

I'm an
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Change

Vaccine Medical Update Protection beyond Flu

Issue No. 1 February 2024

Issue features
Matters of the Heart

Influenza Surveillance

Publication Feature

Pub Podcast: Influenza-Associated Complications and the Impact of Vaccination on Public Health

Pub Video: Influenza Vaccination After Myocardial Infarction: A Randomized, Double-Blind, Placebo-Controlled, Multicenter Trial

Society Affairs

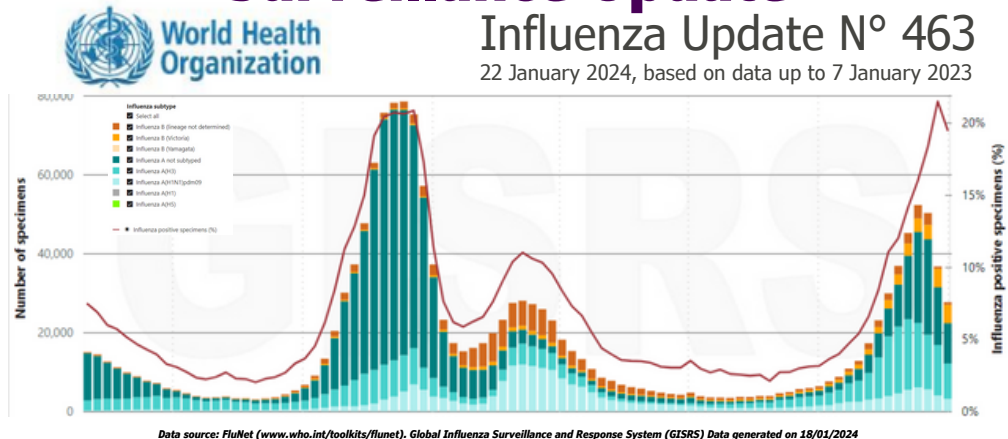
*World Heart Federation campaign
USE HEART TO STOP FLU*

*World Heart Federation Roadmap
for Secondary Prevention of
Cardiovascular Disease : 2023
Update*

Surveillance Update

Influenza Update N° 463

22 January 2024, based on data up to 7 January 2023



Although there has been a global decline in influenza detections, some countries in the Northern Hemisphere have reported an increase in activity. In South-East Asia, it has been reported that the incidence of influenza across all seasonal subtypes has decreased, although it still remains elevated, with influenza A(H3N2) being the most frequently observed subtype. While there has been an increase in detections in Singapore, Lao People's Democratic Republic, Malaysia, the Philippines, and Thailand have reported stable or decreasing detections.

Nevertheless, we can tackle this challenge with confidence by remaining vigilant and taking all necessary steps to prevent the spread of this contagious illness.

Reference: WHO Influenza Update 463. January 22, 2024 <https://www.who.int/teams/global-influenza-programme/surveillance-and-monitoring/influenza-updates/current-influenza-update>. Accessed January 29, 2024

Publication Feature



Podcast: Influenza-Associated Complications and the Impact of Vaccination on Public Health

Influenza can lead to complications beyond respiratory illness with a long-term impact, including cardiovascular outcomes, functional decline, disability, dementia, and frailty. Vaccination is the key prevention method against both acute infection and long-term sequelae of influenza, with evidence of beneficial effects on dementia, cardiovascular health, and frailty. [Listen to the Podcast](#)

Ref: Maggi, S., et al., Podcast: Influenza-Associated Complications and the Impact of Vaccination on Public Health. Infect Dis Ther (2023). <https://doi.org/10.1007/s40121-023-00885-z>. Accessed January 29, 2024



Video: Influenza Vaccination After Myocardial Infarction: A Randomized, Double-Blind, Placebo-Controlled, Multicenter Trial

This clinical study shows that administering the flu vaccine early after hospitalization for myocardial infarction or high-risk coronary artery disease can reduce the risk of cardiovascular events, including all-cause death, myocardial infarction, and stent thrombosis. Additionally, the study highlights the potential of flu vaccination in reducing the risk of all-cause death and cardiovascular death at 12 months. [Watch the video](#)

Ref: Probert O. et al., 2021, doi: 10.1161/CIRCULATIONAHA.121.057042.

