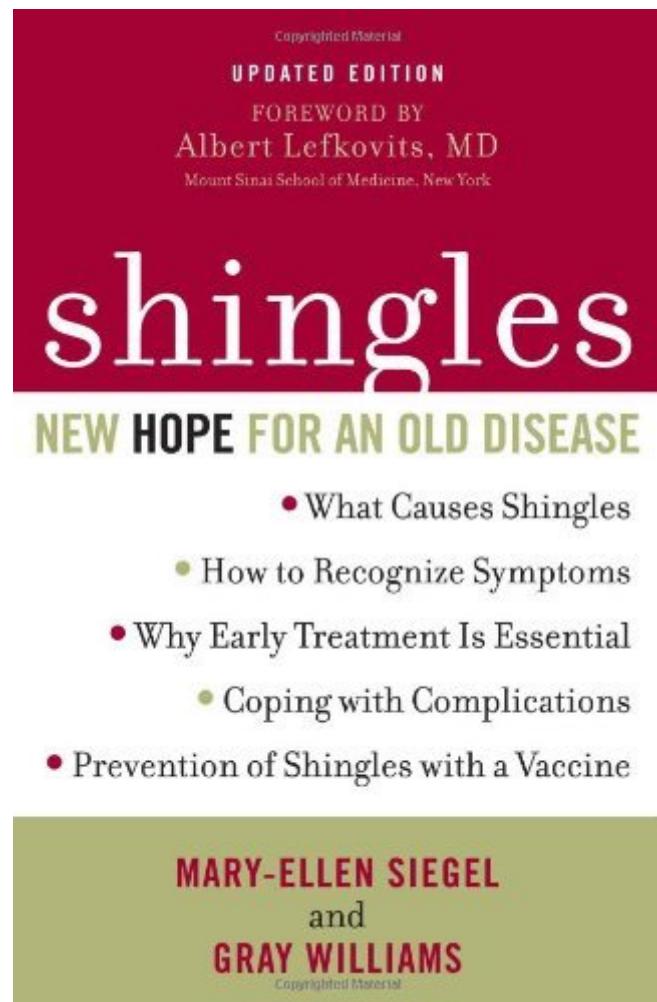


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# Shingles: New Hope For An Old Disease



## **Synopsis**

At some point in their lives, up to 20 percent of the population will be affected by shingles, which is officially known as herpes zoster and is caused by the varicella-zoster virus—the same virus that causes chickenpox. It attacks adults who had chickenpox as children but whose immune system has weakened due to aging, illness, drugs, radiation therapy, or physical or emotional stress. For many people shingles is a temporary condition, which starts at a nerve root and moves to the skin, causing a burning pain, rash, and blisters, all subsiding within a few weeks. But almost one-third of all cases are further afflicted with a painful complication called post-herpetic neuralgia, or PHN, which can continue for months or even years. Other potential complications of shingles include inflammation of the eye, which could lead to loss of vision. This book shows the reader how early recognition of symptoms, along with the use of the newest antiviral drugs, can hasten recovery from shingles and its complications. Detailing causes, symptoms, treatments, and ways of finding the best care for shingles and PHN, *Shingles* also discusses recent developments in preventing shingles through the use of a varicella vaccine.

## **Book Information**

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## Customer Reviews

I expected the same stuff I find on the internet, but there were a number of things in this book I hadn't heard (read) before--some of the home remedies, the mention of a length of immunity once having had shingles, and so on. Appreciated the clear, concise way that the information was presented. I actually read the first few chapters (about what shingles is, how the virus works, etc.) that I likely would have skipped over otherwise. Nicely done, should be helpful to our family. My only negative would be that this book is from 2008 and may need an update one of these days. Wishing the very best to all reading this who have been impacted by this evil disease.

Shingles is dangerous!! Apparently most people over 60 will get shingles. Shingles can lead to Neuralgia (permanently damaged nerves and chronic pain). Doctors can do very little for chronic pain sufferers (usually people over 80). This book helps minimize the risk of shingles leading to Neuralgia, and helps those with Neuralgia to understand what is going on. Doctors are out of their depth when it comes to chronic pain and would rather like to ignore people who have this serious problem. This book explains what doctors are dealing with. When I turn 60 I'm getting the vaccine! It's too late for my mother who is now 80; her shingles were probably not treated properly 4 years ago and she developed terrible chronic pain - the best surgeons cannot help. And they don't have time to explain. This book does. Thank you.

After coming down with a terrible case of shingles, and 3 visits to doctors, I found this book on . It helped me understand what was happening more than the doctors did. Anyone with shingles, or anyone taking care of someone with shingles, should read this book.

All I can say is that I like the fact that it was available on . It was a gift that was sent to my sister, as she is going through a terrible bout with shingles near her eye. She told me the book is a good read; has many interesting insights into this awful medical issue.

Great info on wide variety of related issues caused by Shingles but book is old and needs more current data and updates. Example: only a few paragraphs on Ramsay Hunt Syndrome, alternative treatments, natural remedies, recent findings & studies, food and health etc.. I gave good rating because the overall nuts & bolts were covered. It will tell you basics you need to know.

This book is a very thorough treatment of a terrible disease which has afflicted and will continue to

affect thousands of people. The clear warning is "get your shingles vaccine shot ASAP". If you are too late, this is very good information on what you can do to possibly relieve some of the pain, and what to expect down the road.

September 8, 2009The San Francisco Library system had ordered this book, but I waited about three months before I finally gave it because the book never came in. I was glad to read this book since it was written by a medical person, and the viewpoints was very different from an author who shared his shingles experience. Many seniors that I talked to did not know there is a vaccine to prevent shingles. I end up having phase 2 of shingles. That is, I had numbness and a burning sensation in my upper right leg even though I had recovered from shingles. The book made me understand that there is a phase 2 and 3 which an elderly person can get. It is the most painful illness that I ever experience since it hits nerve endings. If you've had chicken pox as a child, I urge you to get the vaccine to prevent shingles. For anyone who has shingles now, this book is a MUST reading.Nancie Gee

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