

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

October 14 2019

---



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 \(subscription or payment may be required\)](#)



Citation: Patients with type 2 diabetes who have flu more likely to be hospitalized (2019, October 14) retrieved 29 April 2024 from <https://medicalxpress.com/news/2019-10-patients-diabetes-flu-hospitalized.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.