

WebMD[®]

FOCUS ON

HEALTHY LIVING 50+

LIVING HEALTHY

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FOCUS ON

Prevent shingles: Understand
your risks and take action



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THE LATEST ON HEALTHY LIVING 50+

COVID-19 AFTER 50

As you get older, even a mild case of COVID-19 could have lasting effects on your physical health. A recent study of adults over age 50 found that those who had mild or moderate COVID-19 during the pandemic had more risk for declines in mobility, such as trouble getting up from a chair or walking up and down stairs. The findings come as a reminder that protecting yourself from COVID-19 and other infectious illnesses by staying up-to-date on vaccines and avoiding people who are sick is extra important for maintaining your health as you get older.

SOURCE: JAMA Network Open

1 in 3

Number of adults who will get shingles, with more risk as you get older.

SOURCE: National Institute on Aging

45

Age when you should have your first colonoscopy if you're at average risk for colon cancer.

SOURCE: American Cancer Society

EXERCISE AND CANCER RISK

Doing just three to four minutes of vigorous exercise each day could lower your risk for cancer. That's according to a new study of more than 22,000 adults suggesting that getting about 3.5 minutes a day of intense physical activity was enough to lower the incidence of cancer by 17% to 18%. Those who got 4.5 minutes of dynamic exercise a day saw a 31% to 32% drop in their cancer risk. While more exercise is better for your overall health, the findings suggest valuable health benefits from short bursts of exercise.

SOURCE: JAMA Oncology

SHINGLES AND YOUR HEART

A shingles infection can cause considerable pain and other symptoms. But researchers have found that the infection also comes with long-term health risks, including higher odds for a major heart event. A study with more than 200,000 adults showed that people who had shingles had close to 30% more risk of a later heart event. The risk for a stroke was as much as 38% higher in people with shingles. The risk for a heart attack or other event requiring a heart procedure also went up by as much as 25%.

SOURCE: Journal of the American Heart Association



SCIENCE/SCIENCE PHOTO LIBRARY/VIA GETTY IMAGES

STATS & FACTS

By Kendall K. Morgan

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

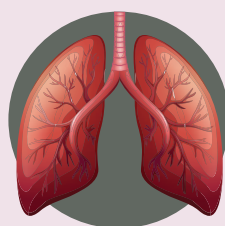
9

Cups of water or other fluids women ages 51 and up should have each day. Men should aim for 13 cups.



50 to 80

Ages when you may need an annual lung cancer screening if you smoke cigarettes or quit in the last 15 years.



1 to 3

Recommended years between eye exams when you're 55 to 64 years old.

90%

Odds you'll be protected from shingles if you get the recommended vaccine.



50+

Age when you should get vaccinated for pneumococcal disease and shingles.



20

Days a week adults should do moderate- to high-intensity exercises that strengthen muscles, including resistance or weights.



4 to 6

Years between cholesterol checks for most healthy adults. Ask your doctor if you should be checking more often.



Whatever you're
looking forward to,

SHINGLES
DOESN'T
CARE

Over 50 years of age? There's so much to look forward to — weddings, vacations, time with grandkids. But shingles doesn't care about any of it. The painful, blistering rash can disrupt your life for weeks and could cause you to miss out on some of life's best moments.

What is SHINGRIX?

SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster) in adults 50 years and older.

SHINGRIX is not used to prevent chickenpox.

IMPORTANT SAFETY INFORMATION

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX
- An increased risk of Guillain-Barré syndrome (severe muscle weakness) was observed after vaccination with SHINGRIX
- Fainting can happen after getting injectable vaccines, including SHINGRIX. Precautions should be taken to avoid falling and injury due to fainting

- The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach
- SHINGRIX was not studied in pregnant or nursing women. Tell your healthcare provider if you are pregnant, plan to become pregnant, or are breastfeeding
- Vaccination with SHINGRIX may not protect all individuals
- Ask your healthcare provider about the risks and benefits of SHINGRIX. Only a healthcare provider can decide if SHINGRIX is right for you

Shingles doesn't care
But SHINGRIX protects.

SHINGRIX was proven over 90% effective at preventing shingles in adults 50 years or older in clinical trials.

99% of people 50 years of age or older have the virus that causes shingles inside of them and it can reactivate at any time, causing a painful rash that can last for weeks.

Furthermore, 1 in 3 people will develop shingles in their lifetime. The risk of the virus reactivating sharply increases after 50 years of age.

In addition to age, you may also be at a greater risk of shingles if you have underlying health conditions such as heart disease, diabetes, COPD, or asthma.

**Start the conversation with your
doctor about vaccination with
SHINGRIX today.**

You are encouraged to report vaccine adverse events to the US Department of Health and Human Services.

Visit www.vaers.hhs.gov to file a report or call 1-800-822-7967. You may also file a report with GSK at <https://gsk.public.reportum.com> or 1-888-825-5249.

Please see Important Facts About SHINGRIX inside back cover.



