

WebMD

THROUGH OUR LENS

FALL 2025

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“When Latinos are socially isolated, it hits them especially hard. We are family- and socially-oriented. ... If you have an elder relative, stay in contact with them. Depression impacts your physical health.”

— Olveen Carrasquillo, MD, professor of medicine and public health sciences at the University of Miami Miller School of Medicine in Florida



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LIVING HEALTHY

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



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Cover and Contents Image: Photography by Cliff Lipson/CBS; Hair: Jasmin Robles; Makeup: Kenia Daniel

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THE LATEST ON

Healthy Living 50+



GUT HEALTH STARTS EARLY

What if your childhood could shape your health decades later? A study in Hispanic people in the U.S. found that early-life challenges like limited parental education or financial hardship can influence the balance of gut bacteria that supports digestion, immunity, and chronic disease prevention. These effects can last well into adulthood, even with healthy habits later in life. The good news? Investing in education and gaining access to other support in one's early years could help prevent chronic illnesses like diabetes and heart disease. It is a powerful reminder that a healthier future begins with early intervention and prevention.

SOURCE: *Gut Microbes*

4 in 5

Number of major chronic illnesses in U.S. adults over 50 that are preventable with physical activity.

SOURCE: CDC

NUTRITIONAL IMPACT ON MEMORY

Eating habits may hold the key to sharper memory as we age, especially in adults over 50. In a long-term study of more than 6,000 Hispanic people in the U.S., those who followed a Mediterranean-style eating pattern had better cognitive performance. Diets rich in fish, legumes, vegetables, and healthy fats were linked to slower decline in memory and learning. Participants with the most consistent habits saw the greatest brain benefits. Even small, gradual shifts toward this diet showed positive effects. The results suggest that by simply choosing smarter meals today, you can nourish a more focused, resilient mind for years to come.

SOURCE: *JAMA Network Open*

1 in 3

Number of adults in the U.S. age 60 and older who have hearing loss.

SOURCE: American Academy of Audiology

RSV VACCINE SHIELDS SENIORS

A shot of protection may be just what aging lungs need. As respiratory syncytial virus (RSV) emerges as a growing threat to older adults—especially those with heart or lung disease—new research in the U.S. brings encouraging news. A recently FDA-approved RSV vaccine can reduce the risk of severe illness by up to 91% in adults age 60 and older. The vaccine proved highly effective at preventing hospital stays and emergency visits in people over 75 as well. Researchers estimate that for every 250 vaccinated people, one serious RSV case could be avoided. These findings highlight the vaccine's potential as a critical tool in protecting aging populations.

SOURCE: *JAMA Network Open*

This content was created using several editorial tools, including AI, as part of the process. Human editors reviewed this content before publication.

STATS & FACTS

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

27.2 MILLION

Number of U.S. adults age 65 and older living with prediabetes.



8.7%

Amount of adults in the U.S. over the age of 60 who have depression.



50% to 70%

Amount of hospital admissions in the U.S. from seasonal flu among adults age 65 and older.



7 to 9

Number of hours of sleep recommended each day when you are over 50 years old.

60%

Amount of Hispanic adults less likely to get any type of mental health care than non-Hispanic Whites.

35%



Estimated amount of prediabetes among Hispanic adults in the U.S.



1.5x

How much higher the risk for Alzheimer's disease is in older Hispanic adults compared to older White adults.

SOURCES: CDC, Alzheimer's Association, Office of Minority Health

This content was created using several editorial tools, including AI, as part of the process. Human editors reviewed this content before publication.

