

# Are your patients at increased risk?

## PATIENTS $\geq 50$ YEARS OLD ARE AT INCREASED RISK FOR SHINGLES<sup>1</sup>

- **99.5%** of people  $\geq 50$  years old already have the virus that causes shingles<sup>1,2</sup>
- In **1 in 3 people**, the dormant virus reactivates in their lifetime, causing shingles to erupt<sup>1</sup>
- Shingles risk sharply increases **starting at age 50**. Increasing age can lead to a natural decline in VZV-specific immunity<sup>1,3</sup>



Patient portrayal.

## ADDITIONAL RISK FACTORS TO LOOK OUT FOR

In addition to age, certain comorbidities and psychological stress have been associated with increased risk of shingles<sup>4\*</sup>

### DIABETES

 **24%**

increased risk in patients with DIABETES vs without  
32 studies, pooled effect estimate:  
RR: 1.24 (95% CI: 1.14-1.35)

### CARDIOVASCULAR CONDITIONS

 **34%**

increased risk in patients with CARDIOVASCULAR CONDITIONS<sup>†</sup> vs without  
16 studies, pooled effect estimate:  
RR: 1.34 (95% CI: 1.17-1.54)

### CKD

 **29%**

increased risk in patients with CKD vs without  
18 studies, pooled effect estimate:  
RR: 1.29 (95% CI: 1.10-1.51)

### PSYCHOLOGICAL STRESS

 **47%**

increased risk in patients with PSYCHOLOGICAL STRESS<sup>§</sup> vs without  
8 studies, pooled effect estimate:  
RR: 1.47 (95% CI: 1.03-2.10)

\*Data from a meta-analysis assessing risk factors for HZ. The analysis included a total study population of 198,751,846 individuals, with 3,768,691 HZ cases across 88 studies (68 cohort and 20 case-control studies) from 1966 to 2019. The populations in these studies ranged from people aged 3 months to 104 years old.<sup>4</sup> Eighteen risk factors were identified in the meta-analysis, note not all are presented here. Limitations included the following: most studies were observational and had a higher likelihood of bias; the majority of studies used administrative data, which is subject to miscoding, errors, and can vary between practitioners; finally, heterogeneity was high across studies. This list is not exhaustive and may not present all conditions associated with an increased risk of HZ.<sup>4</sup>

<sup>†</sup>Cardiovascular conditions included in each individual study in the meta-analysis varied by study and included heart disease, heart failure, hypertension, hyperlipidemia, stroke, atrial fibrillation/flutter, and other cardiovascular disease.<sup>4</sup>

<sup>4</sup>SHINGRIX is a vaccine indicated for prevention of HZ (shingles) in adults aged 50 years and older.<sup>5</sup>

<sup>5</sup>The methodology used to define psychological stress varied greatly across studies and included patient questionnaires and major life events (either self-reported or captured on medical record, eg, death of a spouse or diagnosis of major medical event).<sup>4</sup>

CI=confidence interval; CKD=chronic kidney disease; HZ=herpes zoster; RR=relative risk; VZV=varicella zoster virus.

### Indication

SHINGRIX is a vaccine indicated for prevention of herpes zoster (shingles) in adults aged 50 years and older.

SHINGRIX is not indicated for prevention of primary varicella infection (chickenpox).

### Important Safety Information

- SHINGRIX is contraindicated in anyone with a history of a severe allergic reaction (eg, anaphylaxis) to any component of the vaccine or after a previous dose of SHINGRIX
- Review immunization history for possible vaccine sensitivity and previous vaccination-related adverse reactions. Appropriate medical treatment and supervision must be available to manage possible anaphylactic reactions following administration of SHINGRIX
- In a postmarketing observational study, an increased risk of Guillain-Barré syndrome was observed during the 42 days following vaccination with SHINGRIX

Please see additional Important Safety Information for SHINGRIX on other side and full Prescribing Information, also available at [SHINGRIXHCP.com](http://SHINGRIXHCP.com).



