

# WebMD<sup>®</sup>

## FOCUS ON

### HEALTHY LIVING 50+

#### LIVING HEALTHY

TV host and NFL legend

## Michael Strahan's

game plan:  
get regular  
checkups,  
exercise, and  
choose joy

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SPRING 2025



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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



RUSTY CLOUD/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.

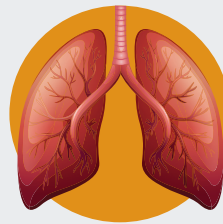


## 1 to 3

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

## 50 to 80

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



## 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.



## 2



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](http://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 on page 23.**



**SHINGRIX** } **GSK**  
(ZOSTER VACCINE  
RECOMBINANT, ADJUVANTED)



# TEST YOUR KNOWLEDGE

How much do you know about living healthy after 50?

By Kendall K. Morgan

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

1. Depression could make your driving skills worse as you age.

☐ True ☐ False

2. Drinking coffee regularly might help keep your mind sharp.

☐ True ☐ False

3. You should take aspirin to lower your risk of heart disease.

☐ True ☐ False

4. Shingles can lead to nerve pain that doesn't go away.

☐ True ☐ False

5. Poor mental health and substance use can speed up aging.

☐ True ☐ False



## ANSWERS:

1. **TRUE.** A study found that older adults with major depressive disorder had riskier driving habits, including hard braking, sudden turns, and generally unpredictable driving patterns.
2. **TRUE.** A study of people with abnormal heart rhythms found that those who drank more coffee scored better on tests of thinking ability with age.
3. **FALSE.** Aspirin isn't generally recommended to lower cardiovascular risks based on studies showing little to no benefit in healthy people ages 40 to 59. If you have vascular disease and take aspirin, follow your doctor's advice.
4. **TRUE.** Lasting nerve pain is a common complication of shingles. Your risk will go up with age.
5. **TRUE.** Major depressive disorder and substance use disorders can lead to premature aging, including more risk for dementia.



looking to  
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every day



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### LEMONGRASS

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### ELDERFLOWERS

Light colored flower traditionally considered to help support a healthy lifestyle



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**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

**Y**our 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.







AQUAARTS STUDIO/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?