COMMON QUESTIONS ANSWERED

A general internist offers insight as you look ahead to the next few decades

By Sonya Collins

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

The Hispanic community can have a healthy lifestyle and flourish in the later years. Here, Olveen Carrasquillo, MD, a general internist and professor of medicine and public health sciences at the University of Miami Miller School of Medicine in Florida, shares his thoughts.

Q: What should having a healthy lifestyle at this age incorporate?

OLVEEN CARRASQUILLO, MD: Instead of a disease-focused approach, thinking about the diseases we want to avoid, I like to take a wellness-focused approach. There are a few things we can do to improve our wellness: stop smoking, eat more fruits and vegetables and less saturated fat, drink less alcohol, and do at least 45 minutes of some kind of exercise at least four days a week.

Q: What role does mental health play in healthy living as we grow older?

CARRASQUILLO: Social isolation and loneliness can be big problems for older adults. In my opinion, when Latinos are socially isolated, I think it hits them especially hard. It's not part of our culture. We are family- and socially-oriented. Maintain your social contacts and close ties as you age. If



OLVEEN CARRASQUILLO, MD

you have an elder relative, make sure you stay in contact with them. Depression impacts your physical health.

Q: What are the healthy habits that Hispanic people may already have that they can use to their advantage as they age?

CARRASQUILLO: Despite a lot of health disparities, Latinos tend to live longer than other groups. It's the Latino paradox. One theory behind it is the health benefits of increased social connections. We are family-centered. We take care of our elders. Several generations may live together in the same house.

Q: Are there certain health concerns Latinos should be on the lookout for as they grow older?

CARRASQUILLO: When Latinos have high blood pressure and high cholesterol, it's more likely to be uncontrolled than it is in other groups. So make sure you go for your routine preventive care appointments and get those things checked and under control.

looking to
STAY WELL
every day



Fuel Your Body with Good for You Ingredients



ECHINACEA

Beautiful flower traditionally thought to help your body's defenses



ROSE HIPS

Tart and tasty herb commonly used to help support your well-being



LEMONGRASS

Tasty herb commonly thought to be a supportive hand to your overall health



ELDERFLOWERS

Light colored flower traditionally considered to help support a healthy lifestyle



BIGELOW
BENEFITS

Redefining Wellness
EVERY DAY

PRIMARY CARE FOR ADULTS

Find a doctor you can talk to and trust

By Kendall K. Morgan

Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs

Your primary care doctor can help you manage many different aspects of your health. They're an ideal person you can reach out to with questions or concerns. They can keep you on track with the latest recommendations for cancer screenings, cholesterol checks, vaccines, and more. As you get older, the benefits of having a trusted primary care doctor who knows your history will only grow.

Having a primary care doctor who you can rely on as you get older is "extremely important," says Sarah Swofford, MD, a family medicine doctor at University of Missouri Health Care in Columbia, MO. "Not only will they get to know you as a person and recommend personalized health recommendations for screening tests, but you will also have a trusted primary care doctor who can help you navigate acute and chronic illnesses that may develop as you get older."

REGULAR CHECKUPS

Swofford recommends having a wellness visit once per year. If you have underlying health conditions or are taking medications, you may need to see them even more often for monitoring, she says.

Karen E. Brown, MD, an internal medicine doctor at Yale New Haven Health in New Haven, CT, suggests checking your health insurance plan to understand your coverage and the frequency with which you should see your primary care doctor for health maintenance. She likes to call these visits "regular preventive exams," where you can keep tabs on your overall health while planning for any needed screening based on your age, family history, and any other risk factors.

WHAT TO EXPECT

Your primary care doctor can offer guidance on screenings to check your blood pressure, dietary or weight concerns, vision, hearing, exercise habits, and more, Brown says. They can keep you up-to-date on immunizations to protect you from everything from shingles to the flu. And around ages 40 to 45, you'll need to start getting regular colonoscopies and mammograms.

A thorough primary care visit also should include screening for depression, Swofford says. In some cases, your primary care doctor may be able to help you

prevent diseases. In others, you may catch conditions from cancer to heart disease earlier, when they'll be easier to treat.

"Everyone deserves to have a family physician or primary care physician," Swofford says. "They can address a wide range of health concerns, providing comprehensive



health care for patients as they age, acting as the primary point of contact for health needs and coordinating care with specialists when needed. Everyone needs a trusted advocate throughout their lives who is focused on their overall health. That is what a primary care physician is meant to be.”

BE PREPARED

Use this list of starter questions to ask your primary care doctor. Add to them as you please.



What is my risk for cancer or cardiovascular disease?



Do I need to be concerned about any health conditions in particular?



What lifestyle changes should I make?



Who should I call with new concerns?

PREVENT SHINGLES

Understand your risks
and take action

By Rachel Reiff Ellis

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

Your chances of getting shingles goes up as you get older. Prevention is an important part of a healthy aging plan.

“Half of all shingles cases are in adults ages 60 and older, and your chance goes up even more once you reach 70,” says Angeline Smith, an advanced registered nurse practitioner with Pullman Regional Hospital in Pullman, WA.

