

# Influenza

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Disclosure  
None

# Influenza

- Mortality
  - Varies by region- 4.0 to 8.8 deaths per 100,000 annually
- Cardiac deaths due to Influenza
  - Varies by region, too; 3% to 6% of all CV deaths
  - 2007 Russia- increase in 30% of CV deaths during Influenza season



# Influenza

- Presentation- pre-existing CV disease- increases 6 fold during season
  - AMI
  - Heart failure
  - Arrhythmia
  - Myocarditis
  - Myopericarditis
  - Strokes

# Influenza

- Increased risk in older adults, especially with comorbidities (>65yo)
- Increased metabolic demand, plaques rupture, immune stimulation, adrenergic surge, dehydration, hypercoagulability, direct toxicity to the muscle
- Young patients- with comorbidities, too.
- 0.66% per 100,000

# Influenza- Prevention

## **Vaccination**



# Influenza

- Treatment
  - Oseltamivir- safe cardiac profile
  - Zanamivir- inhaled- no for COPD
  - Peramivir- IV administration
  - Other meds: beloxivir

Natural remedies

# Influenza

- Summary:
  - Deaths: 54 to 96 per 100,000 for infected patients
  - However, **3% to 6% mortality** in CV patients (annually)



# Conclusion

**Get vaccinated!!!**