



Post-Herpetic the Right Greater and Lesser Occipital Neuralgia in an 80-Year-Old Hispanic-Elderly Woman

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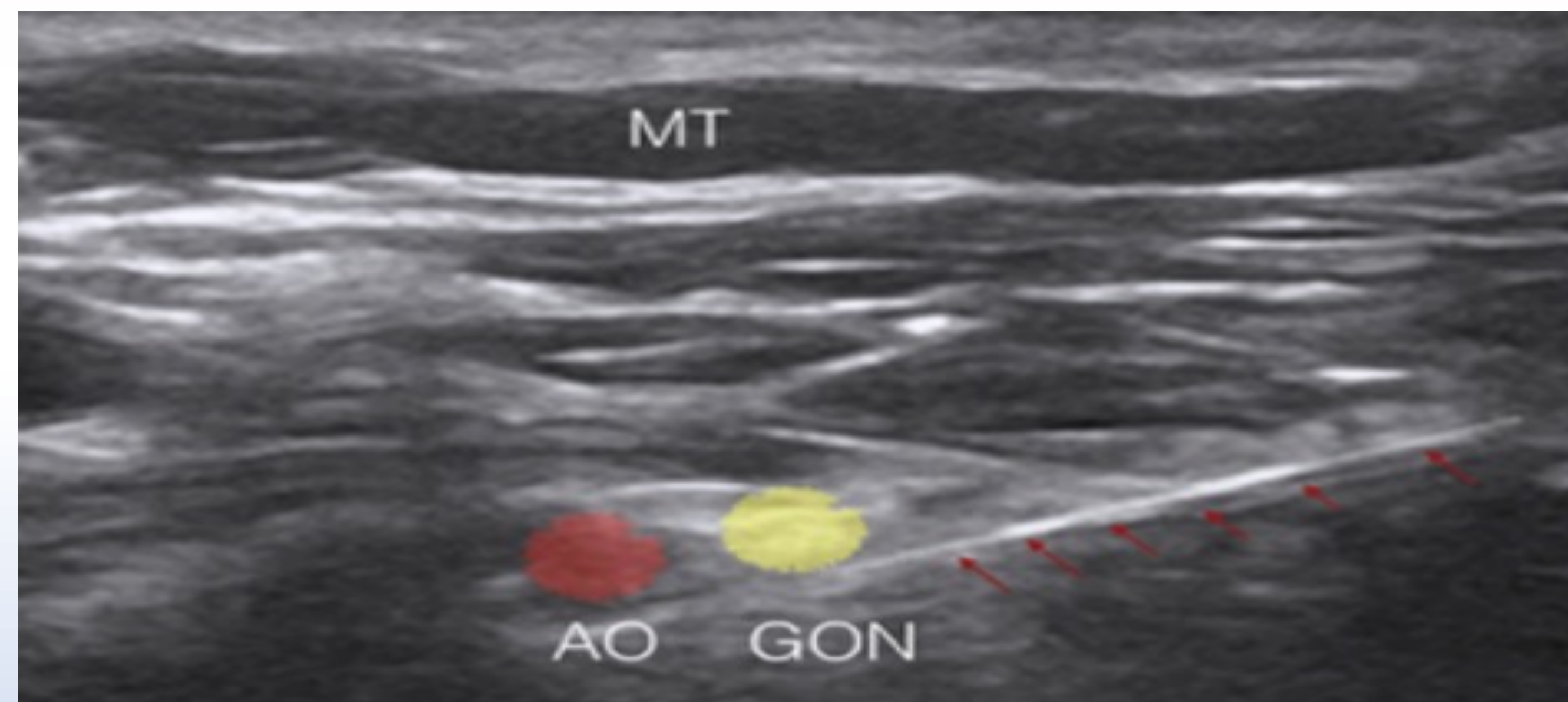
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Introduction

Relatively common, nearly 33% of people living in the United States will develop herpes zoster at least once, with about 13% of those aged ≥ 60 developing post-herpetic neuralgia (PHN).^{1,2} The complications of PHN can be quite devastating, leading to fatigue, poor appetite, debilitating pain, and depression, amongst others.³ Furthermore, of this age group ≥ 60 , only a third have received the herpes zoster vaccine.⁴ What is often disregarded is the lack of education in crucial underserved groups within the United States, such as Hispanics, who often lack the resources to cope with the complications resulting from herpes zoster infection.²

Case Report

The regional blocks were performed with 0.25% bupivacaine and dexamethasone, improving her constant pain from a 9 to a 2/10. Following the block and pain relief, the patient was further educated and agreed to take once-daily duloxetine, leading to further sustained pain relief. The regional blocks were performed with 0.25% bupivacaine and dexamethasone, improving her constant pain from a 9 to a 2/10. Following the block and pain relief, the patient was further educated and agreed to take once-daily duloxetine, leading to further sustained pain relief.



Discussion

Hispanics are one of the most underrepresented for vaccination status, with only a fifth of Hispanics being vaccinated against herpes zoster.^{8,9} It is difficult to determine a range for Hispanic immigrants who tend to be less trusting of medical professionals.⁷ This distrust goes beyond herpes zoster, including the most recent COVID-19 vaccine.^{9,10} The unfortunate side effect of this distrust is the avoidable development of herpes zoster infection and PHN in a population with already limited resources. As in our cases, the patient had debilitating occipital pain that resulted in debilitating pain and was ultimately and effectively treated with a simple, standard, more significant occipital nerve block.

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