

# WebMD<sup>®</sup>

## FOCUS ON

### HEALTHY LIVING 50+

LIVING HEALTHY

## Actor Hannah Waddingham

dishes on the gift  
of getting older

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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

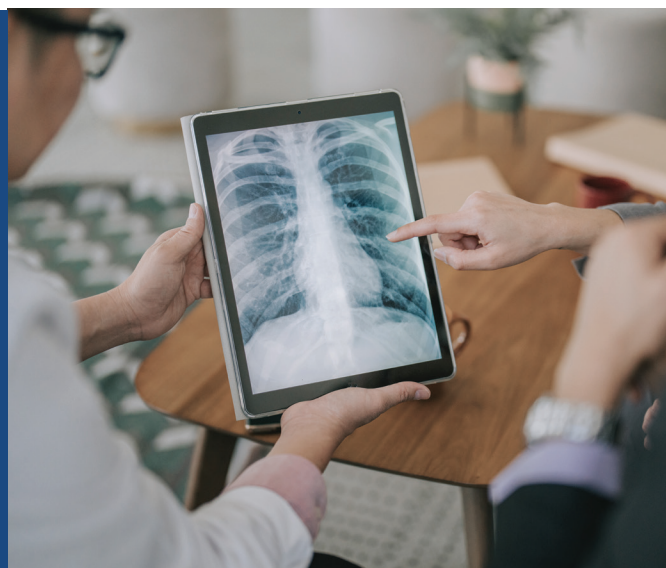
Doing just three to four minutes of vigorous exercise each day could lower your risk for cancer. That's according to a new study of more than 22,000 adults suggesting that getting about 3.5 minutes a day of intense physical activity was enough to lower the incidence of cancer by 17% to 18%. Those who 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



EDWIN TAN/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.

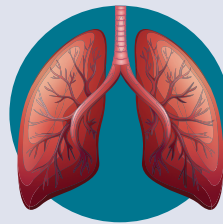


## 1 to 3

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 inside back cover.**



**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.

HISPANOLISTIC/VIA GETTY IMAGES



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

### LEMONGRASS

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



### ROSE HIPS

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

### 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







SDI PRODUCTIONS/VIA GETTY IMAGES

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.







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.

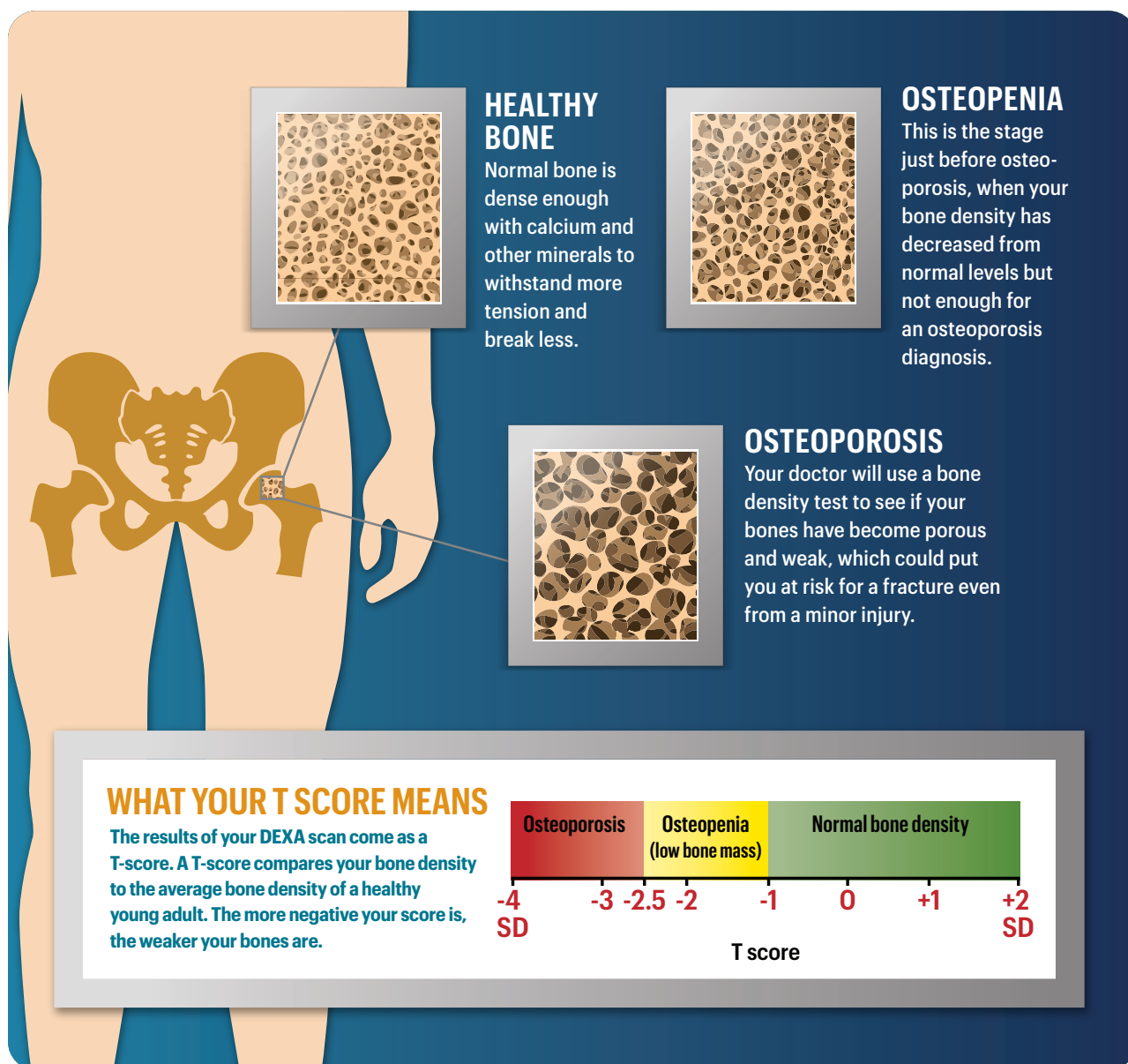
- + You currently have shingles.
- + You've ever had a severe allergic reaction to any component of the vaccine or after a dose of it.
- + You're currently pregnant.