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*World Heart Federation campaign
USE HEART TO STOP FLU*










*World Heart Federation Roadmap
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Cardiovascular Disease : 2023
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World Heart Federation enjoins everyone to **USE HEART TO STOP FLU**

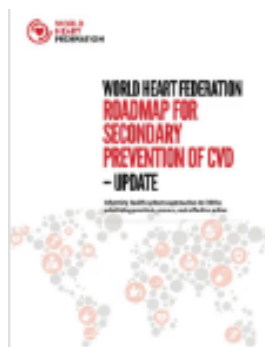
USE  TO  FLU

**IT'S TIME TO
INSIST THE
ANNUAL FLU
SHOT BE PART
OF THE FIGHT
AGAINST
HEART DISEASE**



INFLUENZA IS COMMONLY CALLED THE FLU 	INFLUENZA INCREASES THE RISK OF HEART ATTACK BY MORE THAN 10X In the first 7 days after contracting the flu! 	ALL AGE GROUPS CAN BE AFFECTED BY THE FLU But some groups are more at risk than others 
VACCINATION CAN REDUCE THE RISK OF HEART ATTACKS DUE TO FLU BY AS MUCH AS 45% ² 	PEOPLE ARE 14X MORE LIKELY TO GET VACCINATED IF HEALTH PROFESSIONALS RECOMMEND IT* 	THE ELDERLY, PEOPLE WITH UNDERLYING HEALTH CONDITIONS SUCH AS HEART DISEASE, CHILDREN UNDER 5 YEARS OLD, AND PREGNANT WOMEN 
HEALTHCARE DIRECT COSTS INCREASE BY UP TO 2X FOR PATIENTS WITH AT LEAST ONE COMPLICATION \$ F Y E F 	CARDIOVASCULAR DISEASE DISPROPORTIONATELY AFFECTS DISADVANTAGED GROUPS* It is even more important to consider preventive action. 	ARE AT GREATER RISK OF SEVERE DISEASE OR COMPLICATIONS WHEN INFECTED* 

1. Keong J, et al., 2018, doi:10.1056/NEJMe1702090 Warren-Gash C, et al., 2018, doi:10.1133/993003.0794-2017, Ohlund J, et al., 2020, doi:10.2807/1560-7917.ES.2020.25.17.1900199
2. Mooltyre C, et al., 2016, doi:10.1136/heartjnl-2016-309983 E. Lewis, Parmer H et al., 2002, PubMed PMID: 12166297 4. Karve S, et al., 2013, doi.org/10.1007/s40258-013-0020-6
5. Spiering L, et al., 2021, doi:10.1001/jama.2020.3983.6. [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))



Images are for illustrative purposes only.

WHF Roadmap for Secondary Prevention of CVD - 2023 Update...

One of the most important public health problems facing the world today

world-heart-federation.org

The Secondary Prevention Roadmap by the World Heart Federation is a game-changer for the 300 million people living with ASCVD worldwide. With its updated practical tools and policy changes, the roadmap is set to transform lives and promote cardiovascular health for all. The inclusion of influenza as a secondary prevention measure further highlights the importance of taking proactive steps to protect your heart. Join the movement and be a part of this transformative journey towards a healthier world.²

1. Website: <https://world-heart-federation.org/influenza/>. Accessed January 29, 2024

2. Laranjo, L., Lanas, et al., 2024. World Heart Federation Roadmap for Secondary Prevention of Cardiovascular Disease: 2023 Update. Global Heart, 19(1), 8.DOI: <https://doi.org/10.5334/gh.1278>. Accessed January 29, 2024