

## Mayo Clinic Minute

### Importance of influenza vaccine

Video	Audio
	One quick poke in the arm could save your life says Dr. Gregory Poland, director of Mayo Clinic's Vaccine Research Group. In the U.S. alone, he says...
<b>Gregory Poland, M.D.</b> <b>Vaccine Research Group</b> <b>Mayo Clinic</b>	“..depending on the year, we'll have 3,000 to 30,000 people or more die from influenza, and that is preventable.”
	Dr. Poland says very young children and older adults are the ones who have the most complications from the flu.
<b>Gregory Poland, M.D.</b> <b>Vaccine Research Group</b> <b>Mayo Clinic</b>	“About 90 percent of the deaths due to influenza occur in people 65 and older.”
	This year, two influenza vaccines for seniors are available.
<b>Gregory Poland, M.D.</b> <b>Vaccine Research Group</b> <b>Mayo Clinic</b>	“Now we have an adjuvanted vaccine to boost the immune response to the influenza component. So people age 65 and older should get one of the two vaccines meant for seniors.”
	And Dr. Poland says don't underestimate influenza.
<b>Gregory Poland, M.D.</b> <b>Vaccine Research Group</b> <b>Mayo Clinic</b>	“And it's really important that we take away from people the notion that it's, well, 'just the flu' – like it's always a minor illness that has no cost or complications to it. That's a myth.”
	I'm Ian Roth for the Mayo Clinic News Network.