# BONE HEALTH

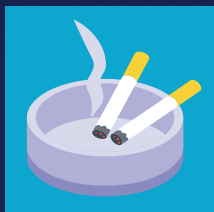
Osteoporosis is a disease where too much bone loss increases the risk of a broken bone.

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



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.



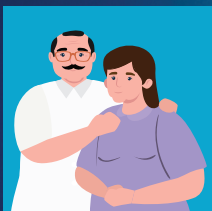
### LOW BODY MASS INDEX (BMI)

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.



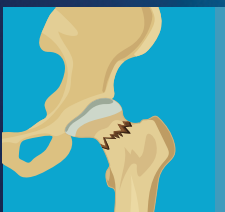
### OLDER AGE

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



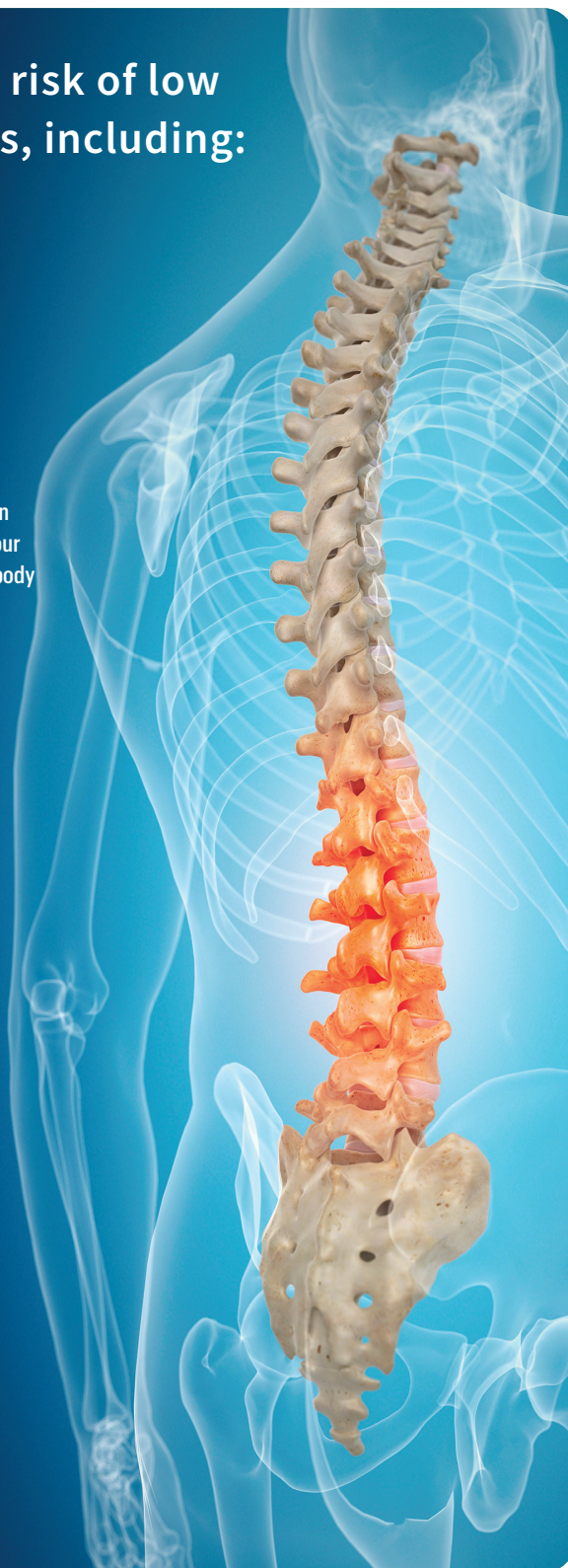
### MEDICATIONS

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.



WESTEND61/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.



# Fierce, Fabulous, FIFTY

Hannah Waddingham dishes  
on a *Ted Lasso* comeback,  
girl power, and the gift of  
getting older

By Rachel Reiff Ellis

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

**T**he news of a fourth season of Apple TV+'s *Ted Lasso* this spring sent waves of jubilation through the internet. Central to that celebration is the return of beloved and bold businesswoman Rebecca Welton, aptly played by Emmy-award-winning actress Hannah Waddingham.





Waddingham, who has a long and prominent career on stage and film, is in high demand these days: In 2025 alone, her projects include *Mission: Impossible – The Final Reckoning*, Netflix's *The Woman in Cabin 10*, *Smurfs*, and *Lilo and Stitch*.

Her expansion into animated character voicing is something she does for her daughter, whom she had and raises solo.

"I love that she can take her little buddies to the cinema and be like, 'That's my mom, she's bonkers,'" Waddingham says. "I never mean to sound saccharine, but I didn't think I was going to be able to have children, and I'm so blessed that my girl came my way. Seeing who she's becoming is an absolute joy and marvel every day."

Last summer, Waddingham and her daughter reached life benchmarks together: her little one turned 10, and five days later, Waddingham turned 50. The two celebrated their joint milestones in a "massive, messy, fabulous celebration."

