



“ I have been managing my diabetes well since childhood. Although my doctor regularly advises me to get vaccinated against influenza, **I always thought influenza was just like having runny nose or bad cold.** However, when I caught influenza, I suffered from fever, shivering, sinusitis, post-nasal drip as well as head and body ache. I was hospitalised for a whole week and given inhalers and corticosteroids for inflammation which resulted in losing control of my blood sugar levels. Now I know that **with diabetes, influenza can get worse and cause serious complications.**”*

Isabelle, 42, designer – diabetic since childhood

INFLUENZA **AND YOUR IMMUNE SYSTEM**

Did you know that your immune system weakens with diabetes, which reduces your body's ability to fight an infection?² That's why people with diabetes are more likely to suffer from serious complications of influenza such as pneumonia, serious cardiac events and neurological complications.^{2,3}

An acute influenza infection can also make it tough to control your blood sugar level. Influenza usually raises your blood sugar, but being ill can also reduce your appetite, leading to low blood sugar levels.^{2,4}

*This patient testimonial has been adapted based on data collected in market research across 3 countries. The name has been changed. Patient image is a model. Sanofi Pasteur. HCP and patient testimonials. Internal data. 2018.¹

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DIABETES CAN PUT YOU AT A GREATER RISK OF INFLUENZA COMPLICATIONS

Even if your diabetes is well-managed, you are at a high-risk of serious influenza complications.²

6x more likely to be hospitalised during influenza epidemics.⁵

7x more likely to develop pneumonia when getting influenza.⁶

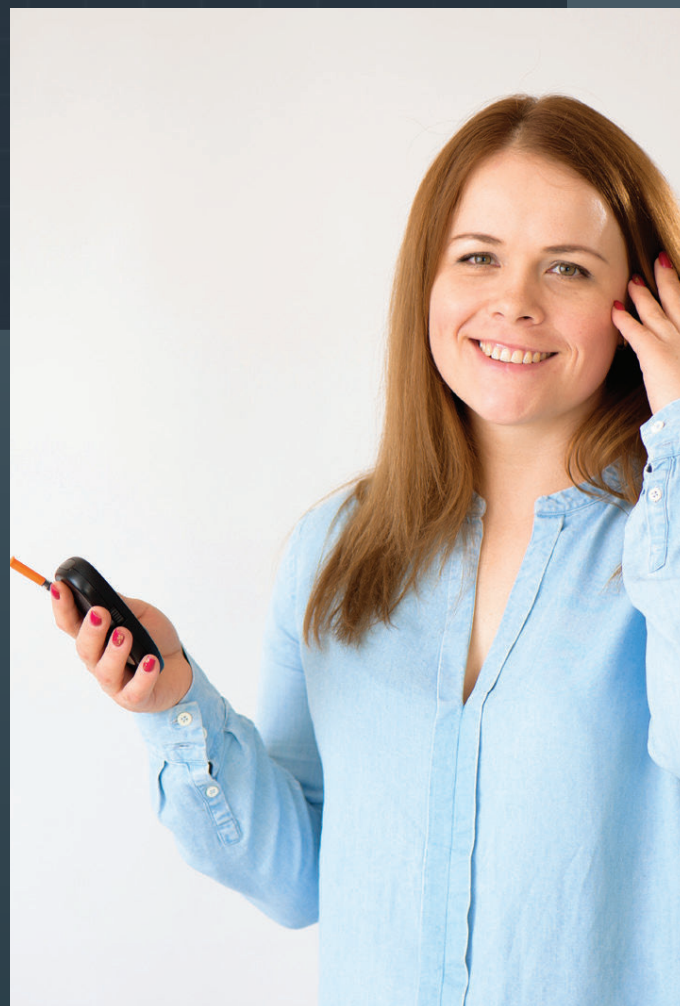
8x more likely to develop ischaemic heart disease compared with people without diabetes.⁶

PROTECT YOURSELF AGAINST INFLUENZA

Vaccination is the most effective way to protect against influenza and reduce the risk of its complications.⁷

People with diabetes are recommended to receive an influenza vaccination every year to stay protected.^{2,7}

Influenza vaccines are well tolerated. As with any vaccines, side effects can occur but these are generally mild.⁸



Talk with your healthcare professional about influenza vaccination

1. Sanofi Pasteur. HCP and patient testimonials. Internal data. 2018. 2. CDC. Flu and people with diabetes. <https://www.cdc.gov/flu/diabetes/index.htm>. Accessed January 2021. 3. CDC. Flu Symptoms and Complications. Available at: <https://www.cdc.gov/flu/symptoms/symptoms.htm>. Accessed January 2021. 4. CDC. Key Facts About Influnza. Available at: <https://www.cdc.gov/flu/about/keyfacts.htm>. Accessed January 2021. 5. Bouter KP, *et al.* *Diabetes Res Clin Pract.* 12:61-8 (1991). 6. Samson SI, *et al.* *J Diabetes Sci Technol.* 15(1):44-52 (2021). 7. World Health Organization. Factsheet (Influenza). 2018. Available at: <http://www.who.int/mediacentre/factsheets/fs211/en/index.html>. Accessed January 2021. 8. CDC. Flu Vaccine Safety Information. Available at: <https://www.cdc.gov/flu/prevent/general.htm>. Accessed January 2021.