



SHINGLES: KNOW THE FACTS

SO YOU CAN HAVE A CONVERSATION WITH
YOUR DOCTOR, AND OTHERS, ABOUT **SHINGLES**

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.**¹⁻³
- **Up to 99.5% of adults aged 50 and older already carry the inactive virus** that causes shingles.¹⁻³
- Up to **1 in 3 people risk developing shingles in their lifetime** regardless of how healthy they may feel.¹⁻³
- **Shingles** typically produces a **painful, blistering rash.**¹⁻³
- Whilst most people recover fully, **shingles** can put you at risk of suffering from **long-term painful and debilitating complications.**¹⁻³

SHINGLES CAN AFFECT EVERY PART OF YOUR LIFE.

Shingles can not only be painful, it can also impact your social and emotional wellbeing, your work and even your ability to carry out everyday activities.

"I couldn't understand why the pain had intensified to the point where I couldn't function."

It's really hard. It controls your whole life."

Maxine*
was 56 when she had shingles



*Individual patient's symptoms may vary.

This statement is based on a patient's description of their experience with shingles and does not represent every patient's experience.

TALK TO YOUR DOCTOR ABOUT SHINGLES TODAY

TALKING TO YOUR DOCTOR ABOUT SHINGLES

CONVERSATION STARTERS



"I try and stay as fit and healthy as I can. Could I still be at risk of shingles?"

"I had chickenpox when I was a baby, does that mean I could get shingles?"

"I've heard that people over 50 are more likely to get shingles - does that mean I am more at risk?"

HERE ARE SOME
**QUESTIONS &
CONVERSATION STARTERS**
TO HELP GUIDE YOUR
DISCUSSION ABOUT
SHINGLES

"People talk about the terrible impact of shingles on their life. Where can I get more information about shingles?"

"I have heard that shingles can result in long-term pain, is that something that could happen to me?"

"I've had shingles before, am I likely to get it again?"

START A CONVERSATION ABOUT SHINGLES WITH YOUR DOCTOR TODAY

www.knowshingles.com.au

References: **1.** Centers for Disease Control and Prevention. Prevention of Herpes Zoster: Recommendations of the Advisory Committee on Immunization Practices (ACIP). MMWR. 2008 June;57(RR-5):1-30. **2.** Australian Technical Advisory Group on Immunisation (ATAGI). Australian Immunisation Handbook. Updated May 2022. Available at immunisationhandbook.health.gov.au (accessed July 2022). **3.** National Centre for Immunisation Research and Surveillance (NCIRS) Zoster vaccine for Australian adults. Fact sheet. Updated May 2022 Available at <https://ncirs.org.au/ncirs-fact-sheets-faqs/zoster-vaccine-australian-adults> (accessed July 2022).

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