Although turning 50 certainly felt prominent, Waddingham says there's nothing foreboding to her about aging, which is the feeling society tends to assign to it.

"I just see it as a complete and utter victory to get to 50," Waddingham says. "I am far more certain of who I am, who I try to be for the people I love, who I am to my beloved daughter. And I'm down for all of it."

## BARBIES AND BEST FRIENDS

In an industry full of photoshoots and closeups,

Waddingham says she's not interested in "being airbrushed to death." Earlier this year, Mattel approached her and *Ted Lasso* co-star Juno Temple about creating Barbies in their honor for International Women's Day. She was delighted to agree—with a caveat.

"I very much insisted that mine had a definition and a muscle on the arm," Waddingham says. "I was like, 'Can we make her butt a little bit bigger? Can we make her boobs a little bit bigger?' Because I wasn't into it unless it was more realistic. And I'm really glad that they listened to that."

Temple, 35, and Waddingham are even closer off camera than their best-friend characters are on the show. Since Temple "exploded into her life and stayed there," Waddingham says they're committed to each other for life. The idea that younger and older women are at odds because of jealousy or rivalry is a

myth, she says. Friendship between women—no matter their ages—is the ultimate sisterhood.

"I find our age difference completely irrelevant, because does she have any less foibles, worries, concerns, neuroses than I do because she's younger? God, no. They're just different," Waddingham says.

## AN ANTI-ANTIAGING APPROACH

Like most people entering midlife, Waddingham focuses on her health in new ways these days, with a goal of living life to the fullest. A self-professed "foodie," Waddingham says she focuses on portion control over food category restrictions because life is too short not to have the things you enjoy.

