

# Shingles: New Hope for an Old Disease



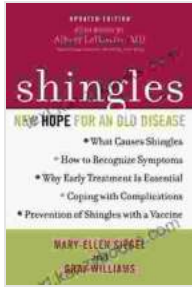
Shingles is a painful, blistering rash that is caused by the varicella-zoster virus, the same virus that causes chickenpox. After you have had chickenpox, the virus lies dormant in your nerve cells. Years later, the virus can reactivate and cause shingles.

Anyone who has had chickenpox can get shingles, but it is most common in people over the age of 50. The risk of developing shingles increases with age.

**Shingles: New Hope for an Old Disease** by Mary-Ellen Siegel

★★★★☆ 4.3 out of 5

Language : English



File size : 1118 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Word Wise : Enabled  
Print length : 184 pages



Shingles can occur anywhere on the body, but it most commonly affects the chest, back, and face. The rash usually begins as a cluster of small, red bumps that quickly turn into blisters. The blisters can be very painful and itchy.

In addition to the rash, shingles can also cause other symptoms, such as:

\* Fever \* Chills \* Headache \* Muscle aches \* Fatigue \* Nausea \* Vomiting

Shingles can be a very serious illness. In some cases, it can lead to complications such as:

\* Pneumonia \* Encephalitis \* Meningitis \* Death

There is no cure for shingles, but there are treatments that can help to relieve the symptoms and shorten the course of the illness. These treatments include:

\* Antiviral medications \* Pain relievers \* Anti-itch creams \* Calamine lotion

If you think you may have shingles, it is important to see a doctor right away. Early diagnosis and treatment can help to reduce the risk of

complications.

## **New Hope for Shingles**

There is new hope for people with shingles. A new vaccine has been developed that can help to prevent shingles and reduce the severity of the illness if you do get it. The vaccine is called Shingrix.

Shingrix is a two-dose vaccine that is given over a period of six months. The vaccine is about 90% effective in preventing shingles and about 97% effective in preventing severe cases of shingles.

Shingrix is recommended for people over the age of 50 who have had chickenpox. The vaccine is also recommended for people who have weakened immune systems, such as people with cancer or HIV.

Shingrix is a safe and effective vaccine. The most common side effects are pain, redness, and swelling at the injection site. These side effects usually go away within a few days.

If you are over the age of 50 and have had chickenpox, talk to your doctor about getting the Shingrix vaccine. Shingrix is a new hope for people with shingles.

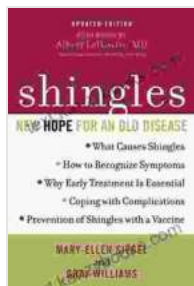
## **Additional Information**

For more information about shingles, visit the following websites:

\* Centers for Disease Control and Prevention:

<https://www.cdc.gov/shingles/> \* National Institute of Allergy and Infectious Diseases: <https://www.niaid.nih.gov/diseases-conditions/shingles> \* Mayo

Clinic: <https://www.mayoclinic.org/diseases-conditions/shingles/symptoms-causes/syc-20353096>



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