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.[1-4] These complications include but are not limited to:[2,5]

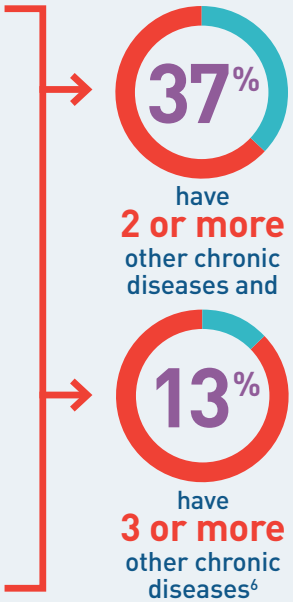
- Bronchitis
- Worsening of Chronic Heart Disease
- Pneumonia
- Sinus & Ear Infections

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.[6,7]

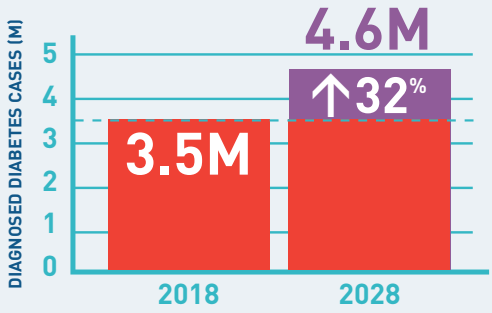
For hospitalized patients, acute illness is one of several obstacles to maintaining blood sugar control.[8]



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.[1]

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



Diabetes can reduce lifespan by **5-15** years.[10]

DC* and NACI** RECOMMEND

influenza immunization for individuals with diabetes, and NACI recommends the same for their close contacts:[1,11]

- Healthcare Providers
- Household Contacts
- Service Providers

* *Diabetes Canada*

** *National Advisory Committee on Immunization*

BENEFITS OF SEASONAL INFLUENZA VACCINES[1]

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

VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.[1]

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.[12] For more information on seasonal influenza vaccines, visit 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.

REFERENCES: 1. Public Health Agency of Canada (PHAC). *An Advisory Committee Statement (ACS), National Advisory Committee on Immunization (NACI): Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2018-2019*. May 2018. **2.** CDC. Flu and People with Diabetes. *www.cdc.gov/flu/diabetes/index.htm*. September 2018. **3.** Muller LMAJ, Gorter KJ, Hak E, et al. *Increased risk of common infections in patients with type 1 and type 2 diabetes mellitus. Clin Infect Dis.* 2005;41:281e8. **4.** Groenwold RHH, Hoes AW, Hak E. *Impact of influenza vaccination on mortality risk among the elderly. Eur Respir J.* 2009;34:56e62. **5.** CDC. Flu Symptoms and Complications. *www.cdc.gov/flu/consumer/symptoms.htm*. September 2018. **6.** PHAC. *Diabetes in Canada: Facts and figures from a public health perspective*. 2011. **7.** PHAC. *Canadian Immunization Guide*. 2016. **8.** Magaji V, Johnston JM. *Inpatient Management of Hyperglycemia and Diabetes. Clinical Diabetes*. 2011 vol. 29 no. 1 3-9. **9.** Diabetes stats in Canada are estimates generated by the *Canadian Diabetes Cost Model*, a forecasting model that provides projections on prevalence, incidence and economic burden of diabetes in Canada based on national data from government sources. Refer to: Canadian Diabetes Association. *2015 Report on Diabetes: Driving Change*. Toronto; 2015. **10.** Diabetes Canada. *Diabetes in Canada*. March 2018. **11.** Husein N, Chetty A. *Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada: Influenza, Pneumococcal, Hepatitis B and Herpes Zoster Vaccinations. Canadian Journal of Diabetes*. 2018; Vol (42): S142-S144. **12.** PHAC. Public Funding for Influenza Vaccination by Province/Territory (as of March, 2015). 2017.

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

DIABETES CANADA