

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

**30+**  
**million**

US adults diagnosed  
with **diabetes**,  
putting them at high risk for  
flu-related complications



## SERIOUS COMPLICATIONS MAY INCLUDE:

- **6X** increased risk of hospitalization
- Increased risk of heart attack or stroke
- Worsening of diabetes (poor glycemic control and acidosis)
- Increased risk of renal and cardiovascular disease issues
- Permanent physical decline/loss of independence
- **3X** higher risk of death due to flu infection

## ANNUAL FLU VACCINATION IMPROVES OUTCOMES

Annual flu vaccination significantly reduces admission rates for stroke, heart failure, and all other causes of death in adult patients 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/flu-chronic-health-conditions](http://www.nfid.org/flu-chronic-health-conditions) for additional resources**