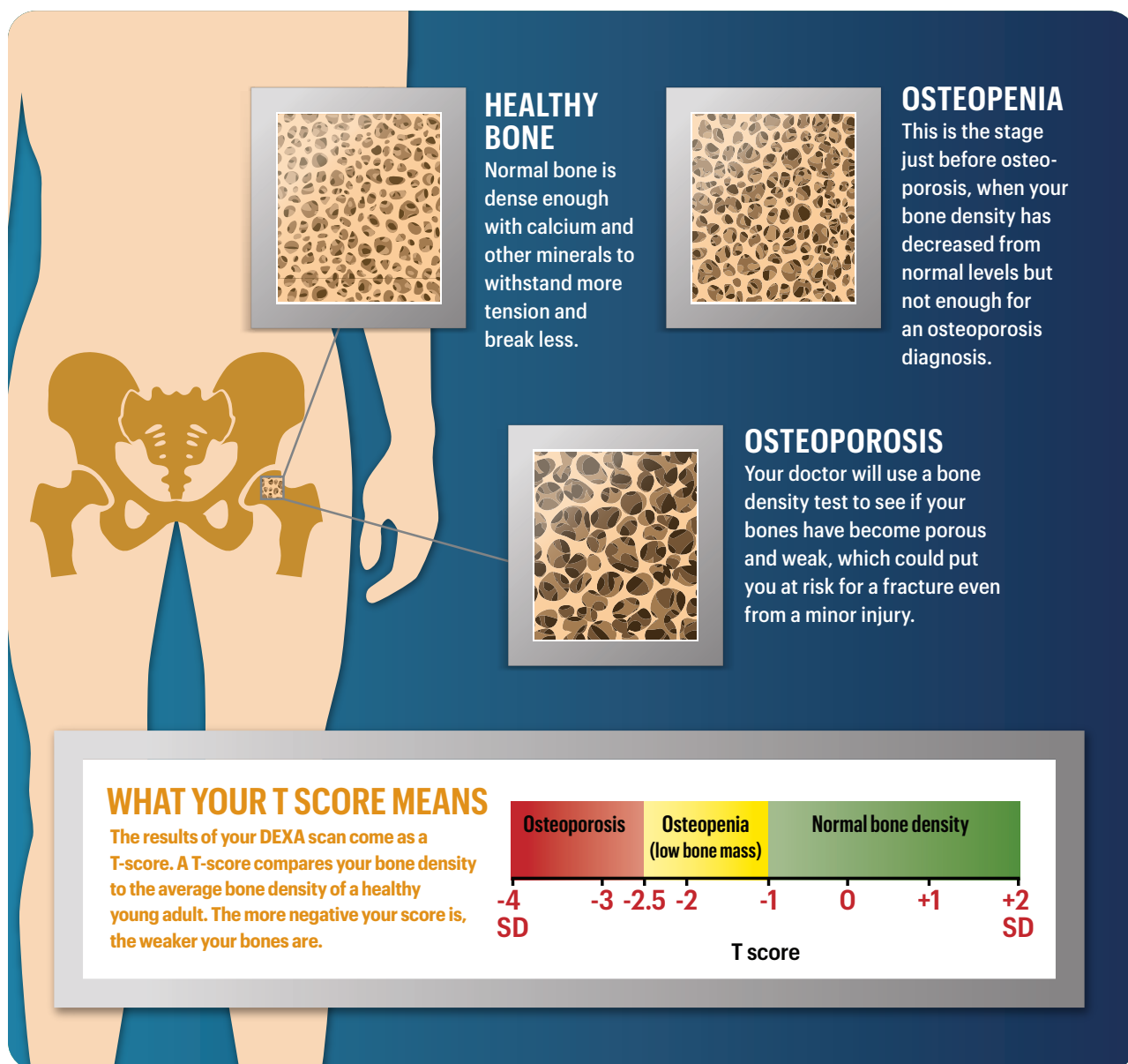
Anthony Rossi, MD, lists reasons the shingles vaccine isn't for you.

- + 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



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.



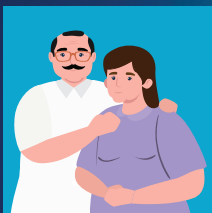
### LOW BODY MASS INDEX (BMI)

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.



