

# Shingles Can Impact You or Your Loved Ones

For use with patients

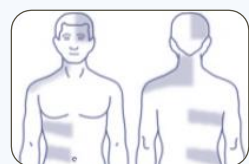
## What Is Shingles?

Shingles is a painful rash that is caused by the same virus that causes chickenpox. After someone has chickenpox, the virus becomes dormant in their body and can reactivate later in life. When the virus reactivates, it can cause a rash known as shingles.<sup>1</sup>

- **1,000,000** cases of shingles are estimated to occur in the United States each year<sup>1</sup>
- **1 out of 3** people in the United States will develop shingles during their life<sup>1</sup>
- Shingles is most common in adults aged **50 years and older** and adults who have a **weakened immune system**<sup>1,2</sup>

## What to Expect if You Get Shingles

### Before the rash



- Pain or tingling several days before you see the rash in the area where the rash develops<sup>3</sup>
- The rash may occur in 1 or 2 locations of the body that are illustrated to the left (may occur in other locations not illustrated here)<sup>1,3</sup>

### Rash



- Blisters (painful, itchy, or tingly) that typically scab over in 7 to 10 days and usually heal in 2 to 4 weeks<sup>3</sup>

Image source: iStock Photo

## Most Common Symptoms



Rash and itchiness<sup>4</sup>



Pain<sup>4</sup>



Fatigue<sup>4</sup>

The following quote is from a person who was interviewed 31–60 days post-diagnosis of shingles<sup>4</sup>:



*“The only way I could really explain it, and I’ve explained it for a few people, is if somebody takes a blowtorch and puts it on your body.”*

## Complications From Shingles

- There are several complications from shingles one of which is **postherpetic neuralgia (PHN)**, long lasting nerve pain in the area where the rash was which is experienced by some people (10–18%) and can last for months to even years after the rash resolves<sup>2</sup>
- People with **compromised or suppressed immune systems** are more likely to have complications from shingles<sup>1</sup>

## Shingles Can Interfere With Quality of Life and Work

**Approximately 2 out of 3** patients with shingles reported impact on activities like<sup>3</sup>:

- Shopping
- Work around the house
- Socializing

**During the acute phase, shingles and its complications like PHN can lead to<sup>6</sup>:**

- Depression
- Anxiety
- Fatigue
- Reduced mobility

In a survey of 153 adults 50–64 years of age based on a wage rate of \$20.32 per hour, **shingles patients reported missing approximately 4 days** of work and more than **10 days** of being unproductive at work, resulting in a potential income loss of approximately **\$2,350**.<sup>5</sup>

This is important given most adults are working on average until 65 years of age.<sup>7</sup>

**During the acute phase, shingles can impact your<sup>4</sup>:**



Emotional Wellness



Sleep



Physical Wellness



Social Life



Work & Career



Activities of Daily Living



Hobbies



Cognitive Abilities



Talk to your doctor or pharmacist about how you can protect yourself against shingles and its complications or visit [www.cdc.gov/shingles/index.html](http://www.cdc.gov/shingles/index.html).<sup>1</sup>

Talk with your doctor if you have any questions about your health condition and treatment. This information does not take the place of talking with your doctor.

## References

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