There are many important things you advise patients to do to stay healthy:

- **Eat a Balanced Diet**
- **Exercise**
- **Monitor and Control Blood Sugar**
- **Take Medication as Prescribed**

**Annual flu vaccination** is just as important in treating patients with diabetes.

**Even when chronic conditions are well managed, flu can worsen symptoms and lead to life-threatening complications, including:**

- Heart attack and stroke
- Worsening of diabetes (poor glycemic control)
- Permanent physical decline
- Hospitalization and death

**30+ million US adults have diabetes and are 6x more likely to be hospitalized and 3x more likely to die from flu-related complications.**

Learn more at [www.nfid.org/loweryourflurisk](http://www.nfid.org/loweryourflurisk) #LowerYourFluRisk