

News release
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People with diabetes urged to get their flu immunisation now

Health officials in Shropshire, Telford and Wrekin are urging those with diabetes to protect themselves and get their seasonal flu immunisation as soon as possible.

Flu immunisation clinics are now well under way in GP surgeries and people with diabetes, along with those aged over 65, pregnant women and people who are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill, are among the priority groups for the free immunisation.

Dr Catherine Woodward, NHS Telford and Wrekin's Director of Public Health and Director of Infection Prevention and Control, said: "People should not underestimate the effects of seasonal flu. It is not the same as getting a cold. Flu can seriously affect your health and the risks of developing complications are greater if you have certain pre-existing medical conditions, such as diabetes.

"The risk of serious disease is less for people who have been immunised against flu. This is being provided free at GP practices across Shropshire, Telford and Wrekin for people most at risk."

Professor Rod Thomson, Shropshire County PCT's Director of Public Health, said: "I strongly urge anyone who has not taken up the offer of a free flu immunisation, to book their appointment with their GP practice today. Don't wait until you, your friends or family catch flu.

"For many people flu is uncomfortable but not serious, however for certain groups including pregnant women, over 65s and people with long term conditions including diabetes it can be life threatening."

Leading health charity Diabetes UK is also encouraging people with diabetes to get the flu immunisation.

Cathy Moulton, Clinical Advisor at Diabetes UK said: "People with diabetes are a high-risk group when it comes to getting flu, so it is crucial that they are vaccinated as soon as possible.

“Having flu can really upset diabetes control and can cause blood glucose levels to fluctuate. This can leave people with diabetes open to many health problems, including complications of flu such as pneumonia and bronchitis.

“If you haven’t already been invited for a free flu jab, contact your surgery to find out when they are holding clinics.”

Contact your GP practice to find out more about getting yourself protected.

More information on the flu immunisation is available at www.telford.nhs.uk or www.shropshire.nhs.uk

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