"I think it helps me to look at it broadly like that instead of 'eat this many grams of protein,' and 'stop eating this food altogether,'" Waddingham says. "Because if I can't have a little bit of everything I love, then what

"I don't think I've ever felt more relevant and exhilarated by the platform that I have in life."

—Hannah Waddingham





## HANNAH'S SELF-CARE

Simple practices with significant impacts.

### **+ SCHEDULE REGULAR DOWNTIME**

I'm a self-professed workaholic (and I love it), but I try to always carve out a bit of alone time to recharge.

### **+ BE DISCIPLINED ABOUT SLEEP**

As a single mom who's constantly on set—sometimes in different time zones!—I have to have enough rest to function.

### **+ PRIORITIZE JOY**

My little girl, food, and music are the loves of my life, so to be my best self, I come back to those three things.





is the point?”

Even though her work puts her on a very visible platform, she's clear that the point isn't just to be a pretty face. If you're not doing a lot of “fiddling around with your face,” she says, you see a difference on camera through the years, and you have to get right with that.

“The term ‘anti-aging’ is my bugbear,” she says. “I'm totally down with whatever anyone wants to do, whether it's modern interventions, or holistic practices, or whatever. But the fact is, we are all aging every minute of every day. And that's a gift.”

### AN ICON—WHO'S JUST LIKE YOU

Playing Rebecca Welton is cathartic for Waddingham, who sees the strong-willed and buttoned-up character as someone she might have been if she'd made different choices early in her life.

“She's the ‘Sliding Doors’ version of me, had I turned left instead of turning right or looked up instead of looking down in my 20s,” Waddingham says. “I would say I'm much more of a ramshackle, young at heart, silly bohemian.”

Like her *Ted Lasso* character, though, Waddingham is someone who isn't afraid to forge her own path. Growing up, her father encouraged her always to speak her mind and not be cowed into going along with other people's opinions.

“I am definitely far more front-footed because I do like my generation of women leading the way for the younger ones to come up,” she says.

And if she's to be an inspiration to women, Waddingham says, she wants to present the realest version of herself.

“This is where I can't stress highly enough to everyone who thinks I've got [it all] together all the time, I'm saying through a loudspeaker: Trust me, I don't,” says Waddingham. “Everything's on a wing and a prayer all the time, and I think that's fine as well. It's an amazing time in my life. I'm exhausted out of my mind constantly, but I wouldn't have it any other way. It's just a really wonderful place that I find myself in.”



# ENJOY YOUR EXPERIENCE

## Things that get better after 50

By Rachel Reiff Ellis

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

**A**s your body ages, there may be more health problems to watch for, but there's a lot of good on the horizon, too. Here are a few of the things you can look forward to.

### PERSONALLY, FINANCIALLY, AND PROFESSIONALLY

At this point in your career, you've been around the block, and may have seniority and institutional knowledge others may not. This is the age where many people get closer to their financial goals.

"A higher rate of financial stability and security has a significant positive impact on stress levels," says Eynav E. Accortt, PhD, a clinical psychologist at Cedars Sinai in Los Angeles.

If you've been raising children, they may be out of the house or close to it, freeing your schedule in a new way.

"People in this age bracket may therefore have more free time, enabling them to spend more time with friends, travel more, or immerse themselves in hobbies," Accortt says.

### PHYSICALLY, SEXUALLY, AND MENTALLY

More flexibility with your time means more availability for prioritizing your health and practicing self-care. This becomes especially key for women after 50 when things like menopause-related hormone shifts happen.

"[These hormone shifts] may contribute to depression or anxiety in your 50s or 60s, but recent research suggests that this occurs more frequently in those with a personal history of depression or anxiety and not



everyone across the board," Accortt says.

When it comes to sex, your experience will likely change later in life, but that doesn't mean it will be less enjoyable—just different. Being able to express yourself sexually is still a deeply meaningful part of life for most people.

"A recent qualitative research study published in-depth interviews with 21 women ages 50-plus and found that sexual health represented a contributor to aging well for many despite a broad spectrum of sexual expression," Accortt says.

In fact, Accortt says some postmenopausal women report that their sex drive improves. So if you think your glory days are behind you, think again—the best may be yet to come.

## 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







## **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.**