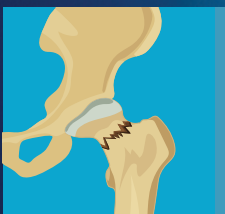
### OLDER AGE

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



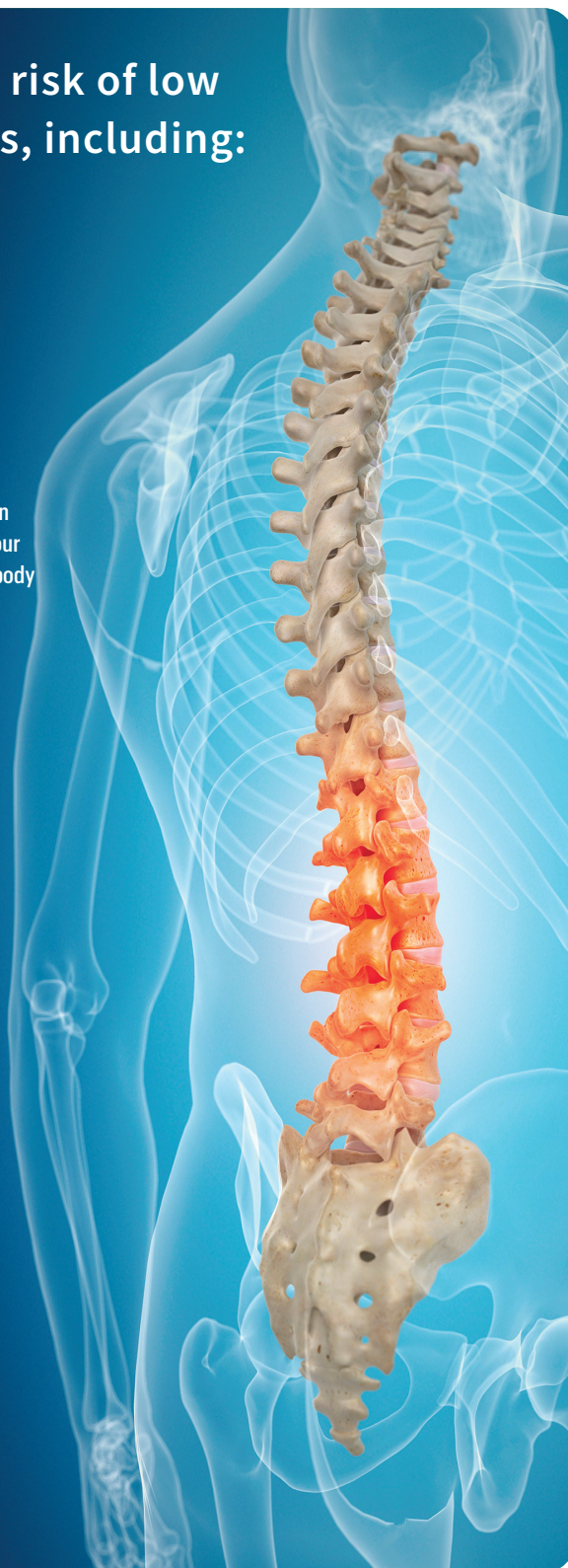
### MEDICATIONS

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.





CARLOS BARQUERO/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.



