

Mayo Clinic Minute

Flu Shot and Heart Attacks

Video	Audio
	We all know that getting the flu vaccine helps prevent the flu. But that's not all.
sot: Stephen Kopecky, M.D. Cardiology Mayo Clinic	"It's been shown that if you get a flu shot, it will lower your risk of having a heart attack or a stroke by about 50 percent during that flu season."
Vivien Williams	Seriously? Yes. You see the influenza virus can cause an inflammatory reaction all over your body. That's why you feel miserable. And when that happens it can also irritate the lining of your arteries. If those arteries are already in trouble with plaque build-up, the inflammation can prompt a tear. A blood clot could form, blocking blood flow to your heart or brain, causing a heart attack or stroke.
sot: Stephen Kopecky, M.D. Cardiology Mayo Clinic	"So, I tell patients, get a flu shot. Not because I'm so concerned about them getting the flu, but I'm concerned about them having a heart attack or a stroke. And patients, once you tell them that, they say, ooh, I didn't realize that. I'll get my flu shot this year."
Vivien Williams	I'm Vivien Williams, and for more health news, visit the Mayo Clinic News Network.