

Mayo Clinic Minute

Vaccine researcher's advice about the flu

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| Dr. Poland | "People think, well, it's just the flu." |
| | Dr. Gregory Poland, head of Mayo Clinic's Vaccine Research Group, has sobering stats for anyone who thinks that. |
| Dr. Poland Graphic: 80,000 flu deaths 1 million hospitalizations | "Last year, 80,000 Americans died from influenza and its complications. And almost a million were hospitalized." |
| Title: Gregory Poland, M.D. Vaccine Research Group Mayo Clinic | "That's a huge burden of disease." |
| | That's why Dr. Poland recommends everyone over the age of 6 months get this shot and the protection it offers from the virus and its complications. |
| Dr. Poland | "It can cause respiratory sinusitis, pneumonia, meningitis." |
| Graphic: Flu complications: Heart attack Stroke Diabetes issues | For people who have other medical conditions like heart disease, influenza can lead to a heart attack or a stroke. |
| Dr. Poland | "For diabetics, their diabetes can go out of control." |
| Graphic: Shot cannot cause the flu | Dr. Poland stresses, this shot cannot give you the flu. It also cannot stop every case of it. However, ... |
| Dr. Poland | "Even when it's not 100 percent effective in preventing symptoms, you're still preventing the major complications." |
| | For the Mayo Clinic News Network, I'm Jeff Olsen. |