Flu Prevention is an Act of Love

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IMUNISASI SEPANJANG HAYAT

Ministry of Health Malaysia

MyHEALTH for life
www.myhealth.gov.my

Malaysian Paediatric Association

Malaysian Society of Infectious Diseases & Chemotherapy

预防流行性感冒（流感）

作为管理糖尿病或心脏病的一部分

可降低心脏病发作、
中风和其他并发症的风险

In collaboration with

Malaysian Influenza Working Group

MEMS Malaysian Endocrine & Metabolic Society

mma

MHAS

Age Cope

U3A University of the Third Age

Supported by

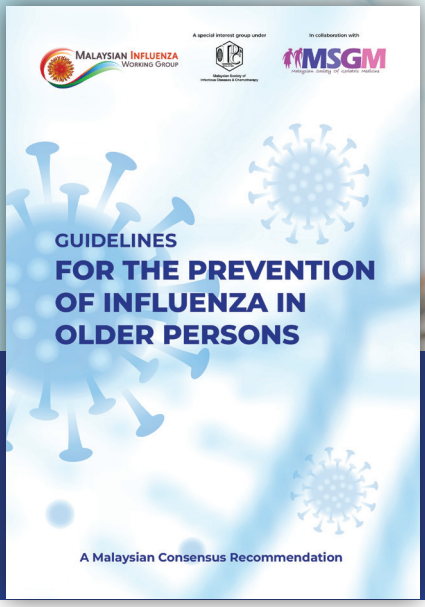
VIP Vaccines in Protection

致命的组合:
高龄化、原有的慢性病和流感

每个人都希望优雅健康地老去。然而，随着年龄的增长，您的免疫系统将无法正常工作，肺功能也可能逐渐下降[1, 2]。

这使您更容易受到感染，例如可能导致严重疾病的流感 (流行性感冒)。流感还可能使您的原有疾病恶化 (例如糖尿病或心脏病)，并增加您出现严重或危及生命的并发症的风险[3]。

这就是为什么高龄化，原有的慢性疾病和流感会成为致命的组合。



专家强烈建议所有**60岁及以上**的人，尤其患有慢性疾病的人，**每年接种流感疫苗。**

令人担忧的事实和统计数据

因流感而须住院

10人中有7人
≥ 65 岁[4]

10名患者中有9
名至少患有一种慢性病[5]

流感相关的死亡风险增加

20倍
如果患有心脏病和肺部疾病[6]

5倍
如果患有心脏疾病[6]

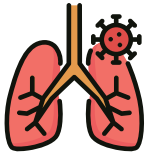
3倍
如果患有糖尿病[7]

高达 **85%** 的流感相关死亡病例发生在 ≥ 65 岁的人群中[4]

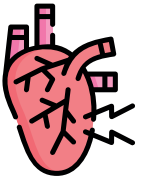
流感与高龄

老年人患上严重流感的风险较高，在可能出现呼吸窘迫或意识下降的情况下需要住院或接受重症监护[8]。流感也可能出现头晕等症状而导致跌倒[8]。

还有危及生命的并发症的风险，例如：



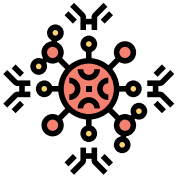
肺炎
(马来西亚的第二大死因)[9]



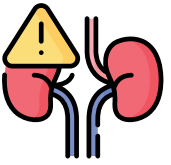
心脏发炎[3]

脑部发炎[3]

肌肉组织发炎[3]



败血症(对感染的致命免疫系统反应)[3]



对感染的极端反应导致多器官衰竭[3]

您知道流感会引发第一次心脏病发作和中风吗?

在40岁以上且没有心脏病发作或中风病史的成年人中, 首3天内感染流感可以导致:

- 心脏病发作风险增加高达10倍[10]
- 中风风险增加高达8倍[10]

接种流感疫苗给您提供保护

1

减轻症状的严重程度[11]

2

保护老年人的自理能力[12]

3

将主要心血管事件的风险降低36%[10]

4

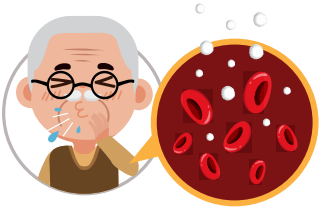
住院风险降低45%[13]

5

将死亡风险降低42%[13]

流感与糖尿病

流感会使糖尿病恶化，使其难以控制和治疗。血糖水平可能因为严重的流感感染变得极低或极高，这可能导致糖尿病紧急情况出现。

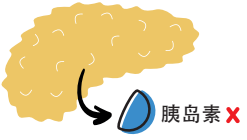


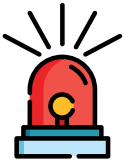
身体产生**葡萄糖**以提供能量来抵抗感染。

+

生病时身**体也会释放压力荷尔蒙**

压力会降低胰岛素的有效性





体内**非常高的葡萄糖水**平引发**糖尿病紧急情况**

流程图 1[12,14]