# GRIT AND GRACE

**Michael Strahan, 53,  
tackles middle age  
with enthusiasm  
and gratitude**

**By** Rachel Reiff Ellis

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

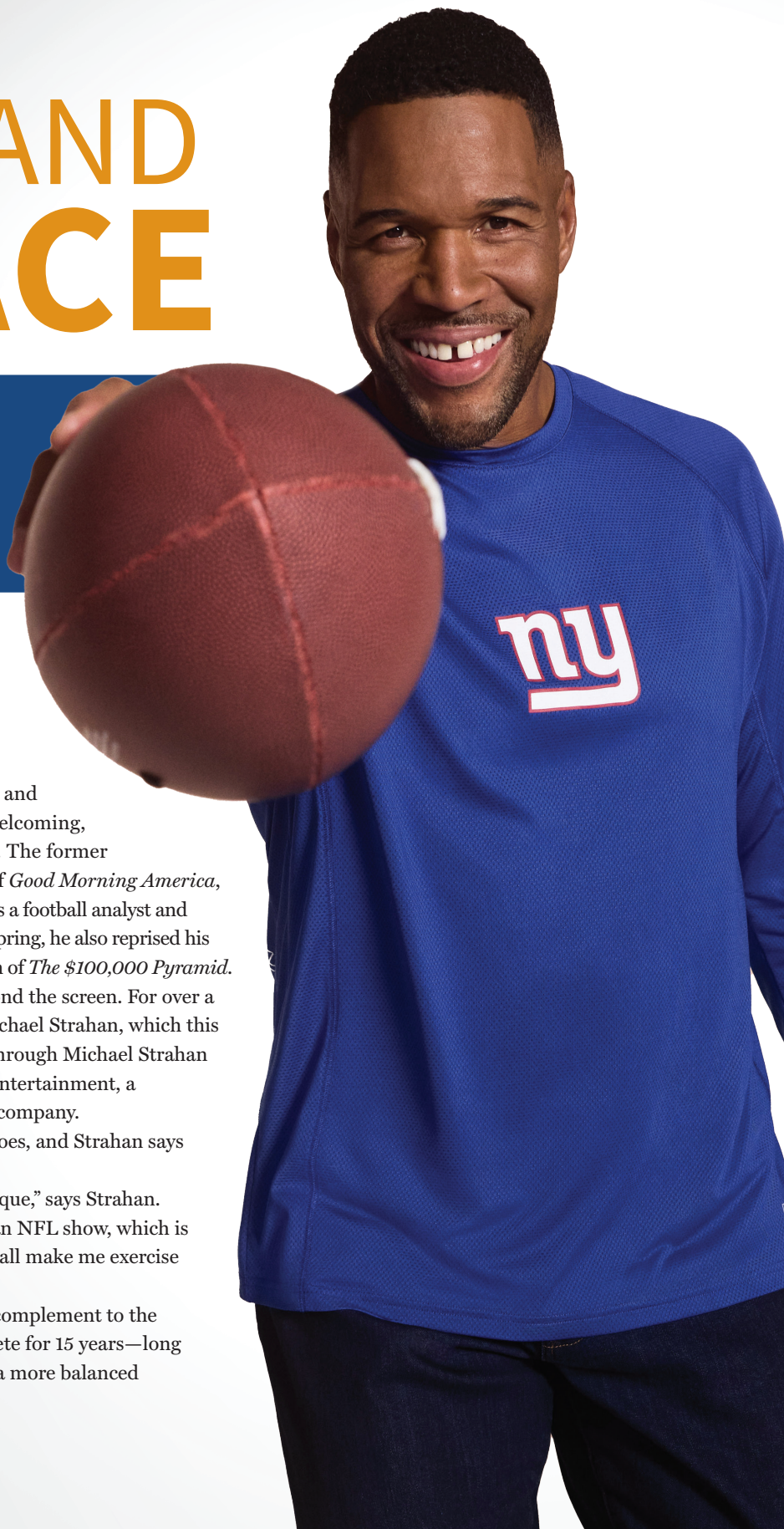
**T**urn on the television any time of day, and there's a good chance you'll see the welcoming, gap-toothed grin of Michael Strahan. The former New York Giants defensive end is a co-host of *Good Morning America*, and on weekends sits along other NFL greats as a football analyst and commentator for Fox NFL Sunday. Early this spring, he also reprised his game show hosting role on ABC's eighth season of *The \$100,000 Pyramid*.

His professional persona also extends beyond the screen. For over a decade he's spearheaded a lifestyle brand, Michael Strahan, which this year launched custom, made-to-order suits through Michael Strahan Design Lab. He's also co-founder of SMAC Entertainment, a multidimensional sports and entertainment company.

It's a diverse career that keeps him on his toes, and Strahan says that's exactly how he likes it.

"It's exciting because everything I do is unique," says Strahan. "Hosting a game show is nothing like doing an NFL show, which is nothing like doing GMA and the news. They all make me exercise a completely different part of my brain."

This mental fitness in his 50s is a healthy complement to the physical fitness Strahan—a professional athlete for 15 years—long had as his focus. These days wellness means a more balanced mind/body approach.





# “I don't feel like just because you hit a certain age that suddenly you're supposed to act tired and have less enthusiasm for life.” —Michael Strahan

## FITNESS AFTER 50

When he was in his 20s, Strahan said he was “just out there going hard and grinding without thinking about the big picture.” Thirty years later, his mindset and actions have shifted.

“I'm more mindful of what I put into my body—of drinking, of cigars, of all of that, but I'm also more mindful of the mental aspects of my life: doing the things I want to do, the things that bring me joy and make me happy, and trying not to add stress—especially other people's stress—to my plate,” Strahan says.