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.**

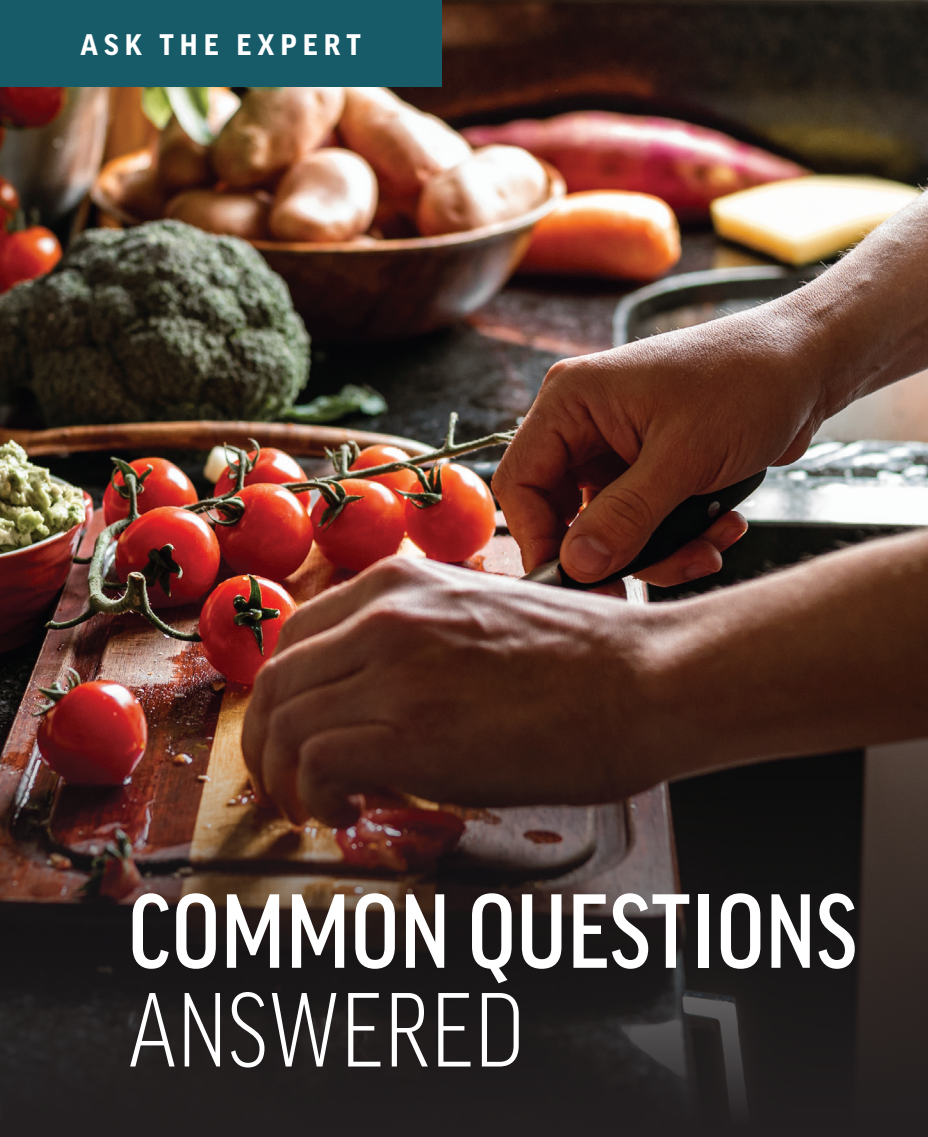
You are encouraged to report vaccine adverse events to the US Department of Health and Human Services.

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.



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



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 HAVE 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.



Olveen Carrasquillo, MD

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 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

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

HEALTHY LIVING AT 50 AND BEYOND

You've got a lot of living to do.
Make these the best years of your life.

By Sonya Collins

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

Latino people over age 50 are a fast-growing group. Have you joined their ranks? Then it's time to set yourself up for healthy living in the years ahead.

"Every day, we should wake up with the purpose of being better than the day before," says Phillip E. Silva, MD, a family doctor at Trinity Post-Acute Care and associate professor at the UT Southwestern Medical School in Dallas.

To tackle that goal, it's important to practice healthy living. Here's how.

FIND A PRIMARY CARE DOCTOR

Less than 70% of Hispanic Americans say they have a primary care doctor.

"Language and cultural barriers are some of the challenges of seeking preventive care," says Juan C. Cardenas Rosales, MD, a general internist at Mayo Clinic in Jacksonville, FL. "But it's so important to have a provider who can coordinate your care."

If language is a barrier, he adds, "Bring a friend or family member who speaks English."

A primary care provider ensures you're on top of all your preventive care, including cancer screenings and blood sugar, blood pressure, and cholesterol checks. These can help you avoid the chronic conditions, like diabetes and kidney disease, that may hit Hispanic Americans especially hard.

MANAGE STRESS

In the current political climate, stress seems to be on the rise for the 1 in 3 Hispanic Americans who are also immigrants. "It's a very stressful time for the Hispanic population," Silva says, "and stress makes diseases worse."

