

Soundbite Script – Shingles: The Itch Not to Scratch

Dr. William Hook, family practice physician, OSF HealthCare

“They can burn, they can sting and then they evolve to become fluid-filled vesicles, we call them, and then breaks out into a rash that follows a line that is that nerve and that’s the shingles.”

Dr. William Hook, family practice physician, OSF HealthCare

“Generally, the older you are the higher risk you have of getting a shingles outbreak. The recommendation is to get the vaccine for people over the age of 50.”

Dr. William Hook, family practice physician, OSF HealthCare

“For those getting the vaccine between the ages of 50 and 69, it’s about 97 % effective. In the age group 70 and older it’s about 90 % effective. They’ve been tracking folks 70 and older for the past four years and find it’s about 85 % effective at that point. Those are pretty good odds.”

Dr. William Hook, family practice physician, OSF HealthCare

“Folks who get the shingles are pretty miserable. The risks of the side effects are many 2-3 days of soreness, and some people don’t have any side effects at all. So 2 to 3 days of soreness versus sometimes months of misery, when you weigh one against the other I know what my choice is.”

Dr. William Hook, family practice physician, OSF HealthCare

“It is very painful; it’s not a good time at all. That is preventable with the vaccine. Even if you’ve had shingles before we still recommend getting the vaccine because people can get a reoccurrence. If you’re not sure about getting chicken pox as a child, you should get the vaccine.”