

**Mayo Clinic Medical Edge**

**Shingles Vaccine**

1:00

**Log**

**Audio**

---

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	RESTORING OL' ENGINE NUMBER NINE IS PAUL BELAU'S RETIREMENT PROJECT. SO IT'S IRONIC THAT THE WORK HAD TO BE PUT ON HOLD DUE TO THE BURNING PAIN OF SHINGLES.
<b>Paul Belau, patient</b>	"YOU COULDN'T STAND ANYTHING TO TOUCH IT, THE SKIN IS SO SUPERSENSITIVE."
<b>Priya Sampathkumar, M.D.</b>	"SHINGLES IS A VIRAL INFECTION AND IT IS A CONSEQUENCE OF HAVING HAD CHICKEN POX."
<b>Pree-uh Sam-path-kumar</b>	OR THE CHICKEN POX VACCINE, SAYS MAYO CLINIC DR. PRIYA SAMPATHKUMAR. THE VIRUS CAN

	LIVE DORMANT IN YOUR NERVOUS SYSTEM FOR YEARS. THEN, IF YOUR IMMUNE SYSTEM BECOMES WEAKENED BECAUSE OF ILLNESS OR THE AGING PROCESS, THE VIRUS CAN REACTIVATE, CAUSING SEVERE PAIN AND BLISTERS. BUT THERE'S A VACCINE CAN HELP PREVENT THAT.
<b>Dr. Sampathkumar</b>	"THE VACCINE CAN CUT YOUR RISK OF GETTING SHINGLES BY ABOUT 50-PERCENT."
	WHILE THERE ARE SOME EXCEPTIONS, IT'S GENERALLY RECOMMENDED THAT ANYONE OVER AGE 60 SHOULD GET THE VACCINE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I'M VIVIEN WILLIAMS.