

Patients with type 2 diabetes who have flu more likely to be hospitalized

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The risk for hospitalization with pandemic influenza is higher for

patients with type 2 diabetes than for those without type 2 diabetes, according to a study published online Oct. 6 in the *Journal of Internal Medicine*.

Paz L.D. Ruiz, from the Norwegian Institute of Public Health in Oslo, and colleagues used linked individual-level data from several national registers for all Norwegian residents aged 30 years and older to assess influenza-related complications among patients with type 2 [diabetes](#) (2009 through 2013).

The researchers found that [pandemic influenza](#) hospitalization was more common in individuals with type 2 diabetes (adjusted hazard ratio [aHR], 2.46). However, [mortality risk](#) associated with hospitalization for pandemic influenza was lower in patients with type 2 diabetes (aHR, 1.82) versus those without type 2 diabetes (aHR, 3.89). Among patients with type 2 diabetes who were vaccinated, the rate of hospitalization for pandemic influenza was lower compared with nonvaccinated patients with type 2 diabetes (aHR, 0.22). A similar pattern was observed for patients without type 2 diabetes (aHR, 0.41). Risk for mortality was lower in vaccinated versus nonvaccinated individuals among people with type 2 diabetes (aHR, 0.75) and, to a lesser extent, among people without type 2 diabetes (aHR, 0.91).

"The results highlight the importance of influenza vaccination of people with type 2 diabetes, particularly during influenza pandemics," the authors write.

One author disclosed financial ties to Novo Nordisk, Sanofi, and Merck.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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