



HUMMADI HEALTHCARE

# Herpes Zoster, Clarified



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## Daily Care Tips

- Prioritize rest to lower stress levels
- Ask your doctor about pain control to assist with the daily experience
- Early treatment should be a priority as future flare-ups are continuations of the same issue

## When should I seek help?

You should seek medical advice if:

- Herpes Zoster is painful or bothering you
- Over-the-counter products aren't helping
- Herpes Zoster is affecting your confidence or mood



# What causes Herpes Zoster?

## *Some of the most common causes we see*

- Weakened immunity
  - From illnesses
  - Various medications
- Physical and emotional stress
- Aging and fatigue

## Myths to know

Herpes Zoster is not contagious

Vaccines are effective in prevention

Herpes Zoster is not caused by stress alone

## What is Herpes Zoster?

### Herpes Zoster does not stand alone as an illness

- Herpes Zoster is a painful rash
- It is caused by a reactivation of the chickenpox virus, sometimes after years of dormancy

### Common areas affected

- The torso
- The face
- Along just one side of the body

## The mental connection:

### *Herpes Zoster doesn't just affect your skin*

Constant pain can deeply affect sleep, impacting mental recovery and energy levels.

Visibility can have an effect on confidence and mood.

Ask us about how else Herpes Zoster may be impacting your life.

Sleep deprivation or insomnia arise from an inability to achieve restorative sleep. This can cause impairments in cognitive function, as well as clinical distress and an impact on physical recovery and health, aggravating skin conditions and inhibiting healing processes.

Social discomfort, or social anxiety, is a fear of social situations in which embarrassment may occur or where someone may be seen negatively by others. This can be heightened when someone perceives flaws in themselves, which can often be the case with various skin diagnoses.