Here’s how to meet—and beat—the virus head on.

GET VACCINATED

The shingles vaccine is a safe and easy way to safeguard yourself against the virus. It works incredibly well at helping to prevent the herpes zoster (shingles).

“In adults 50 to 69 years old with healthy immune systems, [it’s] 97% effective in preventing shingles,” says Anthony Rossi, MD, dermatologist at Memorial Sloan Kettering Cancer Center in New York City.

If you have a weakened immune system, the vaccine’s protection decreases to 68% and 91%, depending on the condition that affects your immune system, but it’s still a huge boost toward warding off the virus.





WESTEND61/VIA GETTY IMAGES

BOOST YOUR IMMUNE SYSTEM

Since shingles is a reactivation of the varicella-zoster virus, lifestyle measures to help prevent it are focused on immune system health. For example, hand hygiene—washing well and often with warm water and soap, and scrubbing thoroughly—is paramount.

“The varicella-zoster virus can spread to individuals who have never had chickenpox or the chickenpox vaccine,” Rossi says.

High stress levels can also weaken your immune system and make you more vulnerable to infection. If you had chickenpox as a child, stress is one of the triggers that can wake the dormant virus. “After a person has chickenpox, the virus remains dormant in the nerve and can reactivate later in life, often triggered by age-related immune decline like stress or infection,” Rossi says.

Adopt stress-reduction exercises into your daily routine—meditate, get regular exercise, and prioritize good quality and quantity sleep.

“Everyone has different stressors,” Smith says. “Find what relaxes you and make it a habit. Your immune system will thank you!”

WHO SHOULDN'T GET THE VACCINE?

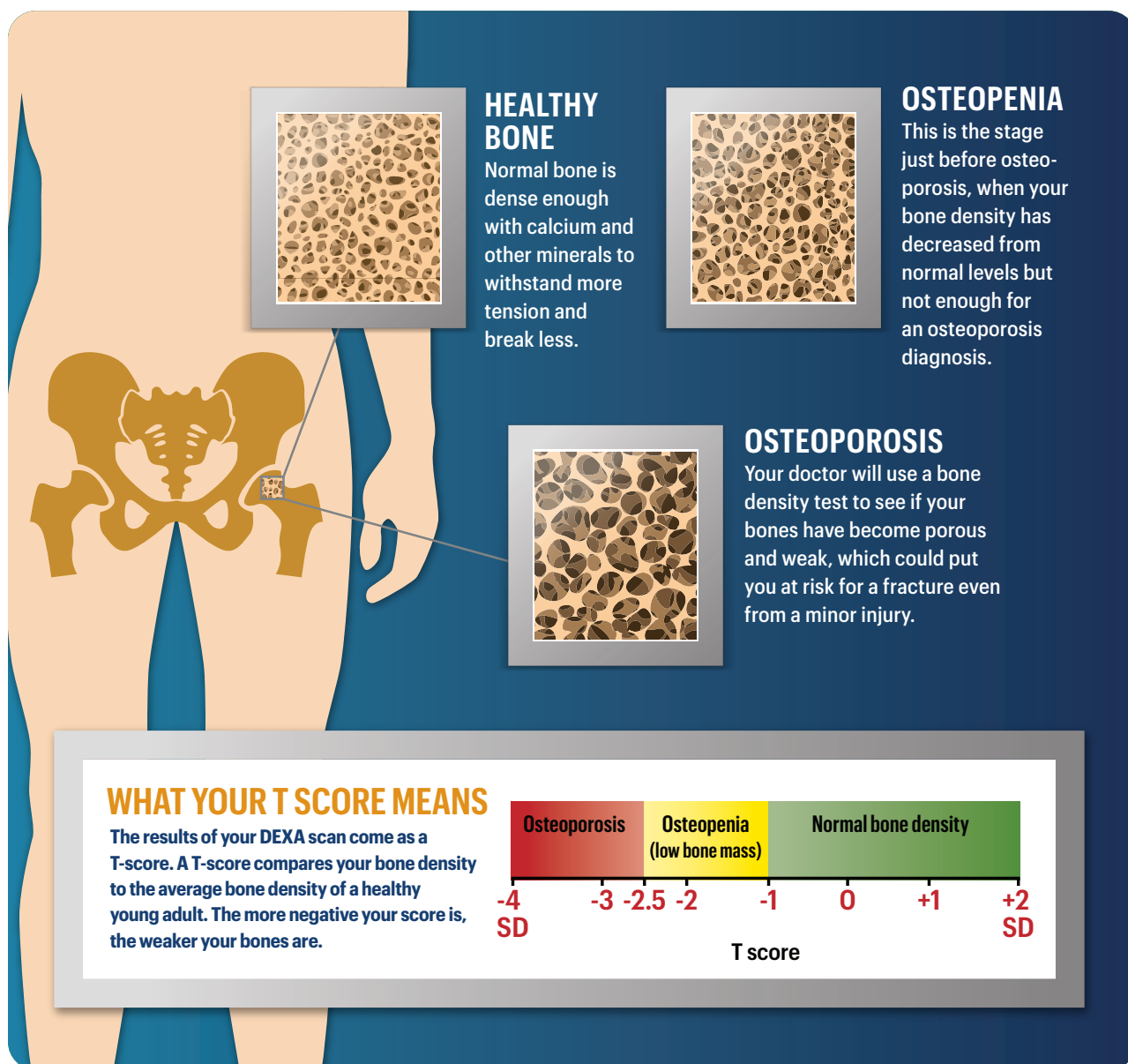
Anthony Rossi, MD, lists reasons the shingles vaccine isn't for you.

