

Shingles



By Siperstein Dermatology Group
Definition

Shingles is caused by the varicella-zoster virus (VZV), the same virus that causes chickenpox. It is a viral infection that causes a painful rash. Shingles can occur anywhere on the body, but in most cases wraps around the torso. It typically looks like a single stripe of blisters that follows a dermatomal (nerve) distribution on the body. After an initial infection with chickenpox, the virus remains dormant in spinal nerve roots for many years. Stress or sickness can reactivate the virus and cause it



to migrate down sensory nerves to the skin to cause the blistering rash.

Symptoms

- Pain, burning or tingling (usually first symptom)
- Sensitivity to touch/clothes rubbing
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching
- Fever

Risk Factors

- Lowered immunity (cancer/chemotherapy), medications (long-term prednisone, immunosuppressants)
- History of chicken pox infection
- Age 50 and older

Precautions

If you have shingles, you can pass the chickenpox virus to anyone who isn't immune to chickenpox. This usually occurs through direct contact with the open sores of the shingles rash. Once infected, though, the person will develop chickenpox rather than shingles. Until your shingles blisters scab over, you are contagious. Avoid physical contact with anyone who hasn't yet had chickenpox or the chickenpox vaccine, pregnant women, immunosuppressed people, and newborns.

Prevention

A shingles vaccine may help prevent shingles or, at least, lessen the severity of shingles symptoms. People who are eligible should get the Shingrix vaccine.

Complications

- **Postherpetic neuralgia** – burning pain in the nerves and skin, even after the rash is gone
- **Vision loss** – Shingles in or around an eye (ophthalmic shingles) can cause painful eye infections that may result in vision loss.
- **Neurological problems** – Shingles may cause inflammation of the brain (encephalitis), facial paralysis, or problems with hearing or balance.
- **Skin infections** – If shingles blisters aren't properly treated, bacterial skin infections may develop due to open skin.

Early diagnosis and intervention are vital to preventing long-term complications. At Siperstein Dermatology Group, we are experts in evaluating, diagnosing, and treating shingles. If you think you may be developing an outbreak, contact our office right away for an appointment!

The Symphonia Announces Incoming Board President

The Symphonia, South Florida's premier chamber orchestra, has announced that Sheldon Kwiat has been appointed as Board president, effective Oct. 1. Kwiat has been a supporter of The Symphonia for a number of years and has served on its Board of Directors for the past two years.

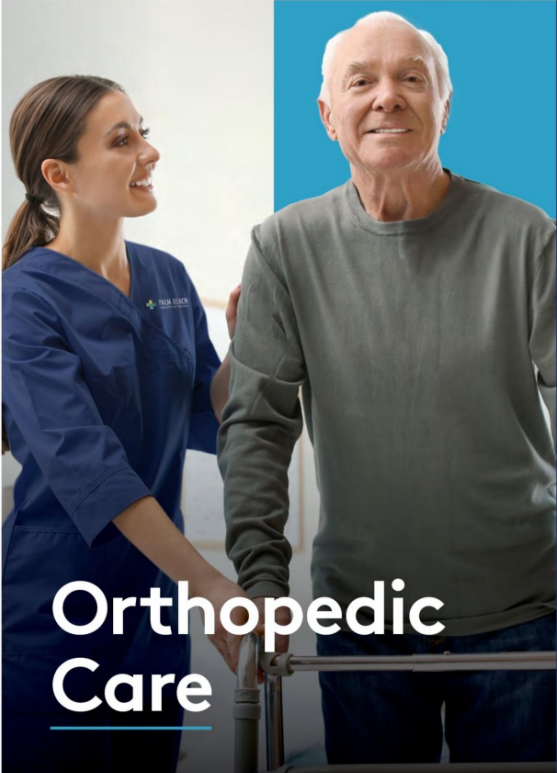


Upon graduation from the University of Pennsylvania's Wharton School of Business, Kwiat began his career in his family's New York-based diamond business, Kwiat Inc. He became actively involved in a number

of industry associations and boards including Gemological Institute of America (GIA), Jewelers' Security Alliance (JSA), Diamond Manufacturers & Importers Association (DMIA), and Jewelers Vigilance Committee (JVC). Further, Kwiat spent 12 years on the GIA Board of Governors, holding positions as the Board vice chairman and chairman of the Audit and Finance Committee. On JSA's Board, he held the position of Board chairman. On the DMIA's Board, Kwiat was a member of the Executive Board Of Directors.


Kwiat resides in Boca Raton and is currently active in several family-owned real estate ventures. He and his family are active supporters of NYU Langone Perlmutter Cancer Center, Boca Raton Regional Hospital, and Festival of the Arts BOCA. Kwiat is passionate about music – he loves attending concerts, listening to music at home, and playing piano.






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