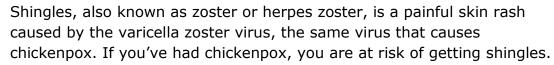
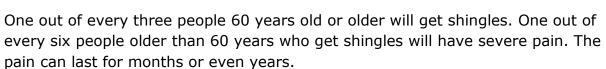


Health Maintenance Tip

What is Shingles?





How to Protect Yourself Against Shingles

Adults 60 or older should talk to their healthcare professional about getting a onetime dose of the shingles vaccine. It can reduce your risk of shingles and the long term pain it can cause. Persons who have already had shingles or who have a chronic medical condition can receive the shingles vaccine.

In a clinical trial involving thousands of adults 60 or older, the vaccine reduced the risk of shingles by about half. Even if the shingles vaccine doesn't prevent you from getting shingles, it can still reduce the chance of having long-term pain.

Source: http://www.cdc.gov/vaccines/hcp/adults/downloads/fs-shingles.pdf

