



Don't let shingles become a burning issue

- **95% of adults have had chickenpox and are therefore at risk of developing shingles.**¹ The virus that causes chickenpox never leaves the body, and can reoccur as shingles later in life
- There is a **1 in 4 chance you could develop shingles** at some point in your lifetime²
- **2 out of 3 shingles cases** occur in individuals **aged 50 years or over**^{3,4}
- Shingles is a disease of the nerves and skin, which **causes a painful rash often on the trunk, or the head and eye.** Chronic nerve pain after the rash has healed, is the most common complication of shingles, that for some may last weeks, months or even years
- Shingles can also lead to **potential serious complications** such as scarring, skin infections, or occasionally vision loss in the affected eye

For more information about shingles please speak with your GP, Practice Nurse or Pharmacist.

www.shingles.ie

References

1. Johnson RW, Wasner G, Saddier P, Baron R. Postherpetic neuralgia: epidemiology, pathophysiology and management. *Expert Rev Neurother.* 2007;7(11):1581-95.
2. Bowsher D. The lifetime occurrence of herpes zoster and prevalence of post-herpetic neuralgia: A retrospective survey in an elderly population. *Eur J Pain.* 1999;3(4):335-42.
3. Hope-Simpson RE. Postherpetic neuralgia. *J R Coll Gen Pract.* 1975; 25: 571-5.
4. Johnson R, McElhane J, Pedalino B, Levin M. Prevention of herpes zoster and its painful and debilitating complications. *Int J Infect Dis.* 2007;11 Suppl 2:S43-8.



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