

# Ask Your Compounding Pharmacist

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## WHAT IS SHINGLES?

Shingles (Herpes Zoster) is a viral infection of the nerve roots caused by the same virus that causes chickenpox. It has been estimated that half of all individuals reaching the age of 85 will experience shingles at some point in their lives. Generally, a patient will suffer only one episode of shingles; however, chronic pain called post-herpetic neuralgia (PHN), characterized as aching, burning, stabbing, and sensitivity may continue for a long time.

## PREVENTION

Talk to your doctor about the shingles vaccine, Zostavax, which can help prevent shingles in adults over 50 years old. It doesn't guarantee you will not get shingles, but it may reduce the course and severity of the disease and reduce the risk of PHN.

## TREATMENT

There is no "cure" for shingles. However, there may be some prescription options available through your compounding pharmacist to address the pain and discomfort associated with shingles. Kare Pharmacy's compounding pharmacist and technicians make customizable topical creams, ointments, and sprays for patients. Ask your doctor or call our pharmacist to learn more about our popular Shingles Cream and other options.

## ADVANTAGE OF COMPOUNDED MEDICATIONS

Each individual may experience slightly different symptoms of shingles. The use of compounded medications allows your doctor to select the medications that are appropriate for your symptoms, thus eliminating therapy that may not be effective.

*Do you have other difficult-to-solve medication questions that you would like our compounding pharmacist to answer?*

*Email [pharmacist@kare-rx.com](mailto:pharmacist@kare-rx.com) and we may feature your question!*

Learn more about how compounding can benefit you by visiting [kare-rx.com](http://kare-rx.com) or by following us on Facebook!



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