

# LET'S TALK ABOUT VACCINES!

## DISCUSSING VACCINATION WITH PATIENTS LIVING WITH **CARDIOVASCULAR DISEASES**

December 2023



### RECOMMENDED VACCINES\*:

Influenza | Pneumococcal | COVID-19

### ROUTINE BOOSTER VACCINE:

Tetanus, Diphtheria and Pertussis (Tdap)

### PHARMACISTS CAN HIGHLIGHT THE FOLLOWING MESSAGES TO PATIENTS:

- Individuals with cardiovascular diseases (CVDs) are at **higher risk of severe complications and death** from vaccine-preventable illnesses.<sup>1</sup>
- Vaccine-preventable diseases may lead to **damage of the heart and thromboembolisms**, leading to disease progression.<sup>2</sup>
- Non-vaccination increases the risk of developing **secondary infections** that may lead to permanent **heart damage**.<sup>2</sup>

#### INFLUENZA VACCINATION

- **Flu can trigger a heart attack or stroke:** in the few days following flu infection, the risk of a heart attack in adults is 10 times higher, and the risk of stroke is eight times higher.<sup>3</sup> Influenza vaccination can reduce this risk by 15–45%.<sup>4</sup>
- Influenza can cause other severe complications like **pneumonia, chronic condition worsening or general functional decline**.<sup>5</sup>
- People with heart disease are far more likely to suffer from **severe influenza** that can lead to severe complications, hospitalisations and deaths.<sup>6</sup>

#### OTHER VACCINES

- Around 30% of patients admitted to hospital with **pneumococcal disease** will experience a major adverse cardiovascular event, including new or worsening heart failure, new or worsening arrhythmia, or myocardial infarction.<sup>7</sup>
- People with CVDs are at an increased risk of developing a **severe form of COVID-19** which could result in death.<sup>9,10</sup>
- All adolescents and adults should receive a **Tdap vaccine** booster every 10 years after completing the primary vaccination schedule in childhood

\* Check nationally or locally applicable vaccination guidelines and recommendations and adapt advice accordingly.

### FOR THESE REASONS, PEOPLE WITH CVDs SHOULD GET VACCINATED AGAINST INFLUENZA, PNEUMOCOCCAL

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For the bibliography and additional information, check the FIP vaccination microsite:

[www.fip.org/letstalkaboutvaccines](http://www.fip.org/letstalkaboutvaccines)

