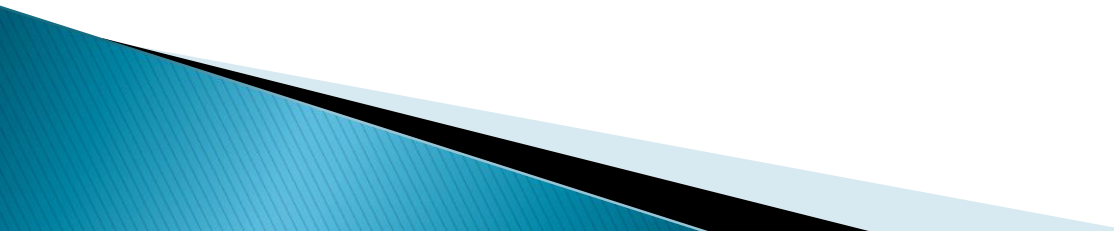


Health Information Evening (25 / 2 / 19)

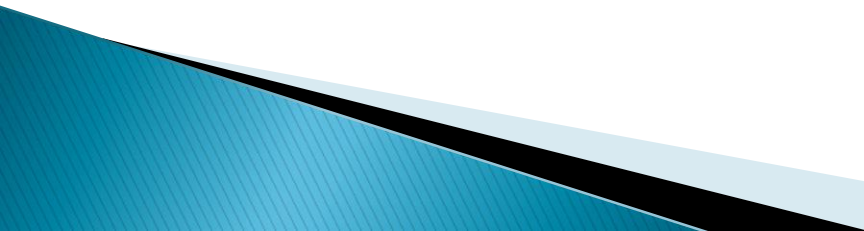
Atrial Fibrillation
Cancer of the Prostate
Shingles




Presenters

- ▶ Mary Adams (BNSSG CCG patient liaison officer)
 - ▶ Richard Thomson (GP)
 - ▶ Tony Ryan (GP)
 - ▶ Gerwyn Owen (GP)
-
- ▶ Special thanks to our Patient Group for organising and stewarding
- 

Shingles

- ▶ Herpes Zoster (Shingles)
 - ▶ Varicella Zoster virus (Chickenpox)
 - ▶ Same virus
 - ▶ Shingles is a reactivation of the chickenpox
 - ▶ 90% of adults have serological evidence of infection with primary varicella zoster infection
 - ▶ Therefore, a common problem
- 

Shingles

- ▶ Pain precedes the rash for around 3 days (can be up to a week)
 - ▶ Rash in a dermatomal distribution on one side of the body
 - ▶ Any age but over 50s more common
 - ▶ Women more than men
 - ▶ Immunocompromised most at risk
 - ▶ Rash lasts 2 weeks typically and might scar
 - ▶ Post herpetic neuralgia (risk between 5–32% and increases with age)
- 

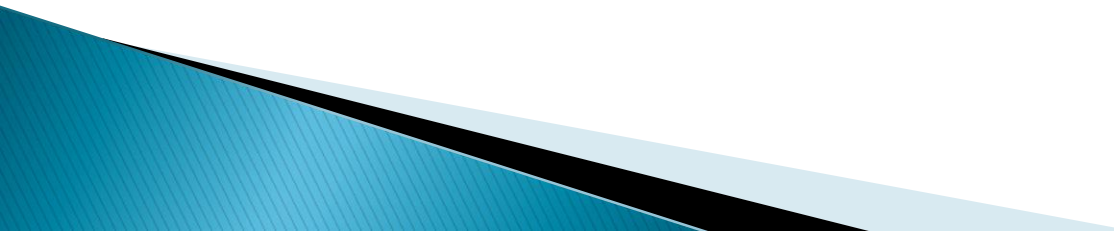
Shingles



Shingles



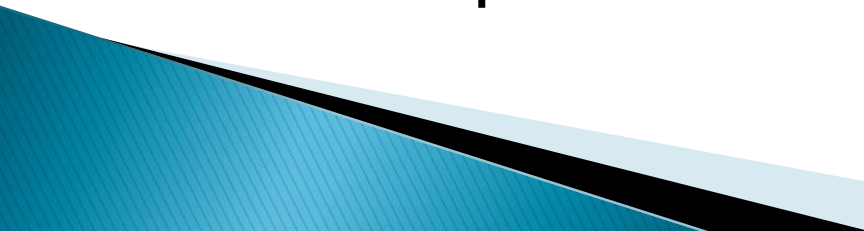
Shingles

- ▶ Shingles involving the eye
 - ▶ Can cause conjunctivitis, corneal ulceration, keratitis, glaucoma , and blindness if untreated
 - ▶ Normally needs treatment and referral to Ophthalmology
- 

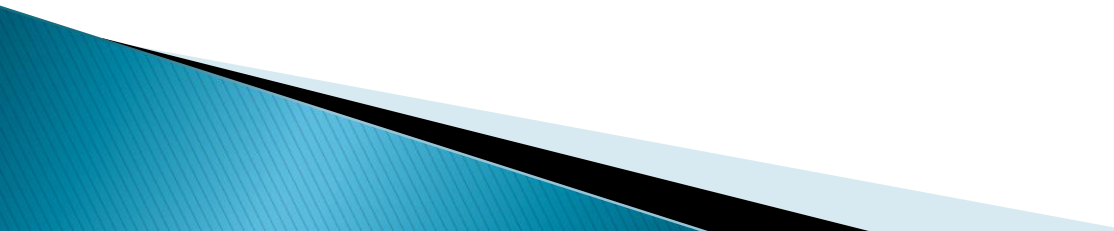
Shingles



Shingles Treatment

- ▶ Antivirals (Aciclovir, Famciclovir, Valaciclovir)
 - ▶ Consider in all patients, best within 72 hours of onset of rash, and especially in severe disease, over 50s and immunocompromised or eye involvement
 - ▶ Pain relief (Paracetamol, Ibuprofen, Codeine, Amitriptyline, topical Lidocaine)
 - ▶ Calamine for the itch
 - ▶ Infectious to those who have not had Chickenpox
- 

Shingles

- ▶ Vaccination programme
 - ▶ 70–79 year age group
 - ▶ Single vaccination with Zostavax
 - ▶ Reduce risk of illness by 61%
 - ▶ Used to be by invitation now can book appointment in our Shingles vaccination clinic
- 

Shingles

- ▶ Any questions
- ▶ Thanks for coming