- + You currently have shingles.
- + You've ever had a severe allergic reaction to any component of the vaccine or after a dose of it.
- + You're currently pregnant.

BONE HEALTH

Osteoporosis is a disease where too much bone loss increases the risk of a broken bone.

By Rachel Reiff Ellis Reviewed by Brunilda Nazario, MD, WebMD Chief Physician Editor, Medical Affairs



ANNA BERGBAUER/VIA DREAMSTIME.COM

SOURCES: Cleveland Clinic: "Osteoporosis"; NHS: "Osteoporosis"; Johns Hopkins Medicine: "Bone Densitometry," "Osteoporosis: What You Need to Know as You Age"; OrthoInfo: "Smoking and Musculoskeletal Health"; International Osteoporosis Foundation: "Osteoporosis Risk Check";

Many factors can increase the risk of low bone density and osteoporosis, including:



SMOKING

The nicotine in cigarettes slows down bone cell production, and smoking also decreases your ability to absorb calcium.



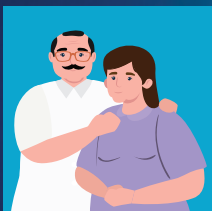
LOW BODY MASS INDEX (BMI)

The lower your BMI (a calculation that compares your weight to your height), the less estrogen your body makes, which weakens bones.



ALCOHOL INTAKE

Drinking alcohol on a regular basis decreases your bone density and makes it harder for your bones to withstand physical stress.



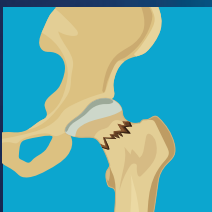
OLDER AGE

After age 50, your bones break down faster than they're built, especially for women postmenopause.



MEDICATIONS

Certain drugs can weaken your bones, such as steroids, depression medications, proton pump inhibitors, some breast cancer medications, and epilepsy medications.



HISTORY OF HIP FRACTURE

If you've broken a bone below the waist, your risk of osteoporosis is high.



Alcohol Research and Health: "Alcohol and Other Factors Affecting Osteoporosis Risk in Women"; Cleveland Clinic Journal of Medicine: "Drugs That May Harm Bone: Mitigating the Risk"; UpToDate: "Osteoporotic Fracture Risk Assessment"; UC San Diego Health: "Bone Density Test (DEXA or DEX)"

EAT FOR ENERGY AND STRENGTH

How to fill your plate for more vim and vigor

By Rachel Reiff Ellis

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

While getting older means certain shifts in your body, it doesn't have to mean automatically slowing down. With a focus on a diet honed to suit your changing energy needs, you can increase the energy and strength you have to take on each day.

FUEL WITH INTENTION

Half the battle when it comes to good nutrition is being proactive about the foods you put in your body. It's important to keep a regular eating schedule instead of waiting until your stomach is rumbling.

"As we age, signals like hunger and satiety, or feeling full, can change," says Jennifer Bruning, a registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics in Chicago. "It's important to be intentional about eating enough at proper intervals to sustain strength and energy, even if you aren't feeling as hungry as you did when you were younger."

Strength comes from eating protein-rich foods, which help you build and maintain muscle, while energy comes from carbohydrates, which your muscles use as fuel. Choose foods from these categories while avoiding those that slow you down.

"Try to avoid high-sugar foods that lack fiber and other nutrients," Bruning says. "These will cause your energy to crash suddenly, and sooner than it might with a more well-balanced choice."

CRUCIAL COMPLEX CARBS

Carbohydrates are your body's No. 1 choice for energy, Bruning says. Complex is best: beans and legumes, starchy vegetables, whole fruits, and whole grains.

"Look for '100% whole grain' on a label," Bruning says.

While carbs are crucial, balance is also key. Pair carb-rich foods with sources of protein and healthy fat to keep energy levels more consistent.

KEEP PROTEINS LEAN

Protein-rich foods build and maintain muscle, but keep your choices lean, Bruning says. Choose chicken, turkey, fish, seafood, lean beef, pork, and wild game. Or go for plant-based proteins such as soy products like tofu and tempeh, beans, lentils, nuts, and seeds. Dairy is another good source. Go for lower fat options of cottage cheese, yogurt, and milk.

FOCUS ON WATER

Dehydration saps your strength.

Jennifer Bruning, RDN, shares ways to stay hydrated.

