

THE DANGERS OF INFLUENZA (FLU): WHY PEOPLE WITH DIABETES NEED TO GET VACCINATED

34+
million adults

have **diabetes**,
and are 3X more likely
to die from flu-related
complications



SERIOUS COMPLICATIONS MAY INCLUDE:

- **3X** higher risk of death and 6X increased risk of hospitalization
- Worsening of diabetes (poor glycemic control and acidosis)
- Increased risk of renal and cardiovascular disease issues
- Permanent physical decline/loss of independence

ANNUAL FLU VACCINATION IMPROVES OUTCOMES

Annual flu vaccination significantly reduces admission rates for stroke, heart failure and all-cause death during flu seasons in adults with Type 2 diabetes

EDUCATE AND MOTIVATE PATIENTS

INFORM patients with diabetes about the serious dangers of flu and **INSIST** they get vaccinated each year!

Inform patients with diabetes of potential complications of flu:

- Worsening of chronic health condition
- Triggering a heart attack or stroke
- Threatening their level of independence

Create a practical reminder tied to the fall season to ensure that patients schedule an office visit to discuss the importance of annual flu prevention

Providers who are unable to provide flu vaccine on-site should write a "prescription" for flu vaccine to signal the importance and urgency of the recommendation

All healthcare professionals have a role in protecting adults with chronic health conditions from flu

Visit www.nfid.org/loweryourflurisk for additional resources