Influenza increases the risk of heart attack more than 10X immediately after influenza infection¹.

Vaccination can reduce the risk of heart attacks up to -45%.

This appears to have a similar range of effectiveness² as traditional cardiovascular intervention in prevention of influenza triggered heart attacks:

- High cholesterol medication: Risk reduction up to -30%²
- High blood pressure medication: Risk reduction up to -25%²
- Smoking cessation: Risk reduction up to -43%²

For more information, please consult the following references:

² Macintyre et al., 2016. Heart.
³ These data are derived from individual studies by the author of the publication, not from head to head control trials.

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