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.

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
#LowerYourFluRisk