

## Mayo Clinic Minute

### Don't suffer with shingles

Video	Audio
<b>Vivien Williams</b>	The burning pain of shingles makes you feel like your skin is on fire.
<b>Vandana Bhide, M.D.</b>	"It's caused by the same virus that causes chickenpox."
<b>Vivien Williams</b>	Mayo Clinic's Dr. Vandana Bhide says after you've had the chicken pox, the virus can live in your nervous system for years. No one's sure why it reappears, but the thought is, if your immune system weakens because of illness or the aging process, the virus can reactivate and travel along your nerves to your skin, causing severe pain and blisters.
<b>Vivien Williams</b>	The pain can happen days before the rash erupts. There's no cure, but medication may lessen symptoms and shorten suffering. A vaccine recommended for people age 60 and over can help prevent shingles.
<b>Vandana Bhide, M.D.</b> <b>Internal medicine</b> <b>Mayo Clinic</b>	"We know that it will significantly decrease the risk of getting shingles in these people, and it will also decrease the risk of something called post herpetic neuralgia, which is this very painful kind of a phantom pain, almost, that's in the region where the shingles was, but after it's already healed."
	For the Mayo Clinic News Network, I'm Vivien Williams.