

# PROTECTING AGAINST INFLUENZA IN PEOPLE

# WITH Diabetes

## INFLUENZA (FLU) IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

### CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR INDIVIDUALS LIVING WITH DIABETES.

People with diabetes are at higher risk of serious influenza-related complications, hospitalizations or even death.<sup>1-4</sup> These complications include but are not limited to:<sup>2,5</sup>



Bronchitis



Worsening of Chronic Heart Disease



Pneumonia



Sinus & Ear Infections

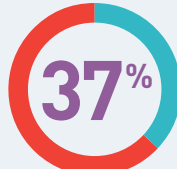


Diabetes patients frequently have other chronic diseases, such as:

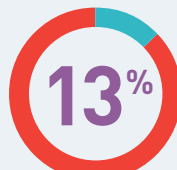
- COPD
- hypertension
- renal disease

that put them at high risk for influenza-related complications or hospitalization.<sup>6,7</sup>

For hospitalized patients, acute illness is one of several obstacles to maintaining blood sugar control.<sup>8</sup>

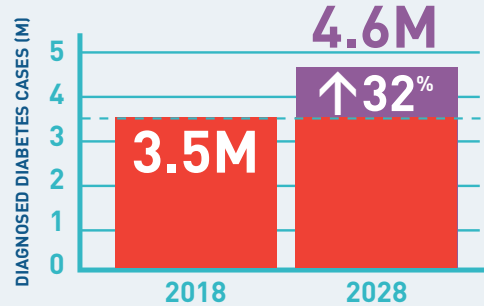


37% have 2 or more other chronic diseases and



13% have 3 or more other chronic diseases<sup>6</sup>

In Canada, the number of type 1 & 2 diagnosed diabetes cases is expected to increase 32% by 2028.<sup>9,10</sup>



Diabetes can reduce lifespan by

5-15 years.<sup>10</sup>

### DC\* and NACI\*\* RECOMMEND

influenza immunization for individuals with diabetes, and NACI recommends the same for their close contacts:<sup>1,11</sup>



Healthcare Providers



Household Contacts



Service Providers

\* Diabetes Canada

\*\* National Advisory Committee on Immunization

### BENEFITS OF SEASONAL INFLUENZA VACCINES<sup>1</sup>

- ✓ Considered the most effective method to prevent influenza
- ✓ Helps protect those who are vulnerable to serious illness



### GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in January or February, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the influenza vaccine in January or beyond.<sup>1</sup>

**VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.<sup>1</sup>**

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.<sup>12</sup> For more information on seasonal influenza vaccines, visit [www.immunize.ca](http://www.immunize.ca). Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

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This content has been reviewed by Diabetes Canada and is consistent with the 2018 Diabetes Canada Clinical Practice Guidelines.