



Outreach of the Month: Diabetes/Flu Vaccine

Information for Your Patients

November 1, 2016

Volume 2, Number 1

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<https://www.facebook.com/uopllc/>

<http://uopdocs.com/page.php?id=33>

Helpful links:

<http://www.cdc.gov/diabetes/basics/prevention.html>

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What is Diabetes?

Diabetes occurs when the body does not have enough insulin or cannot use it effectively, which leads to sugar build up in the blood. High blood sugar levels can lead to heart disease, stroke, blindness, kidney failure, and amputation of toes, feet, or legs.

Insulin is a hormone needed to allow blood sugar (glucose) to enter cells, where it can be used for energy.

Some types of diabetes are:

Type I: Body does not produce enough insulin.

Type II: Body does not use insulin properly.

Gestational Diabetes: A type of diabetes that develops during pregnancy.

The following ethnic backgrounds are at higher risk:

- African American
- American Indian
- Asian American
- Pacific Islander
- Hispanic American/Latino heritage.

FLU VACCINE REMINDER: Get Your Flu Shot Today and Keep the Viruses Away.

For the 2016-2017 Season, CDC recommends use of injectable flu vaccines-- Inactivated Influenza Vaccine (or IIV) or the Recombinant Influenza Vaccine (RIV). The nasal spray flu vaccine (Live Attenuated Influenza Vaccine or LAIV) should not be used during 2016-2017 per the CDC." ("CDC", 2016)

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