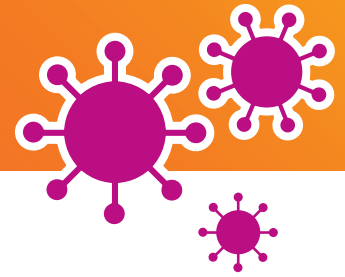


# Shingles



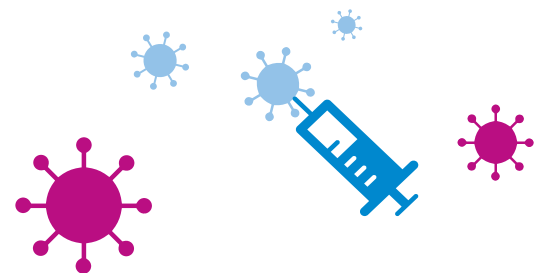
## What is Shingles?

- Shingles is caused by the **reactivation of the varicella zoster virus (VZV)**, the same virus that causes chickenpox.<sup>1</sup>
- More than **90% of those over 50 years old** have had chickenpox and are at risk for shingles.<sup>2</sup>
- For reasons that are not fully known, the virus **can reactivate years later**, causing shingles.<sup>1</sup>
- Shingles typically presents as a **painful, itchy rash** that develops on one side of the body and **can last for two to four weeks**.<sup>3,4</sup> Other symptoms of shingles outside of the rash include fever, headache and sensitivity to light.<sup>1</sup>
- **Complications** of shingles include **postherpetic neuralgia (PHN)**, scarring, vision complications, secondary infection and nerve palsies.<sup>1</sup>

**The best way to help prevent shingles is to be vaccinated against it.**<sup>5</sup>

## Aging and the Immune System

- The risk and severity of shingles increases with age because **aging causes a natural decline in the body's immunity**.<sup>1</sup>
- As immune function declines with age, there is a **reduction in the number of immune cells** and their ability to prevent the reactivation of the virus that causes shingles.<sup>6,7</sup>
- A person's **risk for shingles increases after 50 years of age**, as does the risk of complications, including PHN.<sup>1</sup>
- Age-related decline in immunity is recognized as an **important risk factor** for shingles.<sup>1</sup>
- The individual lifetime risk of developing shingles is approximately **one in three** and, for those who live to 85, it is **one in two**.<sup>1,8</sup>



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