Stress management is critical to your ongoing wellness. "If that means going for a walk every day, that's perfect," Silva says. "Our community is also a huge strength. We need to rally around each other and lift each other up."

HAVE YOU HAD ...

- ☒ A colon cancer screening in the last 10 years?
- ☒ A mammogram in the last 2 years?
- ☒ A discussion with your doctor about prostate cancer screening?
- ☒ The vaccines recommended for your age?
- ☒ A blood pressure, blood sugar, and cholesterol check in the last year?

CAROLINA HIDALGO/VIA GETTY IMAGES



EASY SWAPS FOR A HEALTHIER MEAL

White rice → Brown rice

Beef, pork → Chicken, fish

Fry → Grill, roast, sauté

STAY ACTIVE

Regular physical activity is a great way to both beat stress and lower your risk for the chronic diseases that are more common after 50. Adults should aim for 150 minutes of moderate to vigorous activity every week—or 30 minutes, five days a week. Start with something you already enjoy. “Music and dance, for example, are already part of our culture,” Silva says. “Let’s use that as a form of fitness.”

MAKE THE MOST OF YOUR CULTURE’S CUISINE

It’s crucial to choose food that fuels and nourishes your body to

stay fit and healthy as you age. But that doesn’t mean you have to abandon your family’s cherished recipes.

“Typically, the meals from our countries are obtained without a lot of processing,” Cardenas Rosales says.

Prepackaged, highly processed foods can wreak havoc on your diet. But the beans, rice, and vegetables that are common in Latin fare are a great foundation for a healthy diet. Choose lean proteins, like chicken or fish, rather than red meat, and grill or roast them rather than frying. Those swaps could give your diet the healthy boost it needs without sacrificing the dishes you love.

STAYING ON TRACK WITH VACCINES

Why getting preventative shots is critical as you age

By Rachel Reiff Ellis

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

As you get older, your immune system—the line of defense you have against germs and disease—gets slower and weaker. That means it's harder for your body to fight off common ailments such as the flu, pneumonia, shingles, and COVID-19.

“Your risk factors go up dramatically for viral and bacterial infections as you age,” says Fidel Castillo Diaz, MD, a geriatrician and internal medicine specialist at UI Health in Chicago.

You might also have chronic conditions like diabetes or heart disease that can make you more vulnerable to severe illness. Hispanic adults have one of the highest rates of type 2 diabetes in the U.S. Diabetes, in turn, raises your risk of heart disease.

That's why it's more important than ever to stay on top of your vaccine schedule. They're not just for kids—vaccines help all ages avoid serious sickness.

HOW VACCINES HELP

Vaccines help your body build stronger defenses. Not only are you boosting your own health, but you're also helping protect your community, too.

“A yearly flu shot, for example, can help keep you out of the hospital during flu season,” says Rodolfo Rojas, MD, a family medicine specialist at Clínica Médica Familiar in Riverside, CA. “This protects you and also keeps health care systems from being overburdened.”

It's important to understand that getting vaccines doesn't mean you won't get the infection they protect against. But vaccines are still critical. In addition to drastically lowering your risk of getting infections like

WHEN SHOULD YOU GET IT?

A handy schedule for your shots.

- ★ **Flu.** Yearly in September or October.
- ★ **COVID-19.** Yearly, and you may need two doses six months apart after age 65.
- ★ **Pneumococcal.** Once after age 50.
- ★ **Shingles.** Two shots spaced two to six months apart.
- ★ **RSV.** If at high risk, get once between 60 and 74. Everyone should have it after age 75.
- ★ **Td/Tdap.** At least once in your lifetime, and then a booster every 10 years.

shingles, flu, or RSV, they lower your chances of other issues such as serious illness, complications, and death if you do get infected.



ACCESS TO CARE

The best way to find out if you and those you love are protected properly is to talk to your doctor and see if you're up-to-date on your vaccines.

If you don't have a doctor—or health insurance—and aren't sure how to get vaccinated, you have options.

You can call the National Alliance for Hispanic Health at the free bilingual Su Familia helpline at 866-783-2645

(866-SuFamilia) to find someone in your community who can help direct you to the right resources.

