What is Shingles?

Shingles is a serious disease caused by the reactivation of the varicella zoster virus (VZV), the same virus that causes chickenpox.\(^1\)

### The Typical Symptoms of Shingles

- **Rash** – a painful, itchy rash often develops on one side of the body.\(^2\)
- The **pain** associated with shingles is often described as burning, shooting or stabbing, and it may be severe and accompanied by itching.\(^2,3\)
- The rash can last between **2-4 weeks**.\(^3\)
- Even once the rash is gone a person can experience postherpetic neuralgia (PHN), pain lasting from at least three months up to several years. **10-18% of patients** with shingles experience PHN.\(^1,4\)

### The Facts About Shingles

- **One in three:** the estimated individual lifetime risk of developing shingles\(^1\)
- **99%** The percentage of individuals over the age of 50 infected with VZV and at risk of shingles\(^1\)
- **~1 Million** The number of shingles cases that occur each year in the US\(^1\)
- **$1 Billion** The annual cost of shingles to the US healthcare system\(^4\)

### The Aging Immune System and Shingles

As we age, the cells in our immune system lose the ability to maintain a strong and effective response to VZV reactivation, such that after the age of 50 a person’s **risk for shingles increases**.\(^1,3\)

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