



# Age Old Wisdom

## SHINGLES VACCINATION

Half of those individuals living to age 80 get “shingles,” a painful rash induced by the reactivation of the chicken pox virus (varicella zoster) that lies dormant after having chicken pox as a child. Thus, everyone aged 60 years and older is advised to get a shingles vaccination. The skin rash associated with shingles usually subsides after seven to ten days, but the initial, temporary pain is not the only thing that a shingles vaccination might help prevent. Perhaps the most important benefit of the vaccine is that it helps prevent a serious complication of shingles, which is the persistent nerve pain that arises after the rash clears. “Post-herpetic neuralgia” (PHN) occurs in at least 10 percent of shingles cases.

At Deutsches Altenheim, the health and well-being of our senior residents are priorities. We treat our seniors as individuals, and understand that their needs are individual as well. To discover more about us, reach us today. We will arrange for a tour of our unique senior community at 2222 Centre Street, West Roxbury. *Our seniors are our #1 priority!*

P.S. Shingles vaccination is covered by Medicare under the Part D drug plan.