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Words with shingle

Shingle is a condition that occurs in some people who have chickenpox. Both conditions are caused by varicella zoster virus (VZV). After the chickenpox infection, the virus does not go away. Instead, it travels the skin through nerves in a bundle of neural tissue near the spine. There, the virus remains inactive and asymptomatic until the conditions trigger the virus again. Shingle is very common, but not everyone who already gets Chickenpox. You are at increased risk of getting Shingles if your immune system is suppressed (decreased). The primary symptom of shingle is a painful rash. It is typically located on one side of the body in a linear distribution or on the face. The rash can be prevented by tingling, itching, or pain, and then blisters that scab over a few days and then disappear. Antiviral medication can be taken in the early stages of the disease to reduce its length and severity. Treatment may include painkillers and remedies like Calamine cream to relieve itching. The virus causes shingles. It's the same virus that causes chickenpox. In fact, in order to get shingle, you need the chickenpox virus in your body. Anyone with chickenpox has a virus. After recovering from chickenpox, the virus gets into nerves in the body, where it goes to sleep. You'll always have the virus in your body. When the virus wakes up, you'll get shingle. Many people mistakenly think they don't get shingle because they don't remember having chickenpox. If you were born in the United States before 1980, you probably have chickenpox. More than 99% were born in the United States before 1980, according to Centers for Disease Control and Prevention (CDC).³ Many people simply don't remember having chickenpox. Maybe they were too young to remember, or they had a very mild case. The same virus, different names You can hear different names for the virus that causes both shingle and chickenpox. It can be called:Varicella-zoster virusHuman herpes virus 3Both name is correct. Despite the fact that the word herpes virus is one of these names, this virus can not cause genital herpes or herpes. Age and weak immune system increase the risk of getting shingle Although anyone who has had chickenpox may get shingle, the risk of developing shingle increases with age. Most people get shingle in their 50s or later in life. It's rare to get shingles before the age of 40. Scientists are still studying why this is happening. It's likely that his immune system is domin' in the virus. When the immune system begins to weaken, which can begin in the 50s, the virus can wake up. Many people who have chickenpox do not remember having it and do not know whether they can get shingle. Anyone with a weakened immune system also has a higher risk of getting shingle. This includes people who are cancers such as leukaemia or lymphomaHuman immunodeficiency virus (HIV)To take medication that suppresses the immune system, such as people living with organ transplantation, severe psoriasis, or advanced psoriasisArthritisIncreases certain cancer treatments, such as chemotherapyShingles vaccine reduces the risk of shingles Although there is no cure for shingles, becoming shingles vaccine greatly reduces the risk of this disease. The CDC recommends a shingles vaccine for healthy adults who are 50 years of age or older. If you think you already have shingle, treatment is important. This can reduce pain and how long the rash lasts. Learn how dermatologists diagnose and treat this condition, Shingles: Diagnosis and Treatment.³ Centers for Disease Control and Prevention (CDC). Prevention of Shingles: Get vaccinated. Page last reviewed July 23, 2018. Last available March 28, 2019.Image by Getty ImagesReferences Centers for Disease Control and Prevention (CDC). Prevention of Shingles: Get vaccinated. Page last reviewed July 23, 2018. Last available March 28, 2019.Dooling KL, Guo A, and al. Recommendations of the Advisory Committee on Immunization Practices for the Use of Herpes Zoster Vaccines. Morb Mortal Wkly Rep 2018;67:103-8. Shingle causes a painful, blistering rash on the skin. If you get shingles, you will notice the following: Before the rash appears: 1-2 days before the rash appears, there may be pain, burning, or tingling in an area of the skin where the rash develops. Some people say they felt an electrical sensation on their skin before the rash. A rash appears: A painful, blistering rash appears. Usually it appears on one side of the body, often the trunk; however, it can appear anywhere on your skin. Some people have even more blisters after the rash appears, so it seems that the rash is spreading. Rash begins to clear: As the rash clears, the blisters can crack, bleed, and scab below. For most people, the rash is clear within 2 to 4 weeks. Although the rash itself will be clear, treatment is important. The medication within 3 days of getting the shingles rash is: Light on pain Reduces the amount of time you have shingles Reduces the risk of developing other health problems, such as persistent nerve pain, pneumonia, or hearing loss If you have a shingles rash on your face, immediately seeing your doctor for treatment can save your vision. Pictures of shingles rashIf you have a rash blisters on your skin or a rash that looks like the one shown below, see your doctor immediately for a diagnosis. If shingle, it is important to have treatment, preferably within 2-3 days. If you've had a rash longer than 2 to 3 days, it's still important to see your doctor. Doctors often refer to this rash as a shingles band because it looks