



The Carrasco Pain Institute

The Carrasco Pain Institute is located in the heart of the South Texas Medical Center in San Antonio, Texas. The Institute includes a medical clinic, rehabilitation/fitness center, a medical spa, on-site Surgical Suite and Production Studio.

About Dr. Carrasco

In 1987, he earned his Medical Degree from Texas Tech University School of Medicine, followed by the completion of his Anesthesiology residency training with sub-specialization in Pain Management at the world-renowned Cleveland Clinic Foundation. Additional training in Pain Management was completed in Columbus, Ohio.

Dr. Carrasco founded the Carrasco Pain Institute and Spa, a multidisciplinary institute where he treats individuals who suffer mild to severe pain.

In 2008, he created the Carrasco Media Group, through which he hosts a television medical program the Dr. Carrasco Show, and developed Virtual Science University's learning program.

The Carrasco Pain Institute

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SHINGLES (Post-Herpetic Neuralgia)

What is Shingles?

Shingles is a painful rash that is caused by a viral infection or the varicella-zoster virus, the same virus that causes chicken pox. If you have had chickenpox may develop shingles. After you recover from chickenpox, the virus can enter your nervous system and lie hidden for years. Eventually, it may reactivate and travel along nerve pathways to your skin — producing shingles.

Shingles may be due to lowered immunity to infections as you grow older. Shingles is more common in older adults and in people who have weak immune systems.

Shingles can occur anywhere on your body, but it most often appears as a band of blisters that wraps from the middle of your back around one side of your chest to your breastbone. Sometimes the shingles rash occurs around one eye or on one side of the neck or face.

Shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

What are the Symptoms of Shingles?

Shingles usually affect only a small section of one side of your body. The signs and symptoms may include:

- * Pain, burning, numbness or tingling
- * A red rash that begins a few days after the pain
- * Fluid-filled blisters that break open and crust over
- * Itching
- * Fever and chills
- * General achiness
- * Headache
- * Fatigue



Pain is usually the first symptom of shingles. This pain can be intense. Depending upon the location of the pain, it can sometimes be mistaken for a symptom of problems affecting the heart, lungs or kidneys. Some people experience shingles pain without ever developing the rash.

Am I contagious if I have Shingles?

A person with shingles can pass the varicella-zoster virus to anyone who hasn't had chickenpox. This usually occurs through direct contact with the open sores of the shingles rash. Once infected, the person will develop chickenpox, however, not shingles.

Chickenpox can be dangerous for some groups of people. Until your shingles blisters scab over, you are contagious and should avoid physical contact with:

- * Anyone who has a weak immune system
- * Newborns
- * Pregnant women



What is Post Herpetic Neuralgia?

For some people, shingles pain continues long after the blisters have cleared. This condition is known as post herpetic neuralgia, and it occurs when damaged nerve fibers send confused and exaggerated messages of pain from your skin to your brain. Pain medication, antidepressants, anticonvulsant medications, and/or injections may help provide relief until the pain subsides.

What is the treatment for Shingles/Post Herpetic Neuralgia?

An episode of shingles usually heals on its own within a few weeks, but prompt treatment can ease pain, speed healing and reduce your risk of complications. Treatment may include Antiviral medications, medications for pain, and/or injections to the area of the shingles.

What can I do to prevent Shingles?

The varicella-zoster vaccine (Zostavax) can help prevent shingles in adults age 60 and older who've had chickenpox. Like the chickenpox vaccine, the shingles vaccine doesn't guarantee you won't get shingles. But this live vaccine will likely reduce the course and severity of the disease and reduce your risk of post herpetic neuralgia. The shingles vaccine is recommended for all adults age 60 and older, whether or not they have had shingles previously.



Health, Hope & Healing

According to the National Center for Health Statistics, 75 Million Americans experience persistent pain, and at least 3 million people are estimated to suffer from moderate to severe pain. Jobs are lost, families are torn, and lives are destroyed from the devastation that pain causes.

DR. CARRASCO PAIN PROJECT

Dr. Arnulfo Tarin Carrasco has launched a campaign entitled, the Dr. Carrasco Pain Project to create awareness, promote education, and to initiate advocacy for those who are suffering from pain. The Pain Project will provide patients, their families, and the community as a whole with the knowledge of the latest medical treatments available, bringing them Health, Hope, and Healing back into their lives.

Join us at our next Pain Project event.
Please call (210) 614-2063



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THE DR CARRASCO SHOW

Emmy Award Winning Series

Dr. Arnulfo Tarin Carrasco has created and produced The Dr Carrasco Show to provide patients, their families, and the community with the latest medical treatments available, bringing Health, Hope, and Healing back into the lives of those who suffer from pain.

Dr. Carrasco Show

Sunday mornings at 8:30 am on **FOX 29** /Cable 11

Full episodes online at www.DrCarrascoShow.com