- + **Schedule sips.** As you age, your ability to sense thirst decreases, so use the clock for water breaks instead of waiting for your body to tell you to drink.
- + **Set a goal.** Talk to your doctor about your ideal fluid intake and aim for it daily.
- + **Carry a reminder.** Get a water bottle that suits you so you'll reach for it more often.



DANIEL BALAKOV/VIA GETTY IMAGES

Overall, choose more whole foods and fewer processed ones, says Nancy R. Rozgony, a registered dietitian with MedStar Health in Baltimore, MD.

“Processed foods are much more likely to make you feel sluggish, which is the opposite of what you’re going for,” Rozgony says.

ENERGY-MAKING HABITS

Nancy R. Rozgony, RD, offers quick tips for optimizing energy.

- + **Don’t skip breakfast.** This jump-starts your metabolism.
- + **Carry snacks.** Nosh when needed so your energy stores don’t deplete.
- + **Pack in protein.** It gives you fuel for longer.

Active MODE

Natalie Morales, 53, holds fast to healthy habits and her Hispanic roots to stay fit, sharp, and grounded

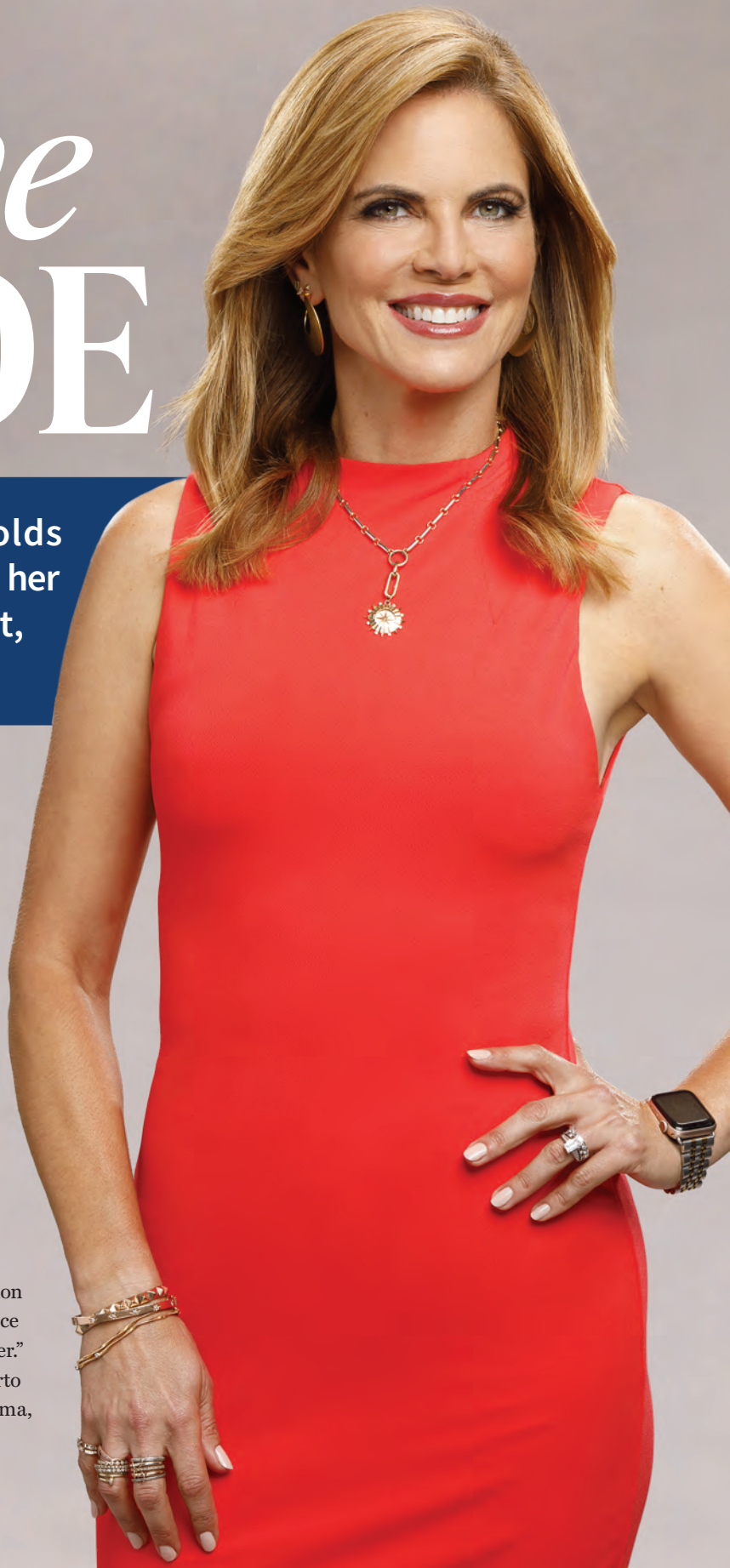
By Rachel Reiff Ellis

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

In 2010, rescuers saved 33 Chilean miners trapped for more than two months in a San José mine while 1 billion people around the world watched with bated breath. And on the scene reporting live—in both English and in Spanish—was NBC correspondent Natalie Morales.

