

# SHINGLES AFFECTS PEOPLE OF ALL RACES AND ETHNICITIES

So why do vaccination rates vary?



## Who Gets Shingles?

Shingles is caused by the reactivation of the varicella zoster virus (VZV), the same virus that causes chickenpox. Patients 50 years and older who have had chickenpox are at risk for shingles.<sup>1</sup>

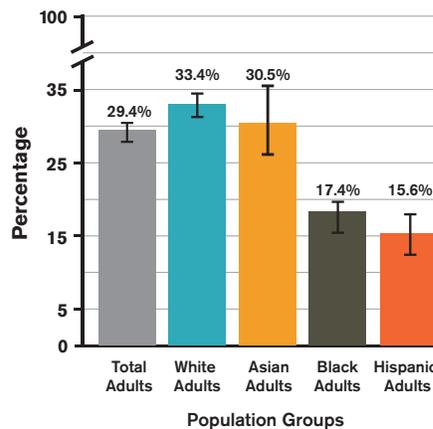
Shingles can be prevented, yet vaccination rates have been strikingly lower for certain population groups in the US.<sup>2,3</sup>



## Unequal Protection

According to a recent CDC survey, Black and Hispanic adults 50 years and older are less likely to have been vaccinated against shingles.<sup>3</sup>

## Percentage of Adults ≥50 Years Who Ever Received a Shingles Vaccination, by Race<sup>3</sup>



Estimates are based on household interviews of a sample of the civilian, noninstitutionalized US population.

Respondents were asked if they had ever received a herpes zoster vaccine. Individuals who answered "did not know" or "refused" for "ever had any zoster vaccine (2.4%)" were excluded from the analysis.

In this report, persons self-identified as White, Black, Asian, or Other were considered non-Hispanic. Persons self-identified as Hispanic might have been of any race. Other included American Indian/Alaska Native and persons who self-identified as being of multiple races. The five racial/ethnic categories are mutually exclusive.

95% confidence intervals indicated with error bars.

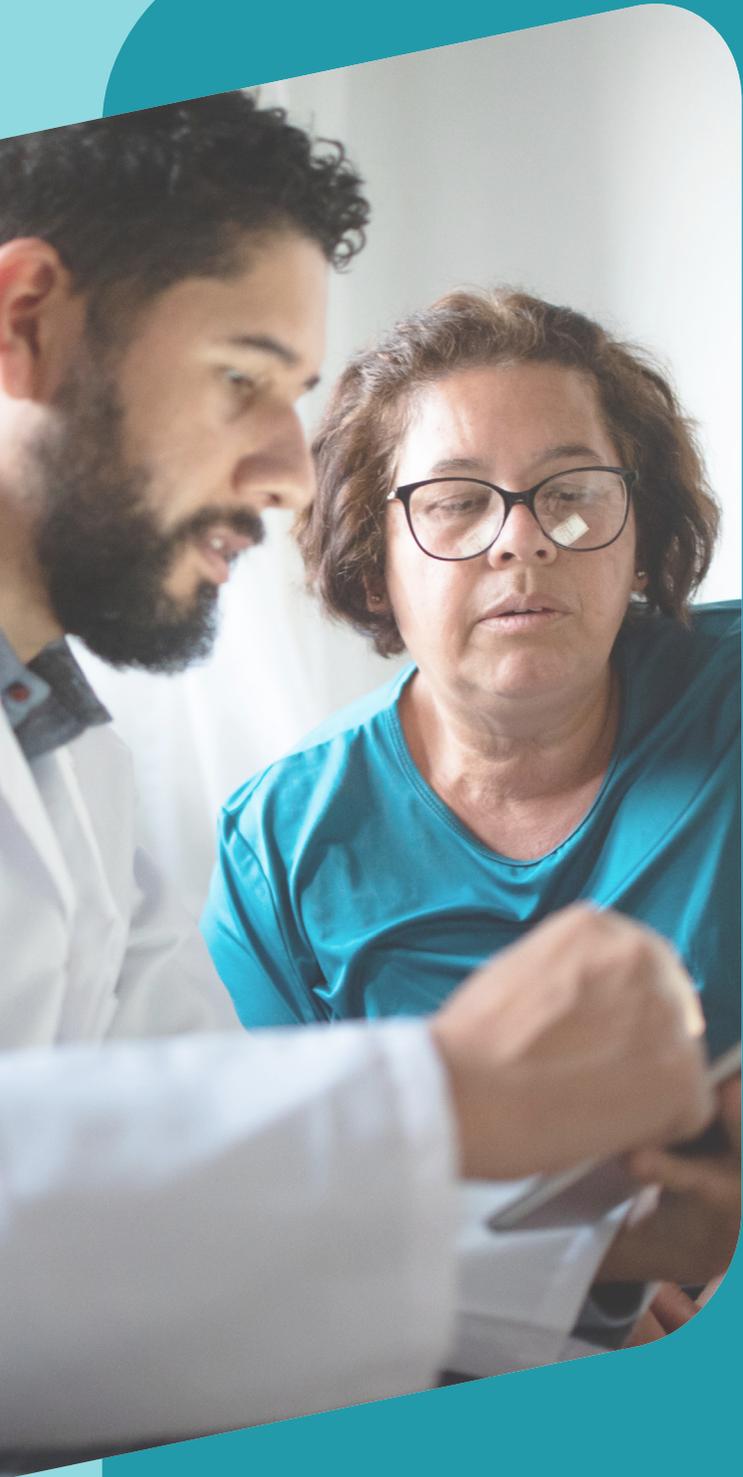
Other is not shown separately but is included in the Total Adults column. Among adults ≥50 years categorized as Other, 24.9% (95% Confidence Interval, 20.5 - 29.9%) had received a shingles vaccination.

