PROTECT YOUR PATIENTS WITH HEART DISEASE FROM FLU & RELATED COMPLICATIONS

There are many important things you advise patients to do to stay healthy:

- Eat a Balanced Diet
- Exercise
- Monitor and Control Blood Pressure
- Take Statins to Control Cholesterol

Annual flu vaccination is just as important in treating patients with heart disease.

28+ million US adults have heart disease and are at 6x increased risk of heart attack within 7 days of flu infection.

EVEN WHEN CHRONIC CONDITIONS ARE WELL MANAGED, FLU CAN WORSEN SYMPTOMS AND LEAD TO LIFE-THREATENING COMPLICATIONS, INCLUDING:

- Heart Attack
- Stroke
- Permanent Physical Decline
- Hospitalization and Death

LEARN MORE AT www.nfid.org/loweryourflurisk

#LowerYour FluRisk