

## ***H42 Shingles Vaccine***

To air week of October 15, 2007

Intro: Ask anyone who's had shingles and they'll tell you: a flare up is no fun. The rash hurts and can cause major pain and discomfort months after the initial outbreak. And anyone who has had chicken pox or the chicken pox vaccine is at risk. But doctors at Mayo Clinic say you can protect yourself from the virus with the shingles vaccine.

### **Video**

**Total running time 1:38**

**Paul Belau  
had shingles**

**Paul Belau  
had shingles**

### **Audio**

"IN RETIREMENT YOU CANNOT  
PLAN YOUR DAY AROUND GETTING  
YOUR HAIR CUT."

AND TRUE TO FORM, PAUL  
BELAU'S [BAY-LOHZ] RETIREMENT  
IS FIRE ENGINE RED.

"IT'S A 1961 FORD."

BUT PAUL HAD A LITTLE SET BACK  
WHEN HE WAS WORKING ON OLD  
ENGINE NUMBER 9.

"I WAS LYING UNDERNEATH IT. IT  
WAS THAT EVENING I NOTICED A  
PAIN IN MY SIDE. I ATTRIBUTED IT  
TO ROLLING OVER UNDERNEATH  
THERE ONTO SOME TOOLS."

HOURS LATER PAUL'S TORSO WAS

**Paul Belau**  
**had shingles**

BLISTERED WITH THE BURNING  
RASH OF SHINGLES.

“YOU COULDN’T STAND ANYTHING  
TO TOUCH IT. THE SKIN IS SO  
SUPERSENSITIVE.”

**Priya Sampathkumar, M.D.**  
**Mayo Clinic**

“SHINGLES IS A VIRAL INFECTION  
AND IT IS A CONSEQUENCE OF  
HAVING HAD CHICKEN POX.”

OR THE CHICKEN POX VACCINE,  
SAYS DR. **PREE-UH SAM-PATH**  
**KOO-MAR.**

**To animation**

YOU SEE, AFTER YOU’VE HAD  
CHICKENPOX THE VIRUS CAN LIVE  
DORMANT IN YOUR NERVOUS  
SYSTEM FOR YEARS. THEN, IF  
YOUR IMMUNE SYSTEM BECOMES  
WEAK BECAUSE OF AN ILLNESS OR  
THE AGING PROCESS, THE VIRUS  
CAN REACTIVATE AND TRAVEL  
ALONG YOUR NERVES TO YOUR  
SKIN, CAUSING SEVERE PAIN AND  
BLISTERS. AND JUST AS THIS  
LITTLE TRUCK CAN HELP PUT OUT

**Standup**  
**Vivien Williams**

## Reporting

FIRES, MEDICATION MAY HELP PUT OUT THE “FIRE” OF SHINGLES. BUT THE VACCINE CAN PREVENT IT FROM HAPPENING IN THE FIRST PLACE.

**Priya Sampathkumar. M.D.**  
**Mayo Clinic**

“THE VACCINE CAN CUT YOUR RISK OF GETTING SHINGLES OVERALL BY ABOUT 50-PERCENT.” IT CAN ALSO CUT YOUR RISK OF SEVERE PAIN BY TWO-THIRDS. RECOMMENDATIONS ARE THAT EVERYONE OVER AGE 60 SHOULD GET THE VACCINE.

**Paul Belau**

“I WAS SUPPOSED TO GET THE SHOT IN TWO WEEKS.” TOO LATE. BUT PAUL RECOVERED IN ABOUT 6 WEEKS. AND HE’S HAVING A BLAST IN A RETIREMENT THAT’S FIRE ENGINE RED. I’M VIVIEN WILLIAMS.

Anchor tag:

Even though Paul has had shingles, he should still get the vaccine to prevent future outbreaks.

The vaccine is recommended for people over 60, but it may not be right for everyone. People with weakened immune systems should not get the shot because it contains live virus.

If you do get shingles, it's very important to seek medical care immediately. That's because antiviral medications work best if they're taken early – within 48 hours. For more information on the vaccine or shingles, visit our Web site at...[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]