**Source:** National Center for Health Statistics, National Health Interview Survey, 2020. <https://www.cdc.gov/vaccines/imz-managers/coverage/adultvaxview/pubs-resources/vaccination-coverage-adults-2019-2020.html>

## You Can Help Close the Gap

By recommending shingles vaccination to all your appropriate patients aged 50 years and older—including patients of color—you can have a positive impact on health equity<sup>3</sup>

Patients of Hispanic origin may know shingles as "la culebrilla (herpes zóster)."<sup>4</sup>



## Risk & Impact of Shingles

99.5% of people  $\geq 50$  years old are infected with VZV and are at risk for shingles<sup>1</sup>



1 in 3 people will develop shingles in their lifetime<sup>1</sup>



As your patients age, their immune systems naturally decline, putting them at increased risk for shingles<sup>1</sup>



Shingles is a unilateral, vesicular rash causing burning, stabbing, aching, and “shock-like” pain. Some severe cases have been described as worse than labor pain<sup>1,5</sup>



Shingles can lead to serious and long-lasting complications, such as:

- Postherpetic neuralgia, nerve pain that can persist for months or even years after resolution of the rash<sup>1</sup>
- Herpes zoster ophthalmicus (HZO), which can lead to ophthalmic complications and, in rare cases, vision loss<sup>1</sup>

**References:** **1.** Centers for Disease Control and Prevention. Prevention of herpes zoster: recommendations of the Advisory Committee on Immunization Practices (ACIP). *MMWR*. 2008;57(RR-5):1-30. **2.** Centers for Disease Control and Prevention. Shingles (herpes zoster): clinical overview. Reviewed October 5, 2020. Accessed May 10, 2022. <https://www.cdc.gov/shingles/hcp/clinical-overview.html> **3.** Centers for Disease Control and Prevention. Vaccination coverage among adults in the United States, National Health Interview Survey, 2019-2020. Reviewed February 17, 2022. Accessed May 10, 2022. <https://www.cdc.gov/vaccines/imz-managers/coverage/adultvaxview/pubs-resources/vaccination-coverage-adults-2019-2020.html> **4.** Centers for Disease Control and Prevention. Culebrilla: información general. Revised August 19, 2016. Accessed May 11, 2022. <https://www.cdc.gov/shingles/about/overview-sp.html> **5.** Katz J, Melzack R. Pain control in the perioperative period: measurement of pain. *Surg Clin North Am*. 1999;79(2):231-252.

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