“After the miraculous rescue operation, the Chilean president gave a speech, which I simultaneously translated live on MSNBC that evening,” Morales says. “The ability to speak to people in Spanish and to be able to share the passion and all of the emotion of the story to our audience in the U.S. was an absolute highlight of my career.”

Born in Taiwan to a Brazilian mother and Puerto Rican father, and raised in Spain, Brazil, Panama,



“As women, we’re always reminding everybody else of how they should care for themselves, but we put it off for ourselves. Now that I’m in my 50s, I’ve made myself a priority.”

- Natalie Morales

and the U.S., Morales’ multicultural upbringing was rich soil for a fruitful journalism career. Still, she had modest expectations.

“I saw myself with a career in journalism, but I always thought it was going to be in local news,” Morales says. “I never dreamed I would be the first Latina news anchor at the *Today* show—a person people would tune in to watch Monday through Friday on a main network.”

But she was. From that point on, when breaking news happened, the refrain became: “Send Natalie.” She was off and running.

And she hasn’t slowed down. Today, Morales is a correspondent on CBS’ *48 Hours*, owns a production company, and has plans to launch a podcast. It’s an active schedule, and that suits Morales just fine. Active is a mode she knows well.

A LIFE IN MOTION

An athlete in her younger years, Morales played soccer, volleyball, and softball in high school, and ran long distance in her spare time.

“My high school didn’t have great running teams, so I always did it on my own,” Morales says. “It was great therapy for me. I would just get lost in my thoughts. So when I went off to college, I continued running for my own mental health.”



FAMILY FIRST: Natalie Morales and husband Joe Rhodes pictured with sons Josh (far left) and Luke (far right) in February 2025.

Once she graduated and moved to New York, she joined the Road Runners Club and started training for 5Ks. Those 5Ks became 10Ks, which then became half-marathons, which ultimately became marathons. Six marathons (and a few triathlons) later, Morales—now 53—says it may be time to retire her racing bib and focus her energy elsewhere.

“I would love to still be able to compete like that, but unfortunately, I have too many injuries now,” she says.

Plantar fasciitis and piriformis syndrome may have curbed her mileage, but she’s quickly pivoted to other workouts such as weight training, Pilates, and hot yoga. In addition to working your muscles, she says, these are all disciplines that force you to breathe and focus and be in tune with your body, which is part of what drew her to running.

“I may not burn as many calories, but to me, it’s more about endorphins and getting the weight-bearing exercise we all know we need in our 50s,” she says.

Best of all, her shift in exercise priorities has opened up space in her life for a practice that challenges both body and mind: horseback riding.

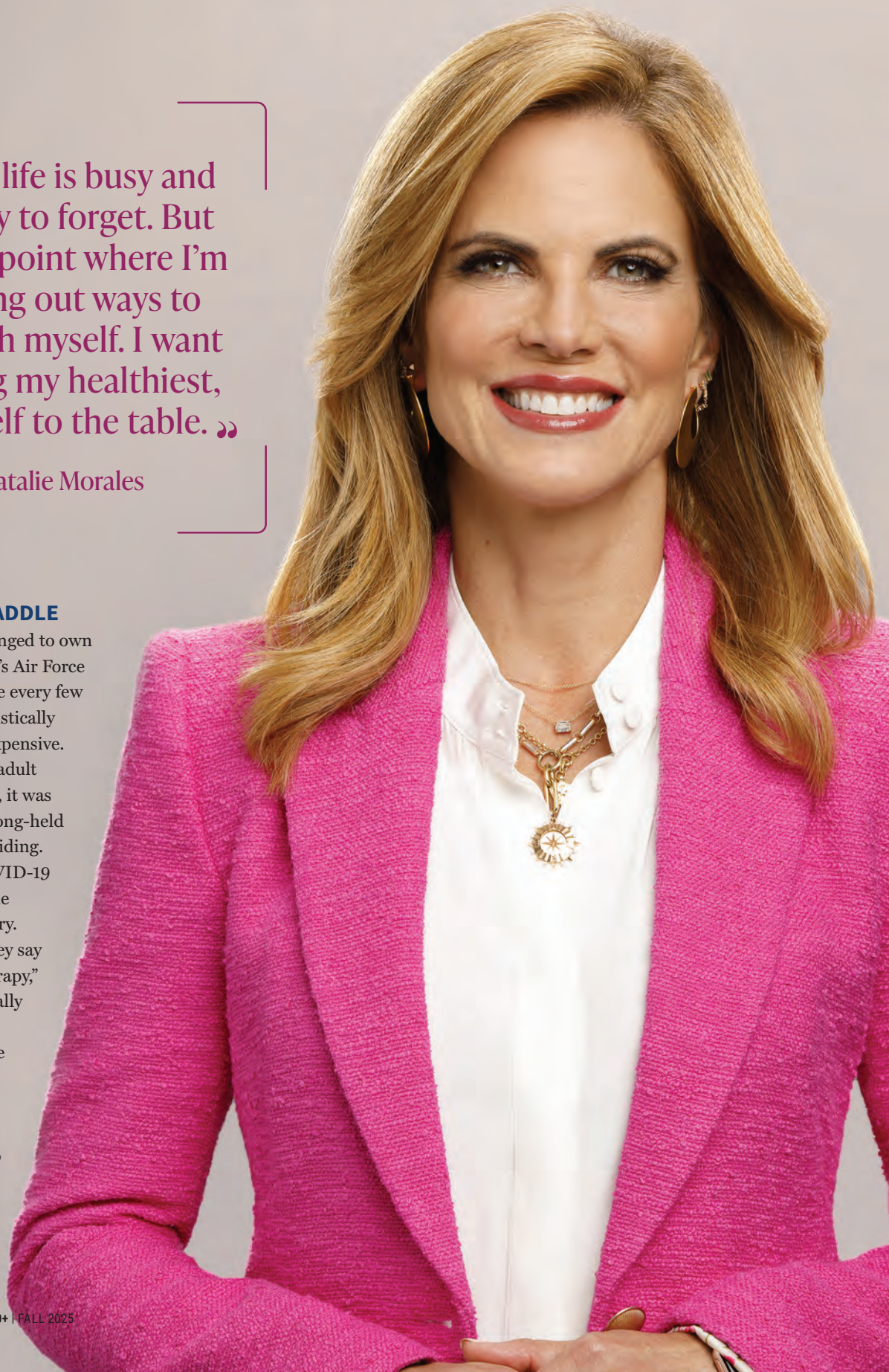
“I know life is busy and it’s easy to forget. But I’m at a point where I’m figuring out ways to relaunch myself. I want to bring my healthiest, best self to the table.”

