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“Shingles: Rated ‘For Adults Only’ ” Is New Presentation Offered by Visiting Nurse and Community Health

Up to 1 million cases of Shingles occur in the United States each year, according to a recent study. If you've had chickenpox, and over 90% of U.S. adults have, you are at risk for Shingles, which is a viral infection of the nerve roots that causes pain, and often results in a rash on one side of the body. About half of the Shingles cases in this country occur in people aged 60 years and older, and 1 out of every 2 people living to age 85 will have Shingles. In light of these statistics, Visiting Nurse and Community Health, Inc. (VNCH), headquartered in Arlington, has developed “Shingles: Rated ‘For Adults Only’ ”, a presentation that outlines contributing factors, indicators and associated risks for those with Shingles. The presentation is now available to all organizations and interested companies in the 22 eastern Massachusetts communities VNCH serves, and is accompanied by a Shingles awareness handout compiled by the home health care agency.

Being aware of the cause, symptoms and treatment of Shingles is a crucial first step in coping with this disease, which is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons. The good news is that most people who get Shingles will get better and will not get it again!

Those interested in learning more about VNCH's “Shingles: Rated ‘For Adults Only’ ” presentation should contact: Karen Breehey, VNCH Marketing, PR and Development manager, at 781-643-6090, ext. 1204. VNCH also offers presentations on topics such as preventing falls, congestive heart failure, diabetes management, depression, and dehydration and heat stroke.

For over 110 years, VNCH has been acknowledged as the preeminent home health care provider in eastern Massachusetts. It has a deep-rooted tradition of providing its patients and the communities it serves with compassionate, quality home care, and unparalleled health care expertise. VNCH's response to questions and concerns is immediate and knowledgeable, and its medical technology is state-of-the-art. To underscore its commitment to quality health care, VNCH has the distinction of being ranked in the Top 500 (out of more than 8,000) home health care providers nationwide. To learn more about VNCH, visit the agency's website at www.TheVisitingNurses.com.

VNCH serves the following communities: Arlington, Bedford, Belmont, Billerica, Burlington, Cambridge, Carlisle, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Somerville, Stoneham, Wakefield, Waltham, Watertown, Wilmington, Winchester, and Woburn.

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