

# SHINGLES

## PREVENTION STARTS WITH AN INFORMED CONVERSATION

If you're 50 years or older, you may be at risk of Shingles disease with the symptoms of painful, blistering rash - no matter how healthy you may feel. You can use this guide at your next doctor's appointment to learn more.

### QUICK FACTS:

Shingles is caused by the reactivation of the varicella zoster virus, the same virus that caused chickenpox.<sup>1</sup>



>90% of adults aged  $\geq 50$  are infected with the virus that causes shingles.<sup>2</sup>



Shingles symptoms may include painful rash and intense itching.<sup>1</sup>



While most people recover, Shingles can lead to painful long-term complications.<sup>1</sup>



Shingles can disrupt your life for weeks, months, or even years.<sup>1</sup>



DON'T WAIT FOR SHINGLES PAIN TO STRIKE

# GET THE **CONVERSATION** **STARTED**

## HERE ARE SOME QUESTIONS TO GUIDE YOUR DISCUSSION

1

I am over 50 but feel healthy and try to stay fit.  
**Am I still at risk for Shingles?**

2

People talk about the terrible impact Shingles pain has had on their lives.  
**Is it that painful?**

3

Can you **tell me more** about the potential **long-term complications of Shingles?**

4

If I haven't had chickenpox,  
**can I get Shingles?**

5

I've had Shingles before.  
**Can I get it again?**

*TAKE ACTION BEFORE THE VIRUS DOES.*

**ASK YOUR DOCTOR ABOUT THE RISK  
AND IMPACT OF SHINGLES TODAY**

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### References

1. CDC. MMWR. Prevention of Herpes Zoster. June 2008. Available at: <http://www.cdc.gov/mmwr>. Accessed July 2023.
2. Kilgore P et al. Journal of medical virology;2003;70:S111-8.

