Reducing Your Risk of Shingles

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En Español (Spanish Version)

A new vaccine, Zostavax, is recommended for the prevention of shingles in those 60 years of age and older. In clinical trials, it reduced the risk of developing shingles by about 50%. Persons with a history of anaphylaxis (a type of a very bad allergic reaction) to neomycin should not receive this vaccine. In addition, avoiding undue stress and fatigue may theoretically help prevent an outbreak.

REFERENCES:


