



WORLD
HEART
FEDERATION

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 infection¹

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%²

¹Kwong et al., 2018. NEJM ; Warren-Gash C, et al. Eur Respir J. 2018-51.

²Macintyre et al., 2016. Heart

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