Part of what keeps him feeling good at 53 is at least an hour of exercise every day. Sometimes that's weightlifting, sometimes it's cardio, sometimes it's Pilates. The point is to move. After all, an aging body is a gift, he says, even when things get weird.

“Heck, sometimes I wake up and have an injury I didn't have the night before,” Strahan says. “I'm like, ‘How did I hurt myself sleeping?’ I can't quite figure that one out. But despite all that, I don't feel like just because you hit a certain age that suddenly you're supposed to act tired and have less enthusiasm for life.”

## A FOCUS ON WHAT MATTERS

When it comes to preventative health, Strahan admits he used to fall into the male stereotype of “dealing with it myself” when something felt off with his health. But now he stays on top of things with prostate exams, physicals, blood tests, vaccines, even whole-body scans.

“I've finally learned to just go to the doctor,” Strahan says. “Why in the world would you go through your life not feeling right or in pain? If I'm driving my car and I'm hearing something knocking,

I'm getting my car fixed. Why wouldn't I do that with my body?”

And as Strahan learned in the past couple of years, certain life events can also help put everything into quick perspective. In 2023, Strahan's 18-year-old daughter Isabella was diagnosed with medulloblastoma, a fast-growing, malignant brain tumor. Now in recovery at 20, Isabella shared her story in an ABC special *Life Interrupted: Isabella Strahan's Fight Against Cancer*. Strahan says walking alongside Isabella through her cancer journey “completely changed everything.”

“Isabella showed me what real courage and strength are,” Strahan says. “Hearing her say, ‘Dad, I'll do whatever it takes. I really want to live,’ that broke me. But it also made me appreciate life in a new way and put things into perspective. We all have busy jobs and lives; those things pale in comparison to what's important, which is family.”

## FOCUS ON YOU

Michael's tips for better living.

### + Do at least one thing a day solely for you.

Whether that's watching mindless TV, going for a drive, or sitting in a quiet room, choose what makes you happy.

### + Open up to others.

Choose people who give you guidance and encouragement and help you stay focused.

### + Don't accept others' stress.

You have enough on your own plate, so don't take on other people's worries.

# STAYING SOCIAL

How to maintain old connections and cultivate new ones as you age

By Stephanie Watson

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

**H**aving a robust social network is always important, but especially as you get older. Not having friends and family members to rely on can be bad for your health. People who lack close connections are more likely to be lonely and are at higher risk for chronic illness, depression, and an early death.

Loneliness is a common problem among older adults. In a 2023 University of Michigan survey, around 1 in 3 people ages 50 to 80 reported feeling isolated in the past year.

## THE BENEFITS

Staying social offers many advantages to our health, says Sophia Spencer, a psychotherapist based in London, England. “Social interaction helps maintain cognitive function. This helps keep our brain healthy and can prevent cognitive decline,” she says. “Socially connected adults tend to be more physically active and have stronger immune systems.”

Socializing also gives you opportunities to laugh. While this might not seem like a big deal, laughter has been shown to increase endorphins, feel-good chemicals, which help to buffer the effects of anxiety and low mood and temporarily reduce pain.

But just when we need our connections the most, we start to lose them. Close friends and relatives die. Our ability to communicate declines as our vision and hearing fade. Mobility issues and health problems keep us stuck at home.

“Some people may have memory problems and can’t remember people’s names, so they tend to withdraw because of that,” explains Harold G. Koenig, MD, professor of psychiatry and behavioral sciences at Duke University Medical Center in Durham, NC. What follows is a vicious cycle of social isolation, which leads to loneliness, which leads to depression and even more social isolation, he says.



## HOW TO MAINTAIN AND FORM NEW BONDS

When it comes to fostering a healthy social circle, start by reviving existing networks that you may have neglected, Spencer suggests. “This may mean reconnecting with old friends or actively strengthening family relationships.”