Vacunas Para Todos (Vaccines for All) is an initiative through National Alliance for Hispanic Health and the Healthy Americas Foundation that is dedicated to getting vaccine information and access to vaccination services in Hispanic communities. Visit <https://www.vacunashelp.org/> to learn more.

PREVENT SHINGLES

Understand the risks and protect yourself

By Rachel Reiff Ellis

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

Nearly 1 in 3 adults get shingles at least once in their lifetime. Shingles is a disease you get from a virus. The virus that causes it—varicella-zoster—is the same virus that causes chickenpox.

If you've ever had chickenpox, the virus that caused it stays in your body for the rest of your life. Shingles is the result of the virus reactivating later in life.

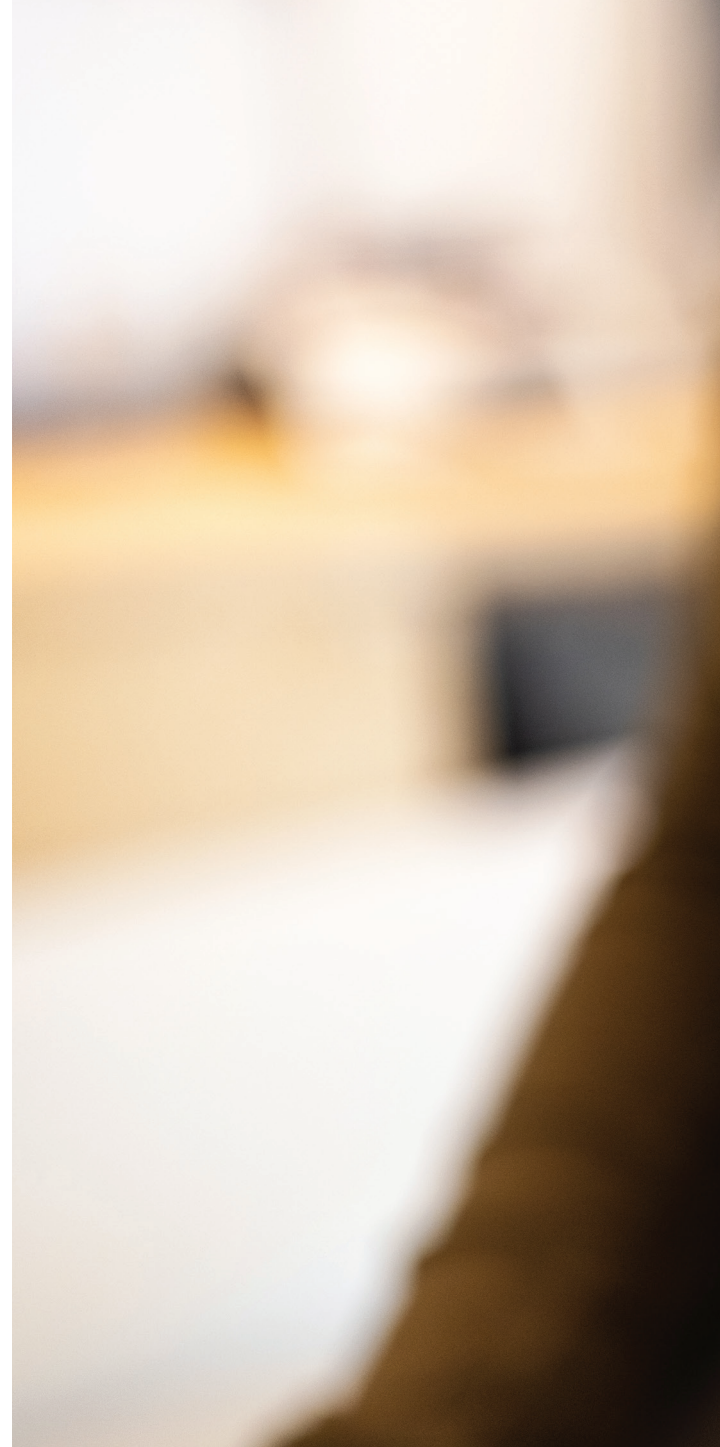
"Shingles doesn't spread from person to person like the flu, so you can't catch it from someone who has it," says Veronica Mardo, MD, a family medicine specialist at Florida Medical Clinic Orlando Health in Land O' Lakes. However, if you haven't had chickenpox, you can catch it from someone who has shingles if you have direct contact with fluid or aerosolized droplets from their rash.

