

## **News release**

Wednesday December 21, 2011

For immediate release

### **PEOPLE WITH DIABETES URGED TO GET THEIR FLU JAB NOW**

Health officials in Leicester, Leicestershire and Rutland are urging those with diabetes to protect themselves and get their seasonal flu vaccination as soon as possible.

Flu jab clinics are now well under way in GP surgeries and people with diabetes, along with those aged over 65 and pregnant women, are among the priority groups for the free vaccine.

Dr Tim Davies, deputy director of public health speaking on behalf of the PCT Cluster, said, "People should not underestimate the effects of seasonal flu. It is not the same as getting a cold. It can seriously affect your health and the risks of developing complications are greater if you have certain pre-existing medical conditions such as diabetes.

"This can be prevented by having the vaccine, which is being provided free at GP surgeries across Leicester, Leicestershire and Rutland for people most at risk."

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

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 flu jabs is available at <http://www.choosebetter.org.uk> or <http://www.lcr.nhs.uk/flu.aspx>.

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**For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk) or senior media officer Caroline Higgs on 0116 295 7663 or [caroline.higgs@lcr.nhs.uk](mailto:caroline.higgs@lcr.nhs.uk).**

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health.

Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving on-going transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.