- Natalie Morales

BACK IN THE SADDLE

As a kid, Morales longed to own a horse, but her dad’s Air Force career meant a move every few years, making it logistically difficult on top of expensive. So once she was an adult settled in California, it was time to realize her long-held desire. She started riding. And during the COVID-19 pandemic, the saddle became her sanctuary.

“It’s true when they say horses are great therapy,” she says. “Horses really force you to be your best self when you’re on them. They’re intuitive—they pick everything up. You have to learn how to let go and tap into the connection you have with this





In 2018, Natalie Morales released “At Home with Natalie,” a cookbook filled with nourishing recipes for the whole household.

minute,” she says. “Sometimes there are 11 jumps, sometimes there are eight. And sometimes you suddenly hear an announcement over the loudspeaker saying, ‘Rider, you’re off course.’ I did that in my first competition, and it was so embarrassing.”

But that embarrassment only made her more passionate about sharpening her skills, which in turn, she says, is helping keep her 50-plus brain sharp. These days, she says, she’s better about staying the course.

CULTURAL PRIDE, WITH A FOCUS ON PREVENTION

Growing up, Morales’s home was filled with the aroma of her family’s cultural dishes. The kitchen was a comfort, and the familiar smells helped ground her whenever her father’s job took her family to new cities and countries. Food was formative enough, in fact, that in 2018, Morales created *At Home With Natalie*, a cookbook full of healthy recipes with a Latin twist.

“I wanted to keep some of those traditions and memories of the recipes that I grew up with from my Puerto Rican and Brazilian background, but those foods can be really heavy, fatty, and fried,” Morales says. “So I found a way to create all of those feelings of home and the foods that I grew up with and preserve some of the memories of those moments of sharing dinner at the table.”

beautiful, powerful animal, and be gentle and soft—not just with the horse but with yourself.”

Riding has felt like a “great awakening” she says, not only for the emotional balance it’s brought to her life, but also for the way it challenges her mind.

“When you compete, you have to memorize courses, which may change at the last

She’s all too aware that with all the richness of cultural inheritance also comes some risks. Her family has a history of high blood pressure and diabetes, and her father had a massive stroke at 52. It’s shaped her outlook on healthy living as she’s gotten older.

“My parents didn’t grow up in a generation where they would work out or go to the gym or even do a lot of physical activities,” she says. “So it was very important for me as I began to love and embrace sports as a teenager to realize I feel so much better and have more energy when I work out.”

Another priority: yearly physicals, vaccines, and preventative screenings. She’s diligent about mammograms because of a history of breast cancer on her mother’s side, and she “gifted” herself her first colonoscopy on her 51st birthday.

“There was a time in my life where I wasn’t keeping up with my physicals and doing all the testing I needed to do, but in my 50s, I’m absolutely on it,” Morales says. “I know life is busy and it’s easy to forget. But I’m at a point where I’m figuring out ways to relaunch myself, and I want to bring my healthiest, best self to the table.”

NATALIE’S NUTRITION TIPS

Where her focus is now that she’s in her 50s.

+ IN-SEASON FOODS

We hit up our local farmers market weekly and whatever we find is what we make for the week.

+ THE MEDITERRANEAN DIET

Heavy on plants, whole grains, and healthy fats. And here’s a tip—if someone in your family doesn’t like the smell of fish, cook it in the air fryer!

