

Title: Herpes Zoster (Shingles) Vaccine: Information for Patients

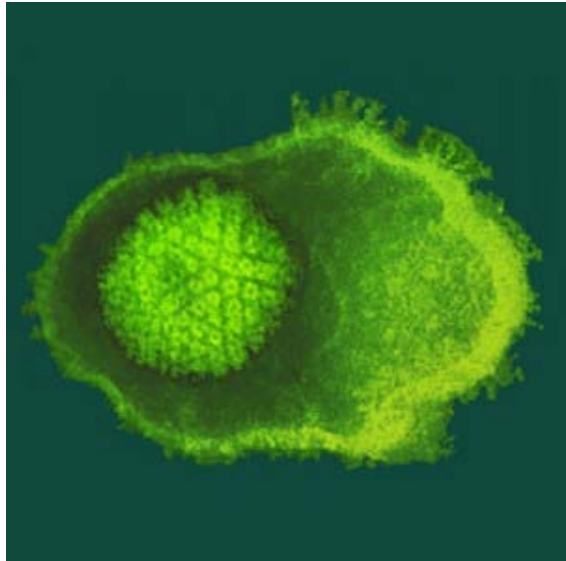
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Abstract: The Herpes Zoster Vaccine is an effective and safe tool used to lessen the chance of getting herpes zoster (shingles) and a complication of shingles called "post-herpetic neuralgia" in adults over 60 years of age. It also proves to be a good tool at decreasing the harshness and length of illness in the event a vaccinated individual does get shingles.

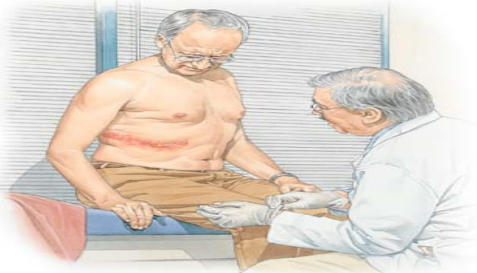
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<p>Safety/Cautions:</p>	<p>More Resources:</p>	<p>Herpes Zoster (Shingles)</p> <p>Vaccine:</p> <p>Information for Patients</p>
<p><b>Is the Vaccine Safe?</b></p>		
<p>In a large study performed in the late 1990's, the vaccine was given to nearly 20,000 patients with the conclusion that the vaccine was safe and useful. The most common problems people had with the vaccine were redness, swelling and pain in the area the shot was given.</p>	<p><u>Centers for Disease Control and Prevention (CDC)</u></p> <p>Phone: (800) 311-3435 (<a href="http://www.cdc.gov/vaccines/vpd-vac/shingles/dis-faqs.htm">www.cdc.gov/vaccines/vpd-vac/shingles/dis-faqs.htm</a>)</p> <p><u>National Library of Medicine</u></p>	
<p>Who should/ should not get the shot?</p>	<p><a href="http://www.nlm.nih.gov/medlineplus/shingles.html">www.nlm.nih.gov/medlineplus/shingles.html</a>, available in Spanish)</p>	
<p>The vaccine for shingles is recommended for almost everyone over 60 years old . You should not get the shot if you have a weakened immune system or are allergic to gelatin or the drug neomycin.</p>	<p><u>National Institute of Neurological Disorders and Stroke</u></p> <p>(<a href="http://www.ninds.nih.gov/disorders/shingles/detail_shingles.htm">www.ninds.nih.gov/disorders/shingles/detail_shingles.htm</a>)</p>	<p>Varicella Zoster Virus (courtesy of asapgg.com)</p> <p>University of Minnesota Family Medicine Clerkship Patient Education Tool</p>

# Herpes Zoster (Shingles)

## What is shingles?

Herpes Zoster, or “shingles,” is a painful rash that is caused by a virus, the same virus that caused you to get chickenpox as a child.



Herpes Zoster rash, courtesy mountmittany.org

## How can the same virus cause two diseases?

After you are infected with chickenpox, the virus hides out in your spinal cord silently for decades. As you age, you lose immunity to the virus and it re-activates.

## Who gets shingles?

As much as twenty percent of people will develop shingles at one point in their lives. Shingles is uncommon under the age of 50, in fact, over half the cases occur in those over 60. People with a weakened immune system are also more likely to get shingles. Only people who have had chickenpox can get shingles.

## How can I prevent it?

### Vaccination

Recently, a shot was made that has been shown to drop the chances of getting shingles. This shot also decreases the harshness and length of illness and if you do get shingles. The shot works by re-stimulating your body's own immune defenses against the virus that causes shingles.