为糖尿病患者接种流感疫苗

22% 心力衰竭风险降低[15]

30% 中风风险降低[15]

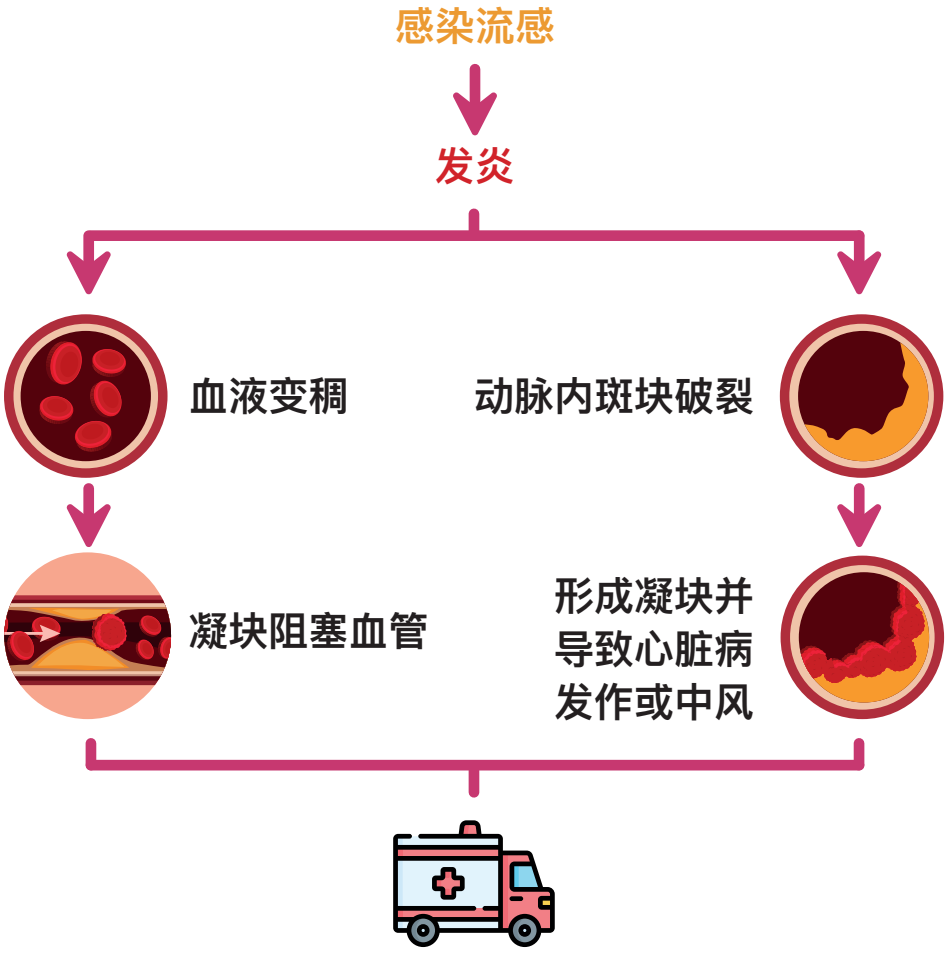
19% 急性心肌梗塞
(心脏病发作)风险降低[15]

15% 肺炎或流感风险降低[15]

24% 死亡率比未接种疫苗的人低[15]

流感与您的心脏

心脏病对心脏造成结构性损害，例如动脉变窄和硬化以及心肌减弱[16]。流感会增加心血管事件的风险，而造成不良的后果[17]。随着年龄的增长，您可能因心脏状况减弱而无法承受流感的侵袭。



流程图 2[16,17,18]

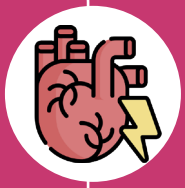
流感疫苗可保护您的心脏

接种流感疫苗可将主要心血管事件的风险降低**36%**[10]

接种流感疫苗可将心力衰竭患者的死亡风险降低**18%**[19]

近期患有急性冠状动脉综合征的高危患者接种流感疫苗后，心血管不良后果的风险降低了**45%**[20]

接种流感疫苗可降低有心脏病史的老年人群患心脏病的风险[21]



流感疫苗接种事实：
您需要知道的重要事实

1. 每年接种流感疫苗以有效保护自己，因为流感病毒每年都在变化[22]。
2. 您不会因接种疫苗而感染流感[23]。
3. 接种流感疫苗是安全的。接种疫苗后可能会出现一些副作用，但通常是轻微的，并在2天内消退[24,25]。
4. 接种疫苗后仍有一小部分人可能会感染流感，但病情会较轻[26]。
5. 与任何疫苗接种一样，如果您发烧，就不应接种流感疫苗[27]。
6. 如果您计划去旅行，请务必在旅行前至少2周接种流感疫苗，因为抗体需要时间在体内形成并提供足够的保护作用[28]。
7. 不要忘记继续保持良好的个人卫生习惯，例如经常用肥皂和水洗手，经常清洁接触过的表面[29]。

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今天就立即接种流感疫苗!

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