# HOW DO YOU START THE SHINGRIX conversation?

**YOUR RECOMMENDATION IS THE STRONGEST PREDICTOR FOR PATIENTS TO GET VACCINATED<sup>6</sup>**



**1**

## DESCRIBE SHINGLES PAINFUL AND DISRUPTIVE

- Shingles is a blistering rash that can be excruciatingly painful, usually lasting 7 to 10 days, and can disrupt everyday activities such as work, family time, and sleep<sup>3,7,8</sup>

**2**

## PERSONALIZE RISK AGE AND ADDITIONAL RISK FACTORS

- Starting at age 50, the risk of shingles sharply increases<sup>1</sup>
- In addition to age, certain chronic conditions as well as psychological stress have been associated with an increased risk of shingles<sup>4</sup>

**3**

## RECOMMEND SHINGRIX PROVEN OUTSTANDING EFFICACY

- SHINGRIX, administered as a 2-dose series, was proven more than 90% effective in preventing shingles in people 50 years and older<sup>5,\*</sup>
- The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach<sup>5</sup>



**Visit SHINGRIXHCP.com**

to learn about shingles risk factors and comorbidities

\*Data from the phase 3 ZOE-50 (≥50 years of age) trial (median follow-up period 3.1 years) and pooled data in individuals ≥70 years old from the phase 3 ZOE-50 and ZOE-70 trials (median follow-up period 4 years) in subjects who received 2 doses of SHINGRIX (n=7344 and 8250, respectively) or placebo (n=7415 and 8346, respectively). These populations represented the modified Total Vaccinated Cohort, defined as patients who received 2 doses (0 and 2 months) of either SHINGRIX or placebo and did not develop a confirmed case of herpes zoster within 1 month after the second dose.<sup>5,9</sup>

### Important Safety Information (cont'd)

- Syncope (fainting) can be associated with the administration of injectable vaccines, including SHINGRIX. Procedures should be in place to avoid falling injury and to restore cerebral perfusion following syncope
- Solicited local adverse reactions reported in individuals aged 50 years and older were pain (78%), redness (38%), and swelling (26%)
- Solicited general adverse reactions reported in individuals aged 50 years and older were myalgia (45%), fatigue (45%), headache (38%), shivering (27%), fever (21%), and gastrointestinal symptoms (17%)
- The data are insufficient to establish if there is vaccine-associated risk with SHINGRIX in pregnant women
- It is not known whether SHINGRIX is excreted in human milk. Data are not available to assess the effects of SHINGRIX on the breastfed infant or on milk production/excretion
- Vaccination with SHINGRIX may not result in protection of all vaccine recipients

**Please see additional Important Safety Information for SHINGRIX on other side and full Prescribing Information, also available at [SHINGRIXHCP.com](http://SHINGRIXHCP.com).**

**References:** 1. Clinical overview of shingles (herpes zoster). Centers for Disease Control and Prevention. Accessed September 23, 2025. <https://www.cdc.gov/shingles/hcp/clinical-overview/index.html> 2. Kilgore PE, Kruszon-Moran D, Seward JF, et al. Varicella in Americans from NHANES III: implications for control through routine immunization. *J Med Virol*. 2003;70(suppl 1):S111-S118. 3. Harpaz R, Ortega-Sanchez IR, Seward JF; Advisory Committee on Immunization Practices (ACIP) Centers for Disease Control and Prevention (CDC). Prevention of herpes zoster: recommendations of the Advisory Committee on Immunization Practices (ACIP). *MMWR Recomm Rep*. 2008;57(RR-5):1-30. 4. Marra F, Parhar K, Huang B, Vadlamudi N. Risk factors for herpes zoster infection: a meta-analysis. *Open Forum Infect Dis*. 2020;7(1):1-8. 5. Prescribing Information for SHINGRIX. 6. Adult immunization standards. Centers for Disease Control and Prevention. Reviewed August 9, 2024. Accessed August 18, 2025. <https://www.cdc.gov/vaccines-adults/hcp/imz-standards/> 7. Curran D, Matthews S, Boutry C, Lecrenier N, Cunningham AL, Schmader K. Natural history of herpes zoster in the placebo groups of three randomized phase III clinical trials. *Infect Dis Ther*. 2022;11(6):2265-2277. 8. Shingles symptoms and complications. Centers for Disease Control and Prevention. Reviewed April 19, 2024. Accessed March 26, 2025. <https://www.cdc.gov/shingles/signs-symptoms/index.html> 9. Data on file. Study 113077 (NCT01652299). GSK Study Register. Study entry at: <https://www.gsk-studyregister.com/en/trial-details/?id=113077>

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