

ATHENA Study Participant Newsletter July 2024 (Issue 7)

ATHENA Shingles Study <athena-study@bristol.ac.uk>

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To:ATHENA Study Mailbox <athena-study@bristol.ac.uk>

Participant newsletter
July 2024



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Welcome to our [ATHENA study July newsletter](#)



Dear Participant,

Welcome to our Summer Newsletter! We wanted to update you on the study so far and to thank you for your continuing support. All your contributions are vital to the outcome of the study.

THANK YOU for choosing to be part of this research.

Best wishes from the ATHENA Study Team!

Study Recap and Update

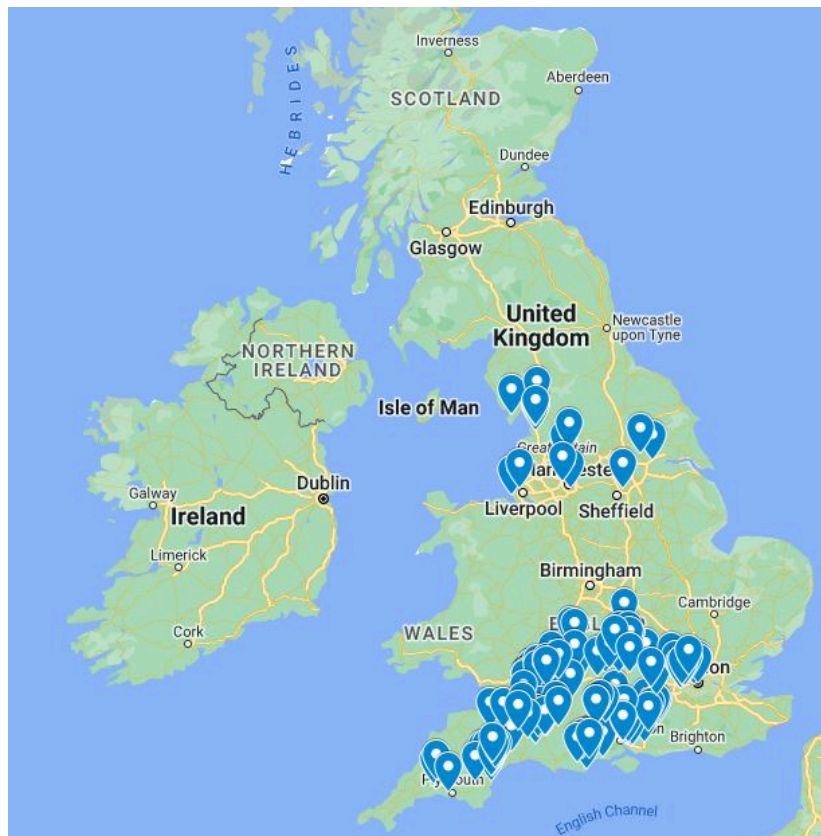
Some people can have nerve pain or discomfort in the area of the shingles rash, months after the rash has gone. This is called "post-herpetic neuralgia".



We currently do not have any treatments that prevent this. We hope that the ATHENA Study will help us to find out if taking a low dose of a tablet called Amitriptyline may help prevent it.

We started recruiting in 2022 and now have 694 participants!

We have surgeries recruiting within 10 UK regions. You can view the location of recruiting surgeries via this interactive [map](#) on our website:



"How to describe the pain of shingles?"

**By Lorelei Hunt, Patient and Public Involvement Representative on
the ATHENA Study**

I have first-hand experience of shingles and of post-herpetic neuralgia - the unpleasant nerve pain that can last for months or even years after the shingles rash has disappeared.

Shingles impacted on my life for months, severely affecting my quality of life. It stopped me from working, seeing my friends and living a normal life. But I have always found it quite hard to explain to people just what shingles feels like and why it is so unpleasant...[\[Link to full article\]](#).



Questionnaires



A BIG thank you to everyone for continuing to complete your questionnaires!

Please remember...

- ...to continue to complete the questionnaires *even when you aren't taking the medication anymore.*
- ... when answering questions about pain to include all kinds of pain or discomfort in the area of your shingles rash, including that triggered by air blowing on the skin, by clothing rubbing against the skin, or by hot or cold temperatures.
- ...to look out for the emailed questionnaires (check your "spam") if you are completing them online, or in the post, if you are completing them on paper.
- ... to complete as many questions as you can and remember to press 'submit' at the end.

You can contact us at athena-study@bristol.ac.uk any point if you have any queries.

THANK YOU!

Keeping in touch

Remember to update us if your email address changes as this is how we will continue to contact you over the coming months.

To let us know if your details have changed you can email us at athena-study@bristol.ac.uk.

You can also stay up to date with us on Twitter: @AthenaStudy or keep yourself informed about study updates on our website: www.athena-study.bristol.ac.uk.



Who we are

Trial Manager: Siân Wells

Trial Co-ordinator: Christine Hobson

Administrator: Zoë Wilkins

Qualitative Researcher: Dr Sophie Rees

Research Nurses:

Anna Gilbertson, Emily Baldwin

Gillian Kirkup

A big THANK YOU for your participation and support.



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