



INFLUENZA **TRIGGERED HIS HEART ATTACK**

John considered himself in good health and thought that his infection would be over soon. He did not imagine it would turn out so badly. He believed he just had a bad cold with a bit of fever and muscle pain.

Within a few days of catching influenza he had a **HEART ATTACK**.

John did not know that some studies have shown influenza may trigger severe cardiovascular complications.*

INFLUENZA **AND CARDIOVASCULAR COMPLICATIONS**

Having an acute infection, including influenza, triggers inflammatory activity in your body. In order to fight off the infection your body releases chemicals that cause fever, inflammation, blood clotting and increased heart rate.¹

This stress caused by the inflammation on your cardiovascular system might be overwhelming to your heart muscle so that it cannot pump effectively, potentially leading to a heart attack or stroke.^{1,2}

People who seem to be in good health can get the flu.^{3,4}

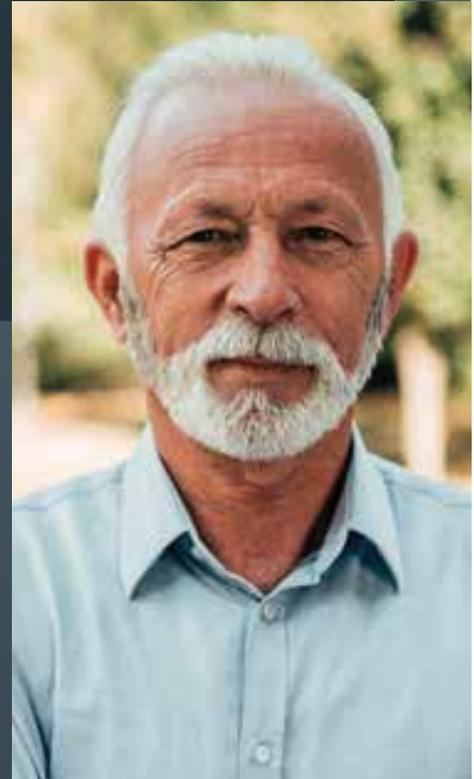
*This patient testimonial has been adapted based on data collected in market research across 3 countries. Name has been changed. Patient image is a model. Sanofi Pasteur. HCP and patient testimonials. Internal data. 2018.

INFLUENZA CAN PUT YOU AT A HIGHER RISK OF **CARDIOVASCULAR COMPLICATIONS**

One Scottish study observed that catching the influenza virus can increase the risk of **SEVERE CARDIOVASCULAR COMPLICATIONS** in the few days following an influenza infection, even in adults without a previous heart attack or stroke:³

10x the risk of suffering from a first **HEART ATTACK** in the few days following an infection.*³

8x the risk of suffering from a first **STROKE** in the few days following an infection.*³



HELP PROTECT YOURSELF **AGAINST INFLUENZA**

Vaccination is the most effective way to protect against influenza.^{5,6}

An influenza vaccination is recommended every year because the vaccine is updated every year to keep up with the changing virus.^{5,7}

Influenza vaccines do not provide 100% protection and do not treat the flu or prevent its complications. As with any vaccines, adverse reactions can occur but these are generally mild.^{5,6}

**Talk with your healthcare professional
about influenza vaccination**

*In the 3 days following a laboratory confirmed influenza infection vs unexposed or baseline time periods.¹

REFERENCES: 1. Musher, D. M. et al. *N Engl J Med.* 380(2):171-176 (2019). 2. Heart failure matters. https://www.heartfailurematters.org/en_GB/ Accessed June 2020. 3. Warren-Gash, C. et al. *Eur. Respir. J.* 51(3), pii: 1701794 (2018). 4. Centers for Disease Control and Prevention (CDC) 2019. Flu Symptoms & Complications. Available at: <https://www.cdc.gov/flu/symptoms/symptoms.htm> Accessed June 2020. 5. World Health Organization. Factsheet (Influenza). 2018. Available at: <http://www.who.int/mediacentre/factsheets/fs211/en/index.html>. Accessed June 2020. 6. Flu Vaccine Safety Information. CDC. 2019. Available at: <https://www.cdc.gov/flu/prevent/general.htm>. Accessed June 2020. 7. CDC. 2019. Flu and Heart Disease & Stroke. Available at: <https://www.cdc.gov/flu/highrisk/heartdisease.htm>. Accessed June 2020.

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