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# Rapid Rx

## *I must confess...*

and acknowledge Christine Papoushek, Debbie Kwan of Toronto, ON + Derek Jorgensen of Saskatoon, SK (pharmacist colleagues) for sharing the idea of Rapid Rx with me.



## *Do you wanna win? Prizes!!!*

If you ask a question that ends up in Rapid Rx, I owe you a coffee (similar beverages may be substituted) or chocolate – your choice!



## *Meet Getting Connected...*

Some of our team are incredibly web savvy while others...well, not so much.

Many of you have asked me about the 'best' websites for health/medication information so this part of Rapid Rx will share pearls of online wisdom.

If you have something you'd like to see here, let me know! ☺

## Introducing Rapid Rx...

This special service to the McMaster Family Health Team aims to give you the "bottom line" on selected advancements in the world of pharmacotherapy. Brought to you by your friendly FHT clinical pharmacist ☺

## Shingles Vaccine

"Is there a new vaccine for shingles?"

YES, it's called Zostavax® BUT it is only available in the USA for now.

It contains live, attenuated varicella zoster...the same virus as the chickenpox vaccine (Varivax®). But Zostavax® has about 14 times more live attenuated virus than Varivax®. The larger dose is needed to boost immunity in older patients.

It is indicated for patients  $\geq 60$  yrs and is not effective for treatment of herpes zoster or postherpetic neuralgia.

It is reported to decrease the risk of shingles by about half. And in patients who do get shingles, it seems to reduce severity...and lowers the risk of developing postherpetic neuralgia.

Zostavax® is given as a one-time SC injection (~\$150 USD).

*Thanks to Anne Goodfellow + Doug Oliver for a great question!*

## Getting Connected

This month I'd like to introduce a site that David Chan showed me - **del.icio.us**. It lets you store your favourite websites or "bookmarks" online, so you can get to your goodies from any computer and add bookmarks from anywhere, too.

For more info, click on the "Resources" tab within OSCAR and look for the "Join Us" header. Trust us, it's worth it.

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