

Swine Flu

The 2009 outbreak of the swine flu appeared to infect many people with young adults as well as people with a chronic illness (like diabetes) particular at risk. People with diabetes are more likely to develop medical complications such as pneumonia if contracting swine flu.

Vaccination for people with diabetes against swine flu is important to help prevent infection. In September 2009, the swine flu vaccine was made accessible to all people in Australia, including those with diabetes. The vaccine has been carefully researched and thoroughly trialed. As a guide, unless a person with diabetes has a contraindication such as severe allergy to vaccines or egg products, they should arrange to receive the vaccine. Reports on the potential side effects of the vaccine indicate that it is well tolerated overall but this should be discussed by the person with diabetes, with their doctor. One rare side effect from the vaccine is nerve damage known as Guillain Barre syndrome. However, it is reported to be less common in those vaccinated compared to those who contract swine flu itself.

More information about the Swine Flu can be found at:

http://www.healthemergency.gov.au/internet/healthemergency/publishing.nsf/Content/health-swine_influenza-index.htm