>



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.<sup>2</sup>

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>12</sup> For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://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.

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