



HealthyCT Participating Provider Update  
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**Vaccines are critical for adults with diabetes –  
Make sure your patients are protected.**

Each year thousands of adults in the United States suffer illness, are hospitalized, and even die from diseases that could be prevented by vaccines. People with diabetes (both Type 1 and Type 2) are at higher risk for complications from certain diseases. Make sure your patients stay up-to-date with recommended vaccines so that they have the best protection against vaccine-preventable diseases that could be serious, and sometimes deadly, for them.

THREE CRITICAL VACCINES FOR PATIENTS WITH DIABETES

**Flu Shot** – Influenza can raise blood glucose to dangerously high levels in people with diabetes. **Make sure patients get a flu shot every year.**

**Hepatitis B Vaccine** – People living with type 1 or type 2 diabetes have higher rates of hepatitis B than the general population. Improper reuse and sharing of glucose monitoring equipment or other diabetes care equipment can lead to transmission of the disease. **The hepatitis B vaccine can help protect your patients.**

**Pneumococcal Vaccines** – Diabetes can be a risk factor for developing pneumococcal bacterial disease, including pneumonia with bloodstream infection, otherwise known as invasive pneumococcal pneumonia. Other complications from pneumococcal infections include ear infection, sinus infection, and meningitis. **Invasive pneumococcal infections can be prevented by pneumococcal vaccines.**

OTHER VACCINES FOR PATIENTS WITH DIABETES

Diabetes, even if it is well managed, can make it harder for patients to fight infection. That is why it is critical that patients with diabetes get these and other routinely recommended vaccines, like zoster (shingles) vaccines if they are 60 years or older, Tdap (tetanus, diphtheria and pertussis) if they have not had a dose before, and Td booster vaccine every 10 years. Other vaccines may also be needed based on vaccination history and other risk factors. For the latest recommended adult immunization schedule, visit [www.cdc.gov/vaccines/schedules](http://www.cdc.gov/vaccines/schedules).

The recently updated Standards for Adult Immunization Practice call on all healthcare professionals to take steps to ensure that adults are fully immunized. Patients rely on you to advise them about important ways to protect their health. In fact, a recommendation from a provider is the most important predictor of a patient getting needed vaccines.

Remember to follow up at the next visit to confirm that your patients received recommended vaccines. Documenting the vaccines your patients receive, whether you administer them or not, is the best way to make sure your patients are up-to-date on their vaccinations.

For more information and resources on adult immunization, visit [www.cdc.gov/vaccines/hcp/adults](http://www.cdc.gov/vaccines/hcp/adults).

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