

Does my Doctor need to be involved?

YES! It is important for your health care provider and your pharmacist to discuss your medical condition before you receive Zostavax. Our staff can call your health care provider to see if you should receive the vaccine. If you prefer, you can talk with your provider personally and have him/her contact your pharmacist.



Steps for you to take:

- Ask your Cass Street Pharmacy pharmacist to contact your health care provider to get a prescription for Zostavax.
- Wait to be contacted by our staff to schedule an appointment for you to receive Zostavax.
- Come to the pharmacy to receive your vaccine. Make sure you bring all of your insurance cards!

Cass Street Pharmacy
(at the corner of 6th and Cass Street)
528 Cass Street
La Crosse, WI 54601
(608) 784-9922

HOURS: 9AM-6PM M-F • 9AM-1PM Sat

visit us on the web at

www.cassstpharmacy.com

MedPaks Division

Tel: (608) 793-1828



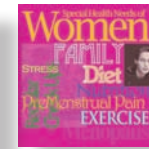
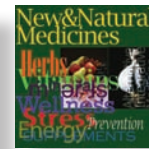
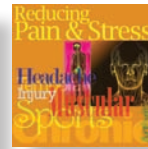
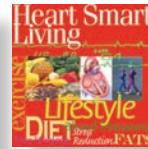
Facts About Shingles

(Herpes Zoster)

Are You Protected From the Shingles Virus?



 **Cass Street Pharmacy**



What is Shingles?

Shingles (*herpes zoster*) is caused by the same virus that causes chicken pox. After an episode of chicken pox, the virus stays in the spinal nerves. Shingles occurs because the virus becomes active again possibly due to aging, stress, or weakened immune system.

Does it hurt?

Shingles causes a rash which can be very painful. It is often a cluster of red spots which may blister and can last up to 30 days. The rash can surface on any part of the body. Usually, the middle torso and back are most affected. Sometimes, the rash can surface on the face. If shingles goes into the eye, it should be treated right away or it may lead to blindness. Shingles is common with about 600,000 million new cases in the U.S. each year.

Is Shingles Contagious?

In a person with shingles, the virus can be spread to a susceptible individual if there is physical contact with the rash prior to it crusting over. Therefore, it is recommended the rash be covered until this occurs.

What is a complication of Shingles?

Shingles may be worsened by a condition known as post-herpetic neuralgia (*PHN*). PHN is lasting pain in the area where the shingles appeared. It may last months to years after the shingles rash has gone away. This nerve pain can be severe. People over the age of 60 are at higher risk for PHN.

What can I do to lower my risk of getting Shingles?

An easy way to protect yourself is to get the new herpes zoster vaccine called, Zostavax. Zostavax is a one-time vaccine for patients older than 60 years.

How is Zostavax given?

Zostavax is given by an injection in the arm with a very small needle.

Are there side effects from Zostavax?

Possible side effects you may experience include stinging, redness, itching, or pain at the injection site, and headache.

How much does the Zostavax vaccine cost?

If you have Medicare Part D insurance, the cost of the vaccine is covered; you are responsible for any co-pay or deductible amount determined by your Part D plan.

If you do not have Medicare Part D insurance, you are responsible for the total amount.

You should NOT receive this vaccine if you:

- Are pregnant
- Are allergic to neomycin or gelatin
- Have HIV/AIDS
- Are taking prednisone $\geq 20\text{mg/day}$
- Have a weakened immune system
- Have untreated tuberculosis
- Had leukemia or lymphoma
- Have received other live vaccines within the last four weeks (*your pharmacist can help you identify live vaccines*)
- Zostavax may not prevent everyone from getting shingles. However, if someone does get shingles after being vaccinated, Zostavax may help to lessen the chances of experiencing nerve pain.