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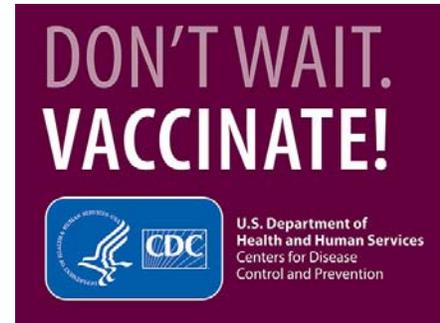
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Se Habla Español

New & Improved Shingles Vaccine

Almost all adults over the age of 40 carry the chickenpox virus. In most people the virus is dormant and doesn't cause any problems as we get older, but unfortunately in others the virus may reawaken and cause shingles. Shingles usually develops on one side of the body (often the face or torso), and causes a red blistering rash that can be extremely painful. Typically shingles rashes clear up within 4 weeks, but may last longer in some people. In fact, about one in five people with shingles will go on to develop long-lasting nerve pain (known as post-herpetic neuralgia), which is nerve pain that can linger for months or even years after the rash goes away. According to the Centers for Disease Control and Prevention (CDC), shingles affects about 1 million people in the U.S. every year, and nearly one in three adults will experience a bout of shingles in their lifetime.



Zostavax was approved in 2006 as the first shingles vaccine, and was recommended to be used in patients 60 years and older. Zostavax is given as a single shot, and has been shown to decrease the chances of getting shingles by about 50 percent. Unfortunately some studies have shown that the effectiveness of Zostavax may decrease dramatically within five years of getting the shot, which has led to the development of a second shingles vaccine.

In late 2017, a new shingles vaccine called Shingrix was licensed by the U.S. Food and Drug Administration (FDA). The CDC finalized their recommendations in early 2018, and stated that Shingrix should be the preferred shingles vaccine (over Zostavax). The Shingrix vaccine is given as two doses, two to six months apart, and has been shown to be more than 90 percent effective in preventing shingles. The CDC recommends that all healthy adults 50 years and older should get Shingrix even if you:



- had shingles in the past
- received Zostavax in the past
- are not sure if you had chickenpox

Because Shingrix has been shown to be much more effective than the older vaccine, and because the CDC recommends that Shingrix be given instead of Zostavax, CCHP has added Shingrix to the formulary for all of our members effective January 1, 2018. Please talk with your doctor or pharmacist to see if you should get Shingrix today.

