

# HE IS RISEN!

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## Backdoor Reading From Your Parish Nurse

### FDA Approves New Vaccine for Shingles That Provides Broad Protection

The new vaccine for Shingles – now recommended for all healthy adults age 50 and over is significantly more effective than the original Shingles vaccine according to Massachusetts General Hospital.

Shingles is a delayed complication of chicken pox, a highly infectious disease most children suffered through the era before the chickenpox vaccine was developed. People who have had chickenpox harbor the varicella zoster virus, the bug that causes the disease. Healthy immune systems keep the virus in a dormant state. But people with a weakened immune system, either because of illness or because the immune system declines with age, can develop shingles. And there is nothing good about shingles! The condition typically manifests as a painful, itchy rash, either on one side of the torso or one side of the face. The blisters can lead to ulcers and scars. Shingles can be quite bad. In worst cases, people may not be able to put their clothing on. And it can leave ulcers and scars. Some people who have had shingles go on to develop what's known as post-herpetic neuralgia, in which nerve pain persists for months and sometimes years and this is debilitating. Shingrix is 97% effective for ages 50-59. The old vaccine was 51-67% effective. My suggestion is to get it if you are 60 or over. I got mine. LH