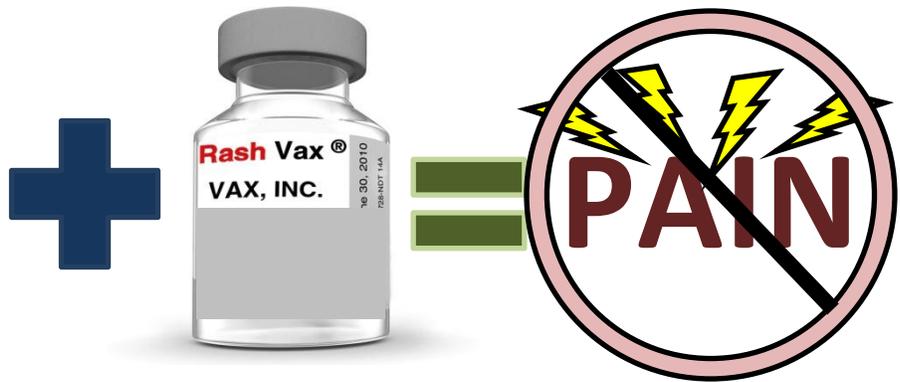


A Series of Vaccinations: What to Know about Shingles



Many people remember the dreaded Chickenpox being passed around when they were younger. Even while the lumps and bumps may have gone away, the virus still remains. This virus, Varicella Zoster, can continue to be a major pain. I'm not kidding!! The virus can reactive and cause rashes and intense nerve pain!!

The statistics about it don't kid around either:

- 1 in 3 people will develop Shingles
- 1 million people are average to develop Shingles in the US alone
- About half of all cases happen to individuals 60 years or older

How Can I Reduce the Risk of Shingles?

Get vaccinated!

You don't need the Shingles vaccine if you've had the Chickenpox vaccine.

BUT!

If you have had the chickenpox, you have the virus which means you need to get the Shingles vaccine.

Have a happy holiday, and as always, if you have any questions, comments, or ideas, please let me know!

- Ann Keidatz, R.N. B.S.N.

What are the Symptoms?

Pain
Rash
Itching
Tingling
Redness

All of these develop within three to five days of each other, the earliest symptom being pain, itching, and tingling.

How Can I Prevent Spreading Shingles?

The CDC suggests taking the following actions:

- Keep the rash covered
- Avoid touching or scratching the rash
- Wash your hands and properly

<http://www.livestrong.com/article/91391-causes-family-conflict/>
<http://www.theatlantic.com/health/archive/2013/12/why-families-fight-during-holidays/282584/>
<http://psychcentral.com/blog/archives/2011/12/09/6-tips-for-dealing-with-difficult>
<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>
<http://www.cdc.gov/shingles/about/>

Don't Stress the Season's Expectations

“Happiness is having a large, loving, caring, close-knit family...
in another city.” ~ George Burns

The perception of the holidays is that everyone is happy, healthy, and on good terms with their family. But, the reality is that we're all going to struggle with stress or anxiety that's caused by family at some point during the next 6 weeks.

Major sources cite these reasons as being the most common for starting family conflicts:

Snowballed Annoyances.

There's always that one joke or habit that a relative tries to push to be funny. And they keep pushing it until they get a reaction, whether it's good or bad.

Passive Aggressive Acts.

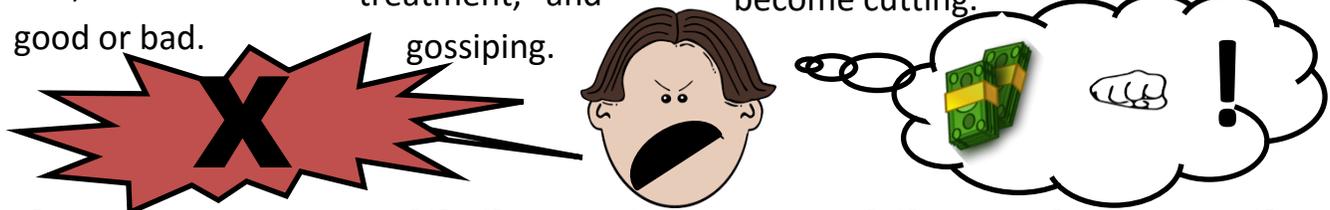
These kinds of behaviors can appear in a variety of ways: hostile attitudes, getting the last word in, “the silent treatment,” and gossiping.

Sibling Rivalries.

Some conflicts survive the test of time, like siblings and their fights. While it's natural to poke fun, brothers and sisters have a way that can become cutting.

Jobs and Finances.

These are easy topics to use to start a fight because they're easy to pass judgment on and are always personal.



So how do we cope with these stressors and those who cause them?

Set Aside Differences.

Try to accept people as they are and forgive old grievances. Be understanding about other people's stress and depression as well, especially when they become angry. Everyone experiences the holidays differently.

Plan Ahead.

Have a reason to excuse yourself from the party in the event that things go sour or start to become confrontational. There's no reason to feel guilty if you want to leave a toxic environment.

Learn to Say “No.”

Your friends and family may make unrealistic requests of you, and even while you might want to please them, it's okay to decline! Don't add unneeded stress to yourself or your schedule.

Be Realistic.

Families never stay the same because people change and grow, and family traditions can change over time. Also, anticipate that there will be conversations started that you don't want have. Know that you don't have to have them, but if you say “no”, be polite as to not add to the conflict.

