

KNOW SHINGLES

Discussion Guide

Talking to your doctor or pharmacist about shingles



Speak to your doctor or pharmacist about the risk and impact of shingles




Shingles can affect every part of your life

Shingles pain has the potential to impact your sleep, general activities, and mood.⁵

People appearing in this content are models and for illustrative purposes only. Hypothetical shingles case. Individual patients' symptoms of shingles may vary.

Key facts about shingles

- Shingles is the **reactivation of the varicella zoster virus**, the same virus that causes chickenpox. It is most common in people over 50 years of age^{1,2}
- Nearly **all adults 50 years and older** already carry the inactive virus that causes shingles¹⁻³
- About **1 in 3 people will develop shingles** in their lifetime. It can occur regardless of how young, fit, or healthy a person may feel.^{1,2}
- Shingles typically produces a **painful, blistering rash**^{1,4}
- Whilst most people recover fully, shingles can put you at risk of suffering from **long-term painful and debilitating complications**^{1,4}



I was going to retire and go travelling, but unfortunately I'm stuck here now, because of shingles and this pain. I just can't go anywhere

Pamela
who had shingles at 56 years old.

Individual patients' symptoms may vary. This statement is based on a patients' description of their experience with shingles.

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[knowshingles.com.au](https://www.knowshingles.com.au)

References: 1. Health Direct. Shingles. Available at: www.healthdirect.gov.au/shingles [Accessed July 2024]. 2. CDC. Shingles. Available at: www.cdc.gov/shingles/about/index.html [Accessed July 2024]. 3. Gidding HF *et al.* *Epidemiol Infect.* 2003;131:1085-9. 4. CDC. Shingles. Available at: www.cdc.gov/shingles/signs-symptoms/index.html [Accessed July 2024]. 5. Matthews S *et al.* *Clin J Pain.* 2023;39:386-93.

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