like a band that body, as shown here. Most importantly, you have shingles that the rash only develops on one side of your body. A shingles rash often causes a cluster of tiny blisters. You may notice that the skin under the blisters is red and inflamed, as shown here. The rash is also painful. Although the rash can start in one area, you may notice that some scattered blisters develop in other areas, as shown here. While shingles tends to develop on the body or face, it can appear anywhere on the skin. Other signs and symptoms of shingle Together with a painful, blistering rash, some people also have one or more of the following: FeverHead painI have pain Stomach pain VomitingThese usually go away as the rash clears. Other health problems due to shingleSome people develop other health problems after shingle rash clears, which include: Postherpetic neuralgia (PHN): This is the most common. Occurring where there was a rash, PHN can cause constant tingings, burning, and pain. For others, pain comes and goes. Whether the pain is permanent or intermittent, it can last for a long time. It could be PHN for months, years, or your whole life. We don't know how long it's going to take. The pain caused by PHN can become so severe that it interferes with your life, making everyday activities painful. A musician may no longer be able to play an instrument. Some people can't walk comfortably. Maybe it's hard to bathe or dress. Maybe you have trouble sleeping. How to prevent PHN: If you have shingle, you can greatly reduce the risk of phn getting treated for shingle within 3 days of developing a rash. Taking antiviral medicines within 3 days of getting a shingle rash: • Reduce the risk of developing PHN • Relieve symptoms of shingle • Faster illiterate shingle rash Other health problems, which may develop after shingles rash: Blindness or loss of vision (if shingles infects the eyes)Hearing lossPneumoniaEncephalitis (swelling of the brain)Although rare, some people die of shingles. Treatment can prevent these complications. You'll find out if you have a higher risk of developing shingles, Shingles: Causes.ImagesImages 1,4,5,6: Images used with permission from the American Academy of Dermatology's National Library of Dermatologic Teaching Slides.Images 2,3,7: Getty Images References Centers for Disease Control and Prevention (CDC). Prevention of Shingles: Get vaccinated. Page last reviewed July 23, 2018. Last available March 28, 2019.Dooling KL, Guo A, and al. Recommendations of the Advisory Committee on Immunization Practices for the Use of Herpes Zoster Vaccines. Morb Mortal Wkly Rep 2018;67:103-8.Madkan V, Sra K, and al. In: Bologna JL, and its mtsai. (second edition). Mosby Elsevier, Spain, 2008:1204-8.Straus SE, Oxman MN, and al. and herpes zoster. In: Wolff K, Goldsmith LA, and Mtsai Fitzpatrick dermatology general medicine (seventh edition). McGraw Hill Medical, New York, 2008: 1885-98.Yang Q, George MG, and al. Abstract 39: Herpes zoster vaccination and antiviral treatment risk ischemic stroke among older adults. Presented: 2019 International Stroke Conference. 6-8 February 2019; Honolulu, hello. Ruth's shingles caused such pain that she couldn't bear to put her clothes on or for the sheets to touch her skin. Symptoms of shingle may have lasted several months. It was easier for Sarah. Shingles made him feel sick for a few days. He itchy for a while, but after a few weeks he returned to his old self. Read and share this infographic to learn more about shingle. Shingle is a disease that affects nerves. This can cause burning, shooting pain, tingling, and/or itching, as well as rash and blisters. You may remember you had chickenpox when you were a kid. Shingle is caused by the same virus, varicella-zoster virus (VZV). After recovering from chickenpox, the virus continues to live on some nerve cells. It's usually inactive, so you don't even know it's there. In fact, most adults live with VZV in their bodies and never get shingle. But for about one in three adults, the virus becomes active again. Instead of another case of chickenpox, it produces shingle. I do not fully understand what makes the virus go inactive active. Having shingle does not mean any other underlying disease. How do you get shingles? Everyone who has chickenpox has had VZV in their body and is at risk of getting shingle. Right now, we don't know who's going to get the disease. But, some things make it more likely: Advanced age. The risk of developing shingles increases with your age. People may find it harder to fight off infections as they age. About half of all shingles cases in adults age 60 or older. The chances of shingle will be much higher by the age of 70. Trouble fighting infections. The immune system is the part of the body that responds to infections. Age can affect the immune system. So it could be HIV infection, cancer, cancer treatments, too many days, or organ transplant drugs. Even stress or colds can weaken the immune system for a short time. They can all put you in danger because of the shingles. Can You Catch Shingle? Shingles is not contagious. You can't catch him from someone. But you can catch chickenpox from someone with shingle. So if you've never had chickenpox, try to stay away from anyone with shingle. If you have shingle, try to stay away from anyone who has not had chickenpox or who may have a weak immune system. What are the symptoms of shingles? Usually, shingles develops only on one side of the body or face, and in a small area, no it's all over. The most common most common the shingles is a band that goes around one side of the waistline. Most