EFFECTS OF SHINGLES

Shingles isn't life-threatening, but it's painful. And in some cases, it can cause serious complications. Typically shingles symptoms start with pain that burns or tingles and your skin feels sensitive to the touch. A few days later, a red, blistering rash appears. The blisters will break open and form a crust.

If you haven't had the shingles vaccination, you're at a much higher risk of having a severe form of the infection. You may have fever, headache, chills, and an upset stomach. Your pain may last a long time, and you may get serious complications.

"Most commonly, we see a condition called postherpetic neuralgia, or PHN, which causes severe nerve pain where your shingles rash is," says Fernanda Castaneda, APN, a nurse



practitioner at Oak St. Health in Apache Junction, AZ. "It can hurt just to put on clothes and may last for weeks or even months."

It's also possible you could lose vision or have trouble with your hearing if the rash is near your eyes and ears. Shingles can also lead to pneumonia, brain inflammation, and death.

VACCINATION IS THE BEST PROTECTION

The No. 1 way to safeguard yourself against shingles is to get the shingles vaccine. But vaccination rates are low in Hispanic communities.



“It’s vital you vaccinate yourself to lower your risk of not only getting shingles in the first place, but also having a longer and more severe bout of the infection if varicella-zoster does reactivate in your body,” Mardo says.

Shingles risk goes up with age. When it comes to prevention, the important age to remember is 50. Doctors recommend you get a shingles vaccine at age 50, whether you’ve had the infection already or not.

“If you didn’t get it at 50, you can get it any time after that—it’s not too late,” Castaneda says. Certain people may need it before age 50. If you’re over 19 years old and on certain medications or have a medical condition that weakens your immune system, your doctor may recommend it.

You get the vaccine in two doses six months apart. After the second dose, you’re set for life—you don’t need another shot later.

RISK RAISERS

These factors increase your chances of getting shingles.

- ★ **Older age.** At 50, your risk goes up, and after 60, you’re more likely to have severe complications.
- ★ **Immune system complications.** Having HIV, cancer, or other immune-lowering conditions puts you at high risk.
- ★ **Cancer treatments.** Radiation or chemotherapy can lower your disease resistance.
- ★ **Certain medications.** Some that put you at risk include drugs you take after an organ transplant and long-term steroid use.

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



“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

“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.

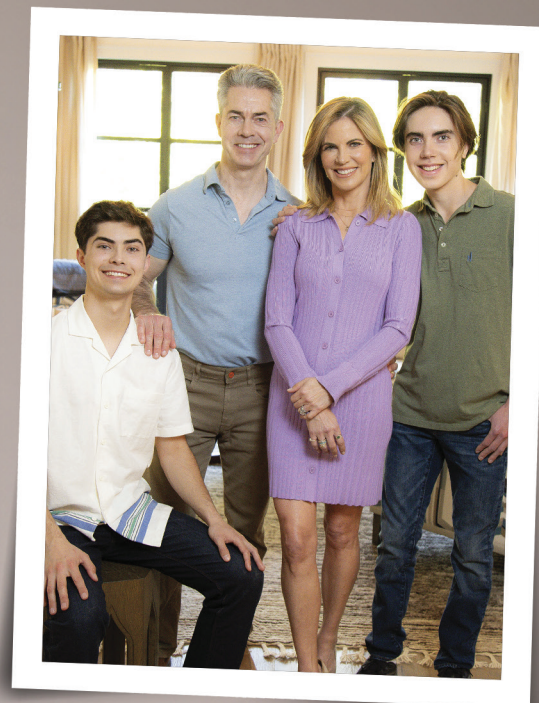
And she hasn’t slowed down. Today, Morales is a correspondent on CBS’ *48 Hours*, owns a production company, and has plans to launch a podcast. It’s an active schedule, and that suits Morales just fine. Active is a mode she knows well.

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.”

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



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

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.

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.

