

Study Reveals Link between Severe Influenza and Heart Damage



Published on February 11, 2026

Document Date: Wed, Jun 10 2026 07:12:46 pm

Category: ,English,Qatar - ,Snippets

Show on website : [Click Here](#)

Washington, February 11 (QNA)– A recent study conducted by researchers at the Icahn School of Medicine at Mount Sinai in New York has revealed a link between severe influenza and heart damage.

The study, which followed patients for several years, showed that the incidence of heart attacks increases during flu season. However, the evidence is still insufficient to determine the underlying

mechanisms of this relationship.

Through analyzing tissue samples from patients who died from flu complications, the researchers discovered a type of immune cell that migrates from the lungs to the heart when infected.

Instead of fighting the virus, this type of cell produces large quantities of a protein known as type 1 interferon, which may contribute to damage to heart muscle tissue.

The researchers indicated that these cells may play a key role in the development of flu-related cardiac complications, and they emphasized that vaccination against the flu may offer some protection by reducing the activity of this protein.