

Mayo Clinic Minute

Flu Shots and Diabetes

| VIDEO | AUDIO |
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| | It's worth the quick poke, |
| | <i>sounds from flu shot clinic</i> |
| | to get a season's worth of protection. |
| | If we can prevent things, we're going to be better off than reacting to them. |
| | Mayo Clinic endocrinologist Dr. Steven Smith says that's true in all aspects of diabetes care – and especially in defending against the flu. |
| Title: STEVEN SMITH, M.D. ENDOCRINOLOGIST Mayo Clinic | There are hormonal responses to infections and other serious illness that fight the ability of insulin to do its job. |
| | (cough) |
| | A lot of times, when influenza strikes, it affects our appetite and our ability to digest food. And it's a combination of food and insulin and activity that controls the overall glycemic control. |
| Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic | In addition to problems with blood sugar levels, since diabetes can make the immune system less able to fight infection, people with the disease are at a higher risk for developing flu complications. |
| | Serious issues like pneumonia, bronchitis, sinus and ear infections. |
| | <i>sounds from flu shot clinic</i> |
| | More problems that underscore Dr. Smith's main message about these shots. |
| | Prevention is much better than reaction. |
| GRAPHIC | For the Mayo Clinic News Network, I'm Jeff Olsen. |