

Get ready for flu season: get a flu shot!

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It's that time of year—if you have an upcoming endo appointment, you'll likely hear your doctor ask if you'd like to get a flu shot. With flu season upon us, the likelihood of brushing off those sick-day management skills is, unfortunately, higher than normal. While flu season was brutal last year, the CDC says it's hard to predict the severity from year to year. Regardless of just how bad the season is or isn't predicted to be, we know we are preaching to the choir when we emphasize the importance of flu shots for individuals with type 1.

Sure, you've mastered sick-day skills as taught by your CDE, but even the most seasoned people with diabetes dread putting sick-day management skills into practice. Fever, nausea—if you have no appetite, do you really want to eat? But then there's the risk of a low blood sugar...or maybe high blood sugar because of being sick. Ketone formation amidst in range BG's? Yep, that's a fun one, too.

Overall, flu shots are an inexpensive way to protect yourself from getting sick and being admitted to the hospital as a result. A study published by the NIH found that individuals with diabetes who received a flu vaccine were 79% less likely to be hospitalized than individuals who didn't. Additionally, the CDC claims that recent studies show flu vaccinations reduce the risk of flu illness by 40% to 60% during flu season. Not only do you protect yourself when getting immunized, you protect those around you as well. Get your flu shot today and keep the flu away!