

# SHINGLES CASE STUDY

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On 17/1/93, a 75 year old female presented with shingles of the vaginal, vulva, anal and buttock area.

The therapy prescribed consisted of

- a) Zovirax 800mg 5x/day for 7 days
- b) Noroxin 400 mg bd for 3 days
- c) Urispas 2 tds for 3 days
- d) Citro Soda 20ml QID

Due to inflammation in the urethral area, the patient developed overflow urinary incontinence. A catheter was inserted and once the Zovirax had settled the shingles down to a significant degree, the catheter could be removed and the patient continued to do well and settle. The patient did initially complain about the cost of the Zovirax course, but after therapy was completed and the benefits became apparent, she agreed that it was in fact money well spent.

## Comments on Treatment

The Zovirax was chosen for three reasons:

Firstly to result in speedy resolution of those lesions already present.

Secondly to prevent the emergence of any further lesions.

Finally to decrease the chances of a post-herpetic neuralgia.

The urinary tract infection was an uncomplicated, simple UTI and was well covered on Noroxin. Citro Soda and Urispas were given for symptomatic relief of urgency and discomfort.

## Measurements/Results

Time to cessation of new lesion formation was 24 hours; time to healing of lesions was 8 days (192 hrs); duration and intensity of pain was  $\pm$  24- 72 hours.

The patient experienced a subjective improvement of most of her symptoms within 24 hours of the commencement of therapy. There were no side-effects experienced with any of the therapies.