

Healthy Bites episode - Shingles

Hi, I'm Henna Xing, a Public Health doctor from Central Coast Health.

Did you know the shingles vaccines might help protect against more than shingles itself? A study into the shingles vaccine found that people who received it were also less likely to develop dementia later in life.

Shingles is a painful condition caused by the same virus that causes chickenpox. After you have had chickenpox, the virus stays dormant in your body and can reactivate later in life, usually after the age of 50. However, even without a history of chickenpox, you may still be at risk of shingles.

Shingles can cause a severe painful rash, and in some cases, may lead to persistent nerve pain, even after the rash is gone. Fortunately, the shingles vaccine is safe and effective in preventing shingles or reducing its severity.

The shingles vaccine is recommended and free for everyone aged 65 and over. It is a 2 dose schedule under the [National Immunisation Program](#).

So why delay? Visit your GP or pharmacist to discuss getting your shingles vaccine and start protecting yourself today.