

Vaccinations for Heart Patients: Protect Your Heart with Vaccines



Why Vaccines Are Important for Cardiovascular Patients?

If you live with heart disease, your immune system may be weaker, and infections can lead to serious complications. Vaccines help protect you from these preventable illnesses, reduce the risk of severe outcomes, and keep your heart healthier.

Key Reasons to Get Vaccinated

- 1 Higher Risk of Complications:** Cardiovascular patients face a greater risk of severe illness, hospitalization, and death from infections like flu, pneumonia, and COVID-19.
- 2 Preventing Heart-Related Events:** Infections can trigger heart attacks or strokes in people with heart conditions. Some vaccines can lower the risk of these heart-related events.
- 3 Reduced Hospitalizations:** Vaccines decrease the likelihood of infections leading to hospital stays, especially for flu and pneumonia.
- 4 Boosting Your Immune System:** Heart failure and other chronic conditions weaken your immune system. Vaccines strengthen your body's ability to fight off infections.
- 5 Improving Quality of Life:** Staying up to date with vaccinations can lead to fewer infections, fewer complications, and an overall better quality of life.
- 6 Protecting Others:** Vaccinations help protect vulnerable people around you, such as the elderly and those with weakened immune systems.

Vaccines You Should Consider Talk to your doctor about these 10 important vaccines to help protect your health:

- **Meningococcal Disease:** Protects against dangerous bacterial infections.
- **Shingles:** Prevents a painful rash that can lead to complications.
- **RSV (Respiratory Syncytial Virus):** Reduces the risk of severe respiratory infections.
- **Flu:** Annual shots protect against the flu, which can increase heart problems.
- **COVID-19:** Protects against severe illness from COVID-19.
- **Hepatitis A and B:** Prevents liver infections that may further harm your health.
- **Pneumococcal Disease:** Protects against pneumonia and other serious infections.
- **Tetanus, Diphtheria, and Pertussis (Tdap):** Protects against three serious infections.
- **HPV (Human Papillomavirus):** Prevents infections that can cause certain cancers.
- **Haemophilus Influenzae Type B (Hib):** Protects against a bacterial infection that can cause severe illness.

Check out these Resources for More Information:

Government of Canada on Immunization and Heart Disease:
<https://www.canada.ca/en/public-health/services/vaccination-adults.html>

Heart and Stroke Foundation: Heart Disease and Infections:
<https://www.heartandstroke.ca/heart>

Public Health Agency of Canada Immunization Guide:
<https://www.canada.ca/en/public-health/services/vaccination-guidance.html>

Immunize Canada:
<https://immunize.ca/>

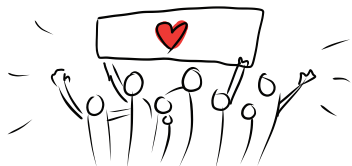
Canadian Cardiovascular Society:
<https://www.ccs.ca/en/>

Public Health Ontario: Community Immunity:
<https://www.publichealthontario.ca/en/health-topics/immunization>

Flu Vaccine Information from Health Canada:
<https://www.canada.ca/en/public-health/services/diseases/flu-influenza.html>

COVID-19 Vaccination Information from Government of Canada:
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines.html>

Pneumococcal Vaccine Information:
<https://www.canada.ca/en/public-health/services/diseases/pneumococcal.html>



Take Action

Talk to your doctor today about which vaccines you need to stay healthy and protect your heart from preventable diseases.

Mission

The HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with heart disease by engaging, educating, and empowering a global community to create lasting solutions and build healthier lives.

**For more information on Vaccinations and other support please visit us at heartlife.ca/academy/
heartlife.academy**



www.heartlife.ca

It's About Life, Not Failure™
Charitable Registration No. 76199 7493 RR0001.