

NE Minute Medical School.com
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Varicella Zoster Virus

Chicken Pox

Shingles

Treatment

Antivirals:
Acyclovir - start @ onset of tingling up to 72 hrs later

Analgesics:
May require opioids eg morphine - very painful

Anticonvulsants:
Gaba pentin - especially if Post Herpetic Neuralgia

Prevention

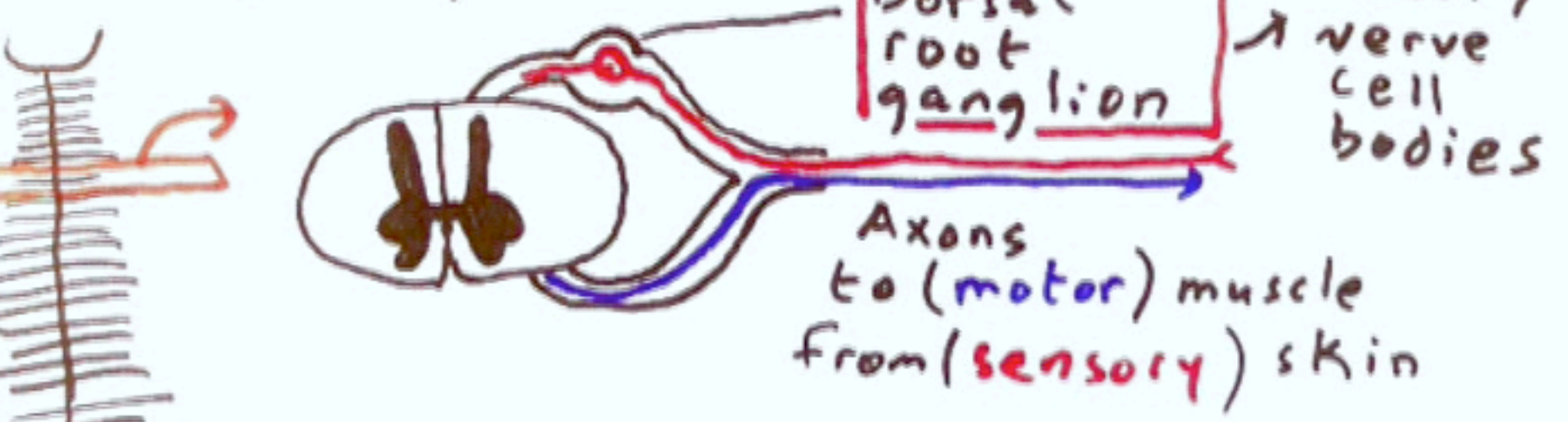
Zostavax
in adults > 60 - boosts cellular immunity
> 3 servings fresh fruit/veg daily
Associated with 2/3 fewer cases vs adults who consumed < 1 serving

Day 0: Fiery, tingly pain in a stripe (dermatome)
Day 1-6: Bumpy, dermatomal rash
Resolves in 2 weeks
1/5: Post Herpetic Neuralgia
Immunity: HIV 1yr of severe dermatomal pain
Stress
Age: 2/1000 healthy but 8/1000 > 65



150,000x mag
↓
Chicken Pox (Kids/young adults)
↓
Doesn't die!!

lives in spinal chord



Dorsal root ganglion

sensory nerve cell bodies

Axons to (motor) muscle from (sensory) skin