



Shingles Diseases

Source: IE

Recent studies show the **shingles vaccine**, primarily designed to **prevent viral reactivation**, may reduce risks of **cardiovascular diseases** by 23% and **lower dementia** risk.

- **About Shingles Diseases:** It is caused by the **varicella-zoster virus**, which also causes **chickenpox**.
 - After childhood chickenpox, the virus **stays dormant in nerve cells** and can **reactivate** as shingles when **immunity weakens**.
- **Symptoms:** Shingles causes **painful rashes and blisters**, usually on one side of the **torso**. If close to the **eye**, it can cause **vision loss, facial paralysis, or brain inflammation**.
- **Transmission:** People without prior chickenpox can contract the virus by **touching fluid from shingles blisters** or **inhaling airborne virus particles**.
- **Vaccine:** It is recommended for individuals **aged 50 years and above**, and for adults with **weakened immune systems** (e.g., **HIV** patients).
 - There are treatments for shingles symptoms, but **there is no cure**.
- **Dementia:** It is a condition that slowly **worsens thinking abilities beyond normal aging**. It affects **memory, thinking, understanding, learning, language, and judgment**, but does not affect consciousness.

Read More: [Dementia](#)

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