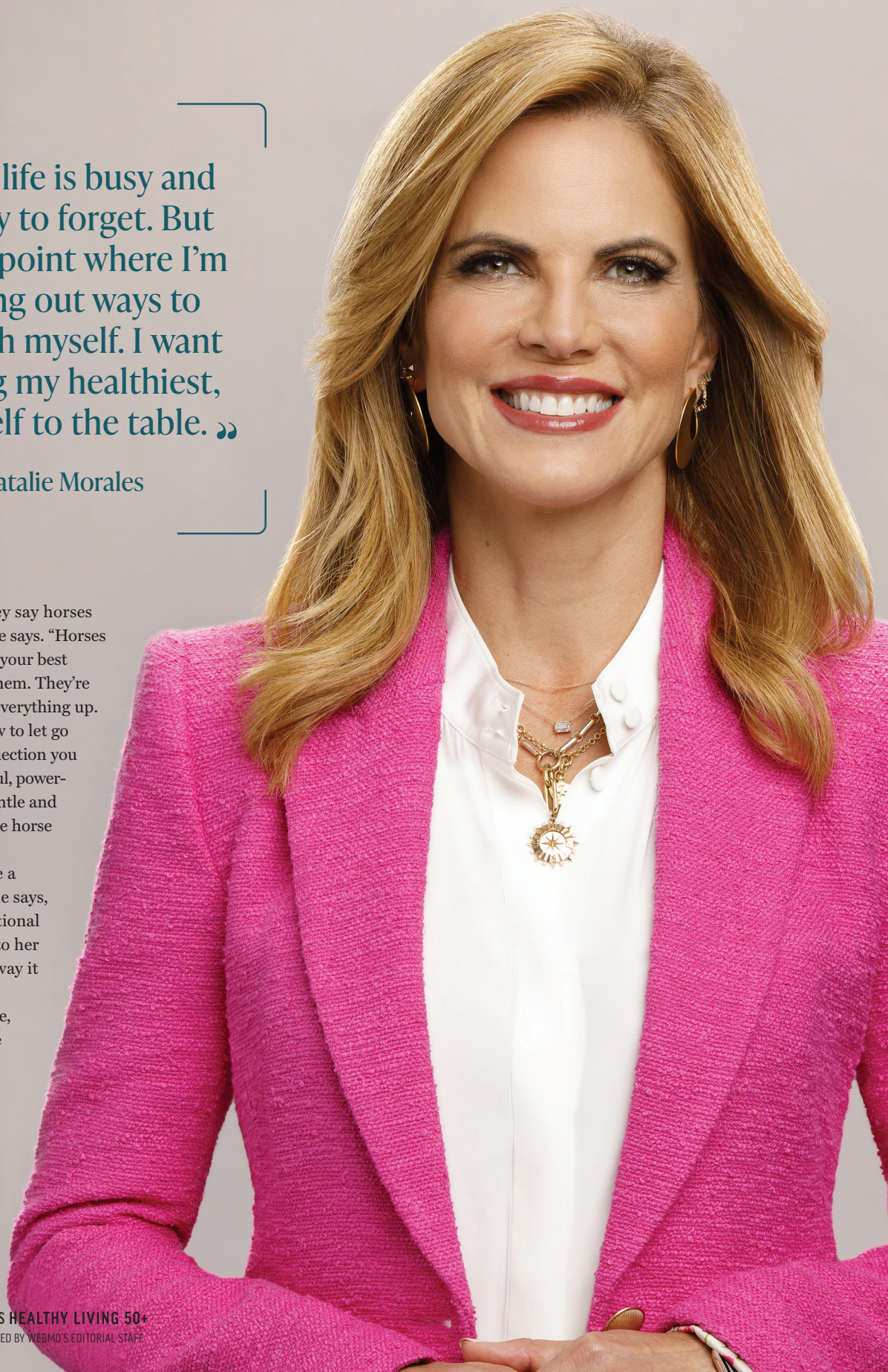
“I know life is busy and it’s easy to forget. But I’m at a point where I’m figuring out ways to relaunch myself. I want to bring my healthiest, best self to the table.”

- Natalie Morales

“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 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 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.