people have some of the following shingle symptoms: Burning, tingling, or numbness of the skin feeling patient-chills, fever, upset stomach, or headache Fluid-filled blisters Skin that is sensitive to touch Mild itching is intense pain Depending on where shingle develops, it can also cause symptoms such as hiccups or even loss of vision. For some people, the symptoms of shingle are mild. Maybe they're just itching. For others, shingle can cause intense pain, which can be felt from the gentlest touch or breeze. How long does the Shingles last? In most cases, the shingles last 3-5 weeks. Shingles follows the pattern: The first sign is often burning or tingling pain; sometimes it contains numbness or itching on one side of the body. Somewhere between 1 and 5 days after a tingling or burning sensation on the skin, a red rash appears. A few days later, the rash turns into blisters filled with fluid. After about a week or 10 days, the blisters dry out and under the crust. A few weeks later, the scars clear. Most people only get shingle once. But it's possible to do it more than once. After long-term pain and other persistent problems after the shingles rash wears off, some people may be left with ongoing pain called postherpes neuralgia or PHN. The pain can be felt in the area where the rash was. For some people, PHN is the longest persistent and worst part of shingle. The older you get when you get shingles, the more chance you have of developing PHN. The PHN pain can cause depression, anxiety, insomnia, and weight loss. Some phn have difficulty going into daily activities like dressing, cooking, and eating. Talk to your doctor if you have any of these problems. There are drugs that can help with PHN. Steroids can reduce pain and shorten the time when you are sick. Painkillers, antidepressants, and antispasmodics can also reduce pain. Usually, PHN gets better over time. Some people have other problems that last after shingle has been clarified. For example, blisters caused by shingle can become infected. They can leave a scar. It is important to keep the area clean and try not to scratch the blisters. Your doctor may prescribe antibiotic treatment if necessary. Contact your doctor immediately if you notice blisters on your face – this is an urgent problem. Blisters near the eyes or in the eye can cause permanent eye damage or blindness. Hearing loss, short paralysis of the face, or, very rarely, swelling of the brain (encephalitis) can also occur. Do you have a rash? Go to the Doctor If you think you may have shingle, talk to your doctor as soon as possible. It is important to see your doctor no later than 3 days after the start of the rash. The doctor confirms whether or not there is shingles and may be Plan. If you have a which weakens the immune system, the doctor may give a shingle test. A shingles test can also help doctors diagnose shingles in people who do not have a rash. Although there is no cure for shingles, early treatment with drugs that fight the virus can help the blisters dry out faster and limit severe pain. Shingles can often be treated at home. People with shingle rarely have to stay in the hospital. Should you get the shingles vaccine? The shingles vaccine is safe and simple, and it can be kept from getting shingles and PHN. Healthy adults aged 50 years and over should be vaccinated with a shingles vaccine called shingrix. It is administered in two doses, 2 to 6 months apart. Shingrix is preferred to Zostavax, an older shingles vaccine. Zostavax can still be used to prevent shingle in healthy adults aged 60 years and over. For example, you can use Zostavax if a person is allergic to Shingrix, likes Zostavax, or asks for an immediate vaccination and Shingrix is not available. You should try the second dose of Shingrix between 2 and 6 months after the first dose. If your doctor or pharmacist is out of Shingrix, you can use Vaccine Finder to help you find other providers with Shingrix. You can also contact pharmacies in your area and ask to be placed on the waiting list for Shingrix. If it has been more than 6 months since your first dose, you should receive the second dose as soon as possible. You do not need to re-inject the first dose. You should also receive Shingrix if you have already had shingle, received Zostavax, or do not remember if you had chickenpox. However, you should not receive Shingrix if you have a fever or disease, a weakened immune system or an allergic reaction to Shingrix. Ask your doctor if you are not sure what to do. You can buy a shingles vaccine from your doctor's office and some pharmacies. All Medicare Part D plans and most private health insurance plans cover the cost. What can you do with shingles? If you have shingles, here are some tips that can help you feel better: Get plenty of rest and eat well-balanced meals. Try simple exercises like stretching or walking. Ask your doctor before starting a new exercise program. Apply a cool washcloth to the blisters to relieve pain and help dry the blisters. Do things that take your mind off your pain. For example, you can watch TV, read, talk to friends, listen to relaxing music, or work on a hobby you like. Avoid stress. It can worsen the pain. Wear loose-cut, natural-fibre clothing. Take an oatmeal bath or use calamine cream to see if it soothes the skin. Share feelings of pain for family and friends. Ask for their understanding. Also, you can limit the spread of the virus: Keeping the rash covered does not affect or scratch the rash Washing your hands often Read this topic in Spanish. Lea sobre este tema en en More information about shingles shingles