Then, see where you can forge new friendships. You might join a group that shares one of your interests, like a walking group or a book club. If you’re spiritual, attend services at a place of worship. Religious commu-

SOLSTOCK/VIA GETTY IMAGES





nities tend to support one another, which can come in handy when you're facing an illness or other challenges, Koenig says.

Volunteering is a way to give back to your community and boost your social connections at the same time. Take a shift at a local food bank, library, community theater, or animal shelter. Organizations like AmeriCorps Seniors can connect you with volunteer opportunities in your area.

If you have trouble getting out of the house, use technology as a tool to

connect with others. Join a social media community that's geared to people with similar interests, or take part in an online meetup. You can take a class to improve your computer skills if you're not up to speed. While virtual interactions aren't quite as beneficial as in-person ones, they're better than no connections at all.

## RESOURCES

Feeling isolated or lonely? Reach out to these organizations for advice on making new social connections:

**+ AARP Foundation:**

[Connect2Affect.org](https://connect2affect.org)

**+ Administration for Community Living:**

[ACL.gov/CommitToConnect](https://acl.gov/CommitToConnect)

**+ Mental Health America:**

[MHANational.org/Stay-Connected](https://mhanational.org/Stay-Connected)

**+ Sage Advocacy & Services for LGBTQ+ Elders:**

[SageUSA.org/Your-Rights-Resources/Social-Isolation](https://sageusa.org/Your-Rights-Resources/Social-Isolation)

*Inclusion of these organizations does not constitute an endorsement by WebMD and no endorsement is implied.*



# MENTAL HEALTH IS ESSENTIAL

The benefits of a safe mindset and how to create it

By Stephanie Watson

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

Getting older has its definite advantages, including a lifetime's worth of wisdom, experience, and resilience. But aging brings emotional challenges, too.

“Chronic illness, mobility issues, and the growing role of caregiving for children, elderly parents, spouses, etc., can increase stress and anxiety,” says Christina Lee, MD, a psychiatrist and medical director of mental health at Kaiser Permanente in Baltimore, MD.

Nearly 1 in 5 older adults live with a mental health issue. Depression and anxiety aren't normal parts of aging. Leaving these problems untreated can lead to worsening health, disability, and an increased risk of premature death.

Many older adults don't get the care they need to feel better. The treatment for depression later in life involves talk therapy and antidepressant medications. Creating a safe mental health space can also help to improve your emotional well-being.

## CREATING SAFE MENTAL HEALTH SPACES

A safe mental health space is a place where you can express your thoughts and feelings without judgment. Your therapist's office is one example. “Psychotherapy creates a safe space where people can talk about whatever they want,” says Harold G. Koenig, MD, a professor of psychiatry and behavioral sciences at Duke University Medical Center in Durham, NC.

Having a safe mental health space provides you with a supportive environment where you can process emotions, practice self-reflection, and develop better coping skills.



## RESOURCES FOR SENIORS

If you've been struggling with depression or anxiety, try these sites for treatment facilities, education, and online therapy services:

+ [FindTreatment.gov](https://www.findtreatment.gov)

+ [HealthInAging.org/A-Z-Topic/Depression](https://www.healthinaging.org/A-Z-Topic/Depression)

+ [NCOA.org/Adviser/Online-Therapy/](https://www.ncoa.org/Adviser/Online-Therapy/)

*Inclusion of these organizations does not constitute an endorsement by WebMD and no endorsement is implied.*

Many older adults don't create safe spaces for themselves for a variety of reasons. One is a lack of awareness. Another is that they become so focused on the needs of their family and other responsibilities that they neglect themselves, Lee says.

How do you create a safe space for yourself? Set aside a quiet area of your home where you can relax and reflect. Foster a sense of calmness by meditating or taking a walk in the woods. Practice self-care. And cultivate meaningful social connections and relationships that make you feel heard and accepted.



## 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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SHINGRIX is a trademark owned by or licensed to the GSK group of companies.



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Produced in USA.



## **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 on page 23.**

