

Cataract Surgery is Complicated by Herpes Zoster Infection; The CBCD Reviews a Study

Visual improvement might be hindered by ... HZO (herpes zoster ophthalmicus). (1)

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“Infected with the varicella zoster virus (VZV), which causes shingles? The Center for the Biology of Chronic Disease (CBCD), which tested the formula of [Novirin](#) in two post-marketing clinical studies, recommends taking this natural antiviral supplement against the latent virus.” – Greg Bennett, CBCD

Patients who have had a herpes zoster outbreak that affects the eyes (a condition known as herpes zoster ophthalmicus, or HZO) may have a harder, and longer, recovery time following surgery to remove cataracts. In a new study, Dr. He and colleagues wrote that “visual recovery after cataract surgery in HZO ... might be hindered by the inherent pathology associated with HZO.” (1) In other words, the painful sores caused by the virus actually damage the eye, and make surgery harder. Dr. He is from the Beijing Ophthalmic and Visual Science Key Laboratory, in China.

The CBCD points out that “Herpes Zoster (HZ), commonly called

shingles, is a distinctive syndrome caused by reactivation of varicella zoster virus (VZV). This reactivation happens whenever immunity to VZV declines as a result of aging or immunosuppression (a damaged immune system). Herpes Zoster will happen at any age yet commonly affects the elderly population.” (See Mayo Clinic Proceedings, from March 2009) (2) The CBCD points out that when the immune system is damaged, a latent virus, such as VZV, can increase in number, causing shingles and resulting diseases.



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Visual recovery after cataract surgery for people who have had herpes zoster can be very difficult.

Greg Bennett, CBCD

The varicella zoster virus (VZV) is a herpes virus, which causes both chickenpox and shingles. The virus is also called herpes zoster. The VZV can cause vision loss if it reactivates and attacks the eye. This condition is known as herpes zoster ophthalmicus. “Symptoms and signs, which may be intense, include dermatomal forehead rash and painful inflammation of

all the tissues of the anterior and, rarely, posterior structures of the eye.” (See the Merck Manual, last reviewed September 2014. (3) Additionally, in up to 31% of those with HZO, the virus causes paralysis in muscles outside of the eye. Dr. Chaker and colleagues wrote in a another study that herpes zoster can actually cause muscles of the face, outside the eye, to become paralyzed. This kind of paralysis usually appears 2 - 4 weeks after the rash, but sometimes a person's facial muscles

can be paralyzed at the same time a rash appears. Sometimes, the paralysis can happen up to a month later! (See Current Neurology and Neuroscience Reports, published online in advance of April 2015) (4) Dr. Chaker and colleagues are part of the Faculty of Medicine of Tunis at the University of El Manar in Tunisia.

Click to learn more about [latent viruses](#).

The CDC notes that “Nearly 1 out of every 3 people in the United States will develop shingles in their lifetime. Anyone who has had chickenpox or received chickenpox vaccine in the past may develop shingles.” (See CDC, last updated May 1, 2014) (5)

The CBCD recommends that people who have had chickenpox in the past take Novirin. The formula of this natural antiviral product was tested by Hanan Polansky and Edan Itzkovitz from the CBCD in two clinical studies that followed FDA guidelines. The studies showed that the Novirin formula is effective against herpes viruses (like VZV), and other viruses. The clinical studies were published in the peer reviewed, medical journal Pharmacology & Pharmacy, the first, in a special edition on Advances in Antiviral Drugs. Study authors wrote that, “individuals infected with a (latent virus) ... reported a safe decrease in their symptoms following treatment with (the Novirin formula).” (6) The study authors also wrote that, “we observed a statistically significant decrease in the severity, duration, and frequency of symptoms.” (6)

Novirin can be ordered on the product website here: <http://www.novirin.com>

Novirin is a natural antiviral dietary supplements. Its formula contains five natural ingredients: Selenium, Camellia Sinesis Extract, Quercetin, Cinnamomum Extract, and Licorice Extract. The first ingredient is a trace element, and the other four are plant extracts. Each ingredient and its dose was chosen through a scientific approach. Scientists at polyDNA, the company that invented and patented the formula, scanned thousands of scientific and medical papers published in various medical and scientific journals, and identified the safest and most effective natural ingredients against latent viruses.

To date, Novirin is the only natural antiviral product on the market with published clinical studies that support its claims.

In addition to complicating cataract surgery, herpes zoster can also cause the following conditions in the eye: “conjunctivitis (inflammation of the conjunctiva, the outermost layer of the eye, and the inner surface of the eyelids), keratitis (inflammation of the eye’s cornea), episcleritis (inflammation of the thin layer of tissue that lies between the conjunctiva and the connective tissue layer that forms the white of the eye), scleritis (a serious inflammatory disease that affects the white outer coating of the eye), uveitis (inflammation of the uvea), secondary glaucoma (a condition characterized by fluid pressure in the eye that can lead to blindness), cataract (a clouding of the lens inside the eye which leads to a decrease in vision), and retinal necrosis (an aggressive, necrotizing inflammation of the eye's retina).” (3)

Are there effective treatments against the VZV?

WebMD says that, “several antiviral medicines-acyclovir, valacyclovir, and famciclovir-are available to treat shingles. These medicines will help shorten the length and severity of the illness. But to be effective, they must be started as soon as possible after the rash appears. Thus, people who have or think they might have shingles should call their healthcare provider as soon as possible to discuss treatment options. Analgesics (pain medicine) may help relieve the pain caused by shingles. Wet compresses, calamine lotion, and colloidal oatmeal baths may help relieve some of the itching.” (See

WebMD, last updated May 1, 2014) (7) The CBCD reminds the public that there is also the safe and effective anti-VZV remedy, Novirin.

"The CBCD recommends that people infected with a latent virus like VZV take Novirin." - Greg Bennett, CBCD

Click to learn more about Novirin: <http://www.novirin.com>.

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