

Shingles Case Study Competition

Dr JR Yeats
MBBCh, DA(SA), DTM&H, DPH

The word Shingles conjures up different images in differing age groups.

Angela B is a young 19 year old 'varsity student who presented with her painful rash in the T4 dermatome.

She had on a bulky T shirt and no underclothes as she was unable to bear the touch of clothing close to her skin. The rash had appeared that morning but she had experienced 2 days of paraesthesia and pain in the affected dermatome.

Other than this presence of the shingles she was a fit and healthy young student with no other significant health problems or clinical findings.

Shingles drew a bland frown from her and a discussion was had about pathogenesis prognosis and complications. Options of treatment were also

considered and the cost of the Zovirax Shingles Treatment pack made her contact her parents in Malawi for advice.

Their reaction was immediate; "Whatever it takes, get rid of this Shingles." Their perception and image of shingles were obviously of its severity.

Angela duly took her dosage of 800mg 5 times a day for 7 days.

She experienced fairly severe neuralgic-like pains on day 2 and 3 but when seen again on day 5 her rash was not significant and pain and discomfort had disappeared.

She was able to sit her exams at mid year with no problem. Her quizzical look suggests that she does not really believe the horror stories her folks have heard about shingles. Her attitude of "What is all the fuss about?" attests to the success of her treatment. She may be nonplussed yet her parents who foot the bill are well satisfied with the result.



Shingles Case Study Competition

The Shingles Case Study Competition was featured over a period of 12 months in S A Family Practice. The winner of each month's competition was awarded free registration to a congress of his/her choice in South Africa. The overall winner was selected from the monthly winners by a panel of Family Practitioners with the first prize being registration at an International Congress.

The winner of the 1993 Shingles Case Study Competition was:

Dr Jutta Carpenter-Kling for her entry in November 1992.

Dr Carpenter-Kling graduated MBChB at the University of Pretoria in 1987. She did her internship year at Kalafong Hospital and worked at 1 Military Hospital as a medical officer in the department of Internal Medicine in 1989, and Dermatology in 1990. She started specialising in 1991 in dermatology at the University of Pretoria and is currently a registrar.



Dr Carpenter-Kling intends using her prize to attend the American Academy of Dermatology in Washington DC during February 1995.

Congratulations!

