

Flu + You

WHAT DO ADULTS 65 AND OLDER WITH DIABETES NEED TO KNOW ABOUT THE FLU?

The flu is a contagious illness that can be severe and life-threatening, especially in older adults.¹ The 2014-2015 flu season recorded the highest flu-related hospitalization rates among people 65 and older in recent history.² The American Association of Diabetes Educators (AADE) is working with the National Council on Aging (NCOA) to educate people with diabetes who are 65 years of age and older about the seriousness of the flu, the importance of prevention and available vaccine options. **Here's why the flu vaccine is important for this age group:**



AS PEOPLE AGE, THE IMMUNE SYSTEM WEAKENS, even if we are healthy and active. This can put older adults at risk for flu-related complications.^{3,4}



THE FLU CAN MAKE EXISTING HEALTH CONDITIONS WORSE and is especially dangerous for people with chronic health conditions, like diabetes, which commonly affect seniors.⁵



86% of adults aged 65 and older have at least one chronic health condition⁶



20% of seniors have diabetes⁸



68% of older adults have two or more chronic health conditions⁷



PEOPLE WITH DIABETES ARE AT **HIGH RISK** FOR DEVELOPING COMPLICATIONS FROM THE FLU.⁵

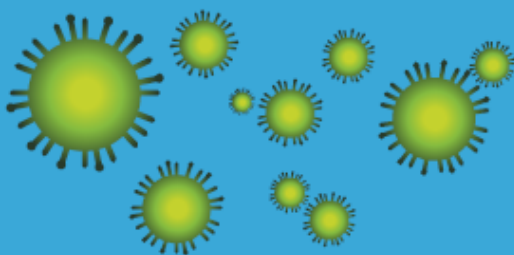
ONCE SICK WITH THE FLU, A PERSON WITH DIABETES MAY SEE AN



INCREASE IN BLOOD GLUCOSE.

- ▶ People with diabetes are also at risk of flu-related complications, like pneumonia.⁹
- ▶ In addition, being sick with the flu can prevent people with diabetes from eating properly.

ACCORDING TO THE CDC, **THE SINGLE BEST WAY TO PREVENT THE FLU IS TO GET AN ANNUAL FLU VACCINE.**¹⁰



OLDER ADULTS HAVE FLU VACCINE OPTIONS, INCLUDING:



The regular flu shot



A higher-dose vaccine developed specifically to address the age-related weakening of the immune system⁴