



Shingles – a real threat

Are You at Risk?

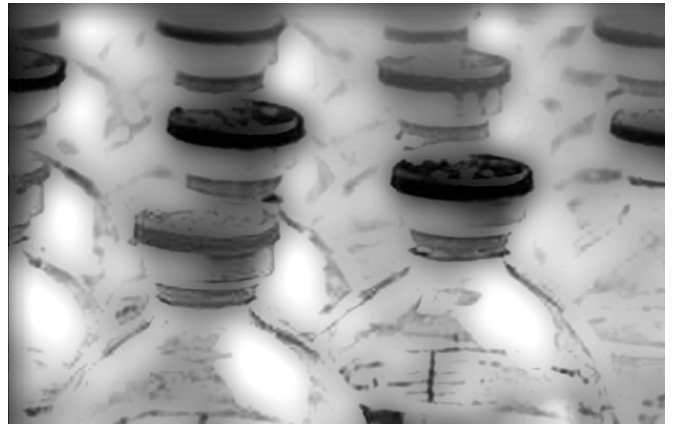
The *CDC Seeks to Protect Older Adults with Shingles Vaccine Message*, describes shingles and informs about the new shingles vaccine. Shingles is an extremely painful and debilitating rash that can lead to even more severe complications and have a major impact on quality of life.

Shingles (also called herpes zoster) occurs when the varicella-zoster virus – the same virus that causes chickenpox – is reactivated in the body. There are about a million new cases of shingles each year in the United States. Older adults are particularly vulnerable to developing shingles and more prone to complications from shingles. Yet, research shows, more than half of older adults do not understand the seriousness of shingles and its complications. Prompt treatment is essential to control acute symptoms, but preventing shingles in the first place is the best approach.

There is a new vaccine (Zostavax) that can lower the risk of getting shingles. CDC is working to educate health

professionals and the public about the importance of this new vaccine for adults age 60 and older.

For additional information, the complete article, *CDC Seeks to Protect Older Adults with Shingles Vaccine Message* can be found at www.njfoundationforaging.org.



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SHINGLES – DID YOU KNOW...

- There are about a million new cases of shingles each year in the United States.
- Anyone who has had chicken pox can get shingles. That means 95% of adults are at risk.
- Approximately one-third of the U.S. population will get shingles. The risk rises after 50 years of age. Half of people living to age 85 have had or will get shingles.
- More than half of older adults do not understand the seriousness of shingles and its complications.
- Among those who get shingles, more than one-third will develop serious complications. The risk of complications rises after 60 years of age.
- Prompt treatment is essential to control acute symptoms.
- There is a new vaccine that can lower the risk of getting shingles.