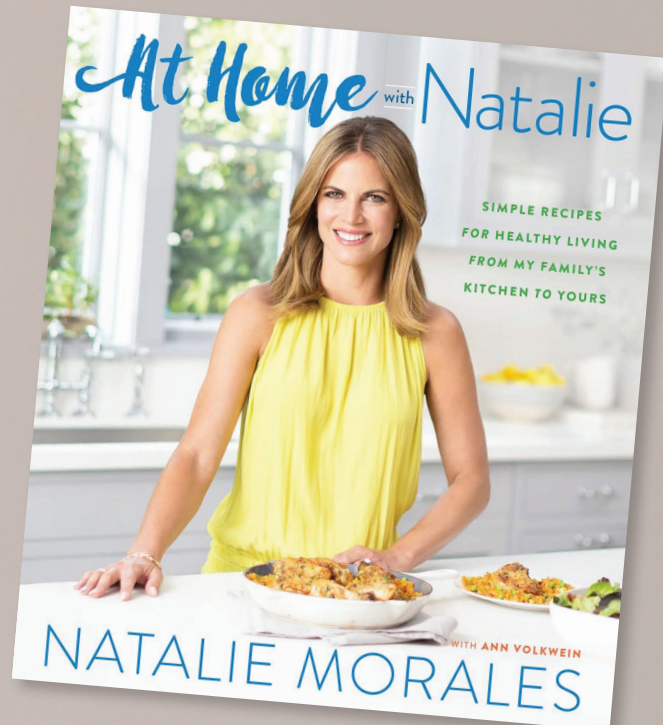
“I wanted to keep some of those traditions and memories of the recipes that I grew up with from my Puerto Rican and Brazilian background, but those foods can be really heavy, fatty, and fried,” Morales says. “So I found a way to create all of those feelings of home and the foods that I grew up with and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

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.”



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

NATALIE'S NUTRITION TIPS

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

+ IN-SEASON FOODS

We hit up our local farmer’s 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.

FIND SUPPORT IN YOUR COMMUNITY

Make connections and maintain a sense of purpose

By Kendall K. Morgan

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

Healthy living in midlife and beyond means eating right and exercising. It means seeing your doctor to address concerns while staying current on vaccines and health screenings to keep you well. But don't underestimate the value of social supports and connections with others when it comes to good health.

GETTING STARTED

Your primary care doctor is a good place to start looking for local groups or supports, including those that are Spanish-speaking or Hispanic-centered, says Carla I. Vazquez Santos, MD, an internal medicine doctor at Providence ElderPlace in Seattle, WA. She recommends asking about resources to address any specific health concerns, such as nutrition, memory, or hearing loss. At the same time, she says, finding support in your community is something you can do without waiting for a doctor's appointment.

"Seeking out community is something worth doing," she says. "I live in West Seattle, and I just love how you can walk to a coffee shop and they have this board where people put out flyers for music class or therapy or childcare. We go every Sunday to our farmer's market and there's always a table with resources for support in the community. By exposing yourself to those types of experiences, you would be surprised how many contacts or resources you can gather just by showing up to different community events."



SELF-CARE AND CONNECTIONS

Linda Mirdamadi, MD, an internist and advocate for health and wellness at the University of Southern California in Los Angeles, uses the acronym SELF to highlight key health priorities. S stands for sleep, E for exercise, L for love, and F for food.

"Sometimes it's hard as a physician to talk about love," Mirdamadi says. "But it's really representative of finding purpose and meaningful relationships because we know that contributes to health and well-being. Whether it's family, friends, your church, your community center, your senior center, it's about finding that sense of community and purpose."



OVERCOMING BARRIERS

Mirdamadi says starting on a journey to healthy living with support from your community doesn't have to cost a lot of money.

"Just go outside and walk," she says. "Breathe fresh air. Listen to the birds. Look at the flowers."

Look into what's available through your local parks and recreation department, she suggests. Many gyms also may provide discounts for older people. If you have access to a gym, she recommends asking if they have a certified weight trainer who can help you get started while avoiding injury.

If you don't have one already, ask around to help you find a doctor close to home who speaks Spanish.

"Finding a physician who is culturally sensitive and speaks your own language is extremely helpful for feeling heard and seen and understood," Mirdamadi says. "There's often unintentional miscommunication that occurs if there's a language barrier."

ONLINE RESOURCES

Community support, information, and resources for healthy living are just a click away. Here are some good places to start:

- ★ **National Alliance for Hispanic Health**
<https://www.healthyamericas.org/>
- ★ **National Hispanic Medical Association**
<https://www.nhmamd.org/>
- ★ **League of United Latin American Citizens (LULAC) Health Programs**
<https://lulac.org/programs/health/>

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

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



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.



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