



SOLIQUA[®] 100/33
insulin glargine & lixisenatide injection
100 Units/mL & 33 mcg/mL

PROVEN TO DELIVER POWERFUL A1C REDUCTION

8.1
7.5
7.0
6.5

A1c

SOLIQUA 100/33 is an injectable prescription medicine that contains 2 diabetes medicines, insulin glargine and lixisenatide, that may improve blood sugar (glucose) control in adults with type 2 diabetes, when used with diet and exercise in people who

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Health column: Preparing for flu season

Joe Ebel, Guest Columnist Published 1:54 p.m. ET Dec. 3, 2017



(Photo: Submitted photo)

'Tis the season, flu season, that is! Cold weather and shorter days drive people indoors, and increased social activities like family gatherings and shopping raise the chance of spreading diseases, including the flu.

Many people think of the "flu" as any viral illness, from a bad cold to a stomach virus. Influenza (flu) is a contagious respiratory illness, caused by the influenza virus, that can cause mild to severe illnesses resulting in hospitalization or even death.

Some people are more likely to develop severe illness from the flu, especially people 65 years and older, pregnant women, children younger than 5-years-old, and people with certain long-term health conditions like diabetes, asthma, chronic lung disease, and heart disease.

The Center for Disease Control (CDC) and the Advisory Committee on Immunization Practices (ACIP) recommend an annual flu vaccination for all people aged 6 months or older and who do not have contraindications to vaccination. Vaccination is the primary way to prevent sickness and death caused by the flu, unfortunately many people still do not get vaccinated.

Getting a flu vaccine is easier than ever. This year there is no shortage of flu vaccine, and with doctor's offices, urgent cares, the health department, and most pharmacies giving shots, there are plenty of places where you can easily get a flu shot.

The CDC Healthy People 2020 goal is to reach 70 percent of Americans receiving their annual flu vaccinations. In Ohio during the 2016-17 season, 46.6 percent of adults were vaccinated. Nationally, 43.3 percent of adults and 59 percent of children aged 6 months to 17 years were vaccinated in 2016.

One complaint is that the flu vaccination does not guarantee protection against the flu. However, even with the variety of flu strains and the changing nature of flu viruses, the flu vaccine typically cuts your risk of getting the flu by half. People who get a flu vaccine are also less likely to get severely sick or be hospitalized from the flu than someone who does not get vaccinated.

Getting yourself vaccinated also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. The single best way to prevent the flu is to get vaccinated.

Be happy, be jolly, be healthy. Spread joy, not disease this holiday season. If you haven't already, get a flu vaccine to protect yourself and your family from the flu.

Joe Ebel is the Licking County Health Commissioner

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FROM THE MAKERS OF LANTUS[®]

WORKS 5 WAYS TO HELP LOWER A1C

FIND OUT HOW

WORKS 5 WAYS

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