+ MORE SUPPLEMENTS

I’m taking a lot more than I used to, especially for my joints.

TEST TIME

How much do you know about healthy living?

By Kendall K. Morgan

Reviewed by Brunilda Nazario, MD,
WebMD Chief Physician Editor, Medical Affairs

1. Hispanic Americans are more likely than other groups to have health problems, including obesity, diabetes, high blood pressure, and kidney disease.

☐ True ☐ False

2. Strong social ties in Hispanic and Latino culture may lead to better health outcomes.

☐ True ☐ False

3. There's no way to prevent memory loss as you get older.

☐ True ☐ False

4. For good health, it helps to find a doctor you can talk to who understands and respects your values and goals.

☐ True ☐ False

5. Hispanic Americans are less likely to get vaccines recommended for older adults than non-Hispanic White Americans.

☐ True ☐ False



ANSWERS:

1. **TRUE.** Social determinants of health can put you at more risk for many common health problems. See your doctor for steps to improve your health.
2. **TRUE.** Some studies show Hispanic people have better-than-expected health outcomes, which may be explained in part by strong social connections.
3. **FALSE.** You can't be sure you won't have memory loss as you get older, but staying active physically, mentally, and socially can help make it less likely.
4. **TRUE.** Care that's centered around your values can lead to better health outcomes.
5. **TRUE.** Hispanic American adults are less likely to get vaccines to protect against pneumonia, flu, shingles, and other preventable illnesses. Talk to your doctor about what's recommended at age 50 and up.

Important Facts About



SHINGRIX

(ZOSTER VACCINE
RECOMBINANT, ADJUVANTED)

WHAT IS SHINGRIX (ZOSTER VACCINE RECOMBINANT, ADJUVANTED)?

- SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster):
 - In adults 50 years and older
 - In adults 18 years and older who are or will be at increased risk of shingles due to being immunocompromised by known disease or therapy
- SHINGRIX is not used to prevent chickenpox

WHAT IS SHINGLES AND WHAT CAUSES IT?

- Shingles, also known as herpes zoster, is a painful skin rash
- Shingles is caused by the same virus that causes chickenpox. 99% of people 50 years and older carry this virus. After a person recovers from chickenpox, the virus stays inactive in the body. As you age, your immune system starts to naturally decline, increasing your risk of the virus reactivating and causing shingles. 1 out of 3 people will get shingles in their lifetime

HOW DOES SHINGRIX WORK?

- SHINGRIX is a shingles vaccine that works to boost your body's protection against shingles

HOW IS SHINGRIX GIVEN?

- SHINGRIX is given as a 2-dose vaccine series (0.5 mL each, given in the muscle of the upper arm). It is important to complete the 2-dose series
 - In adults 50 years and older the second dose should be given between 2 and 6 months after the first dose
 - In adults 18 years and older who are or will be immunocompromised due to disease or medication and might benefit from a shorter vaccination schedule, the second dose can be administered 1 to 2 months later

WHO SHOULD NOT GET SHINGRIX?

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- An increased risk of Guillain-Barré syndrome (severe muscle weakness) was observed after vaccination with SHINGRIX
- Fainting can happen after getting injectable vaccines, including SHINGRIX. Precautions should be taken to avoid falling and injury due to fainting
- The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach
- More people experienced fever and shivering when SHINGRIX was given with PNEUMOVAX 23

ADDITIONAL IMPORTANT INFORMATION

- SHINGRIX was not studied in pregnant or nursing women. Tell your healthcare provider if you are pregnant, plan to become pregnant, or are breastfeeding
- Vaccination with SHINGRIX may not protect all individuals
- Ask your healthcare provider about the risks and benefits of SHINGRIX. Only a healthcare provider can decide if SHINGRIX is right for you

NEED MORE INFORMATION?

- This is only a summary of important information
- To learn more about SHINGRIX, talk to your doctor, pharmacist, or other healthcare provider
- Visit [SHINGRIX.com](https://www.shingrix.com) or call 1-800-772-9292 for more information

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Shingles pain can last for weeks and can interfere with what matters most. But SHINGRIX protects.

Shingles may not care about what you have going on in life, but SHINGRIX was proven over 90% effective at preventing shingles.* So there's no better time to start the conversation about vaccination with SHINGRIX. Plus, you can get the SHINGRIX vaccine at the same time as other vaccines like the flu shot.

*In clinical trials in adults 50 years and older.

Start the conversation with your doctor about vaccination with SHINGRIX today.

What is SHINGRIX?

SHINGRIX is an FDA-approved vaccine for the prevention of shingles (herpes zoster) in adults 50 years and older. SHINGRIX is not used to prevent chickenpox.

IMPORTANT SAFETY INFORMATION

- You should not receive SHINGRIX if you are allergic to any of its ingredients or had an allergic reaction to a previous dose of SHINGRIX.

Please see additional Important Safety Information on pages 6-7.

Please see Important Facts about SHINGRIX inside back cover.

