

Further Research:

National Institute of
neurological Disorders and
Stroke Website:

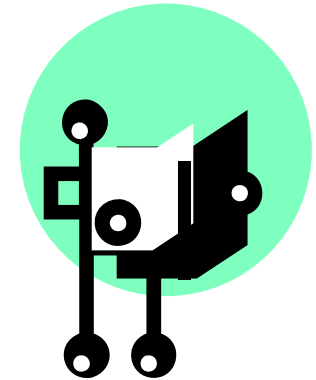
<http://www.ninds.nih.gov/disorders/shingles/shingles.htm>

<http://www.shinglesinfo.com/>

Sources :

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<http://online.statref.com/document.aspx?fxid=99&docid=516>.
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2. Cohen I, Jeffery. Strategies for herpes zoster vaccination of immunocompromised patients. *Journal of Infectious Diseases*. 2008; 197:S237-S241.
<http://www.journals.uchicago.edu/doi/full/10.1086/522129>
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5. Sommers, MS. Diseases and Disorders: A Nursing Therapeutics Manual, 3rd ed. Philadelphia, PA: F. A. Davis Company; 2002.
<http://online.statref.com/document.aspx?fxid=62&docid=110>.
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Shingles



Human Diseases &
Disorders

Paris Scott

Shingles: A Definition

Shingles, also known as *herpes zoster*, is a viral disease that causes blisters on the skin that can be followed along the peripheral nerves that the virus affects.²

Those Affected by Shingles

Although shingles can affect anyone, it is rarely seen in healthy children and young adults. People over 20 years of age account for about 80% of shingles cases and an estimated 50% of people who live to the age of 85 will develop shingles. Of people that have previously had chickenpox, African Americans are 25% less likely to be affected by shingles.⁵

Those More Susceptible to Shingles⁶

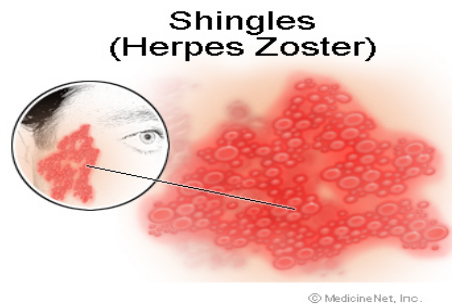
- Older adults
- People with AIDS
- People with Hodgkin's disease
- People with diabetes
- People taking corticosteroids
- People that are being treated with chemotherapy

Causes of Shingles

Shingles is caused by the varicella zoster virus, which is the same virus that causes chicken pox. It develops when the varicella zoster virus is reactivated after lying dormant in a nerve cell.⁵

Symptoms of Shingles

- Red, blistering rash that is painful¹



Spreading of Shingles

Shingles cannot be spread from person to person. However, until the blisters caused from the virus are healed, chickenpox can be contracted from a patient with shingles if the person has not previously had chickenpox or if they have not been vaccinated against it.¹

The eyes can also be affected by shingles, leaving scars that can affect vision or leading to glaucoma later in life.¹

A vaccine for shingles is also available for people over the age of 60.³

Duration of Shingles

The time of incubation for shingles falls in a range between 7 and 21 days. It can last from 10 days to 5 weeks. The disease tends to last for a shorter period of time if all of the blisters show up within a 24-hour period.⁶

The pain associated with shingles can last after the rash is gone (postherpetic neuralgia) and can be so severe that prescription pain medicine is needed.

Treatment Options for Shingles⁶

- To reduce viral shedding and nerve pain damage:
 - Acyclovir
 - Famciclovir
 - Valacyclovir
- To decrease pain:
 - Corticosteroids
 - Gabapentin
 - Nonsteroidal anti-inflammatory drugs
 - Tricyclic anti-depressants
 - Narcotics
- Oatmeal can also be used to help relieve itching.