

LET'S TALK ABOUT VACCINES!

DISCUSSING VACCINATION WITH PATIENTS LIVING WITH DIABETES

December 2023



RECOMMENDED VACCINES*:

Influenza | Pneumococcal | COVID-19

ROUTINE BOOSTER VACCINE:

Tetanus, Diphtheria and Pertussis (Tdap)

PHARMACISTS CAN HIGHLIGHT THE FOLLOWING MESSAGES TO PATIENTS:

- Individuals with diabetes are at **higher risk of severe complications and death** from vaccine-preventable respiratory diseases such as flu, COVID-19 or pneumococcal pneumonia because these conditions can lead to **uncontrolled blood sugar levels**.¹
- Even when a person's diabetes is well managed, some physiological factors such as inflammation or blood pressure can create an environment in the body that makes it **harder for the immune system to effectively fight infections**.²
- People living with diabetes can especially benefit from being vaccinated because some diseases will have a direct impact on blood sugar levels, and a sustained status of **uncontrolled glycaemia** can worsen the condition.³

INFLUENZA VACCINATION

- Influenza is an aggravating factor for diabetes. People living with diabetes are **three times more likely to be hospitalised in case of flu** and are **six times more likely to die from a flu infection** compared with people without diabetes.⁴
- Influenza vaccination is associated with **reduced cardiovascular mortality** in adults with all types of diabetes.⁵

OTHER VACCINES

- **COVID-19** can have an impact on people living with diabetes; some data show a 33% mortality rate for people with diabetes, with a strong correlation with sliding scale insulin and mortality.⁶
- Diabetes increases the risk of acquiring **pneumonia and invasive pneumococcal disease**, and increases the risk for morbidity and mortality from pneumococcal infection.⁷
- All adolescents and adults should receive a Tdap vaccine booster every 10 years after completing the primary vaccination schedule in childhood

* Check nationally or locally applicable vaccination guidelines and recommendations and adapt advice accordingly.

FOR THESE REASONS, PEOPLE WITH DIABETES SHOULD GET VACCINATED AGAINST INFLUENZA, PNEUMOCOCCAL DISEASE AND COVID-19.

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For the bibliography and additional information, check the FIP vaccination microsite:

www.fip.org/letstalkaboutvaccines

