

SENIOR NUGGET — NOVEMBER 2013

GOOD HEALTH ISN'T A LONG SHOT - GET VACCINATED

SHINGLES—known as herpes zoster, is caused by vermicelli-zoster virus (same virus that causes chickenpox). Once you have had chickenpox, the vermicelli-zoster virus remains in your body's nerve tissues. It can be dormant or reactivate later in life. This causes shingles.

If you are over 50 and have had shingles pain (3 days or less), the current recommendations call for doctors to prescribe antiviral medicine to kill the virus. If you are younger than 50 and very uncomfortable from shingles, your doctor may still prescribe antiviral therapy. Medications most recommended are Famvir and Valtrex. This antiviral medication not only helps shorten the days of pain that you have but also helps reduce the risk of long-lasting shingles pain, a condition called post-herpetic neuralgia. Shingles pain can be intense. Doctors may have to prescribe NSAIDs (non-steroidal anti-inflammatory drugs) and acetaminophen if pain persists.

Shingles rash skin care: Wash gently and rinse rash and blisters once or twice daily with cool water. Antibiotic ointment may also be needed.

Length of time: Shingles course is 7 to 10 days. Blisters may take weeks or longer to disappear completely. Pain duration varies. Most people's pain decreases within two or three months.

Shingles shots are recommended. First, check with your health insurance provider to determine if shot is covered under your plan (cost can be up to \$250 out-of-pocket). Not all providers cover it.

WHAT SHOTS SHOULD SENIORS HAVE? (65 or older)

- **Flu shot (annually)**
- **Pneumonia shot (one shot unless already vaccinated)**
- **Shingles shot (one time)**
- **Tdap (tetanus, diphtheria, pertussis) (every 10 years)**

SENIOR NUGGET - NOVEMBER 2013

Your comments/suggestions for future Nugget topics are welcome.
Contact: Vivian Stevens, Senior Ministries Director

GLUTEN FREE—It’s impossible to shop without seeing packages labeled “Gluten-free.” If you are building a gluten-free menu, include whole grains other than wheat. Try some of the options below in your meals:

- Amaranth - Popped like corn or added to soups or a pilaf
- Buckwheat - Used whole or ground as flour, it provides a nutty flavor
- Millet - Let it stand alone, as a side, or bake it into crunchy crackers
- Oats - Check they are certified as free from cross-contamination
- Quinoa - Gaining popularity for its versatility and subtle flavor
- Rice - Brown and colored used to prepare delicious international dishes
- Sorghum - Use it to make everything from pie crust to pancakes
- Teff - Just one ounce makes flavorful flour for breads, crepes, and flatbread
- Wild Rice - Hearty/nutty and delicious. A treat on any plate.

FOR STRESS FREE HOLIDAYS ...

- **Take advantage of sales, begin holiday shopping early**
- **Gift-wrap as you purchase each item**
- **Bake and freeze holiday treats**
- **Keep assorted batteries on hand**
- **Winterize your vehicles**
- **Have snow removal items on hand**
- **Stock up on non-perishables**
- **Decorate while temperatures are mild**
- **Check all holiday lights and replace non-working lights**

HAPPY THANKSGIVING

HAPPY BIRTHDAY to all have a November Birthday
Check your Bible birth verse at www.birthverse.com
~~~~~