

## SHINGLES

### PREVENTION STARTS WITH AN INFORMED CONVERSATION

If you're 50 years or older, the risk of getting this painful, blistering rash is very real — no matter how healthy you may feel<sup>1,2</sup>. Use this guide at your next doctor's appointment to learn more.

#### **QUICK FACTS:**

Shingles is caused by the reactivation of the varicella zoster virus, the same virus that causes chickenpox<sup>2</sup>.

Over 90% of adults 50 years and older already carry the virus, and 1 in 3 will get shingles in their lifetime<sup>3</sup>.

Shingles pain can feel like electric shocks, burning, or intense itching<sup>4</sup>.

While most people recover, shingles can lead to painful long-term complications<sup>5</sup>.

Shingles can disrupt your life for weeks, months, or even years<sup>5</sup>.



#### DON'T WAIT FOR SHINGLES PAIN TO STRIKE

# GET THE CONVERSATION STARTED

#### HERE ARE SOME QUESTIONS TO GUIDE YOUR DISCUSSION











I am over 50 but feel healthy and try to stay fit.

Am I still at risk for shingles?

People talk about the terrible impact shingles pain has had on their lives. Is it that painful? Can you tell me more about the potential long-term complications of shingles? If I haven't had chickenpox, can I get shingles?

I've had shingles before.

Can I get it again?

TAKE ACTION BEFORE THE VIRUS DOES. **TALK TO YOUR DOCTOR.** 

References: 1. Gov.UK. Shingles (herpes zoster). 2021;1-16;28a; 2. Mayo Clinic. Shingles. 2019;1-4;
3. Bollaerts K, et al. Epidemiology and infection: A systematic review of varicella seroprevalence in European countries before universal childhood immunization: deriving incidence from seroprevalence data. 2017;145:2666-2677;
4. Harpaz R, et al. MMWR Prevention of Herpes Zoster. 2008;Vol.57 RR-5; 5. Drolet M. Herpes Zoster: Postherpetic Neuralgia and Other Complication.2017;Chapter11:19-140.

NP-MY-SGX-PINF-240001 06/24
©2024 GSK group of companies or its licensor.
This educational program is brought to you by GSK.
GlaxoSmithKline Pharmaceutical Sdn Bhd 19580100014l(3277-U)
For further information please contact your doctor.
All images used in this material are for illustration purposes only

