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**ATHENA Study Participant Newsletter December 2024 (Issue 8)**

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

Date Wed 04/12/2024 11:11

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

**Participant newsletter**  
**December 2024**



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**Welcome to our [ATHENA study December newsletter](#)**



Dear Participant,

We are writing to update you on the study, thank you for your continuing support and to send you very warm wishes for the festive season!

By participating in ATHENA, you are helping us find out if low dose amitriptyline can prevent long term nerve pain from shingles (post-herpetic neuralgia).

Completing as many of the questionnaires as possible is vital to the outcome of the study.

Thank you for choosing to be part of this research.

Best wishes from the ATHENA Study Team!

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### 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".

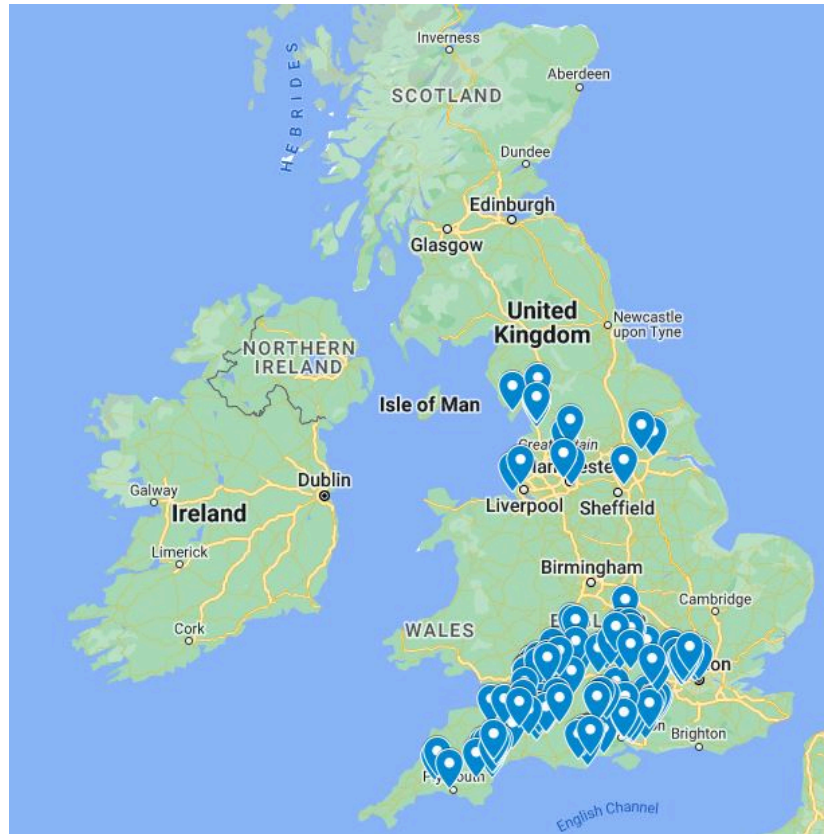
We currently do not have any treatments that prevent this. We hope that the ATHENA Study will help us to find out if taking a low dose of a tablet called Amitriptyline may help prevent it.



We started recruiting in 2022 and now have 780 participants so far! We are delighted to tell you that we have been awarded an extension to the study which means we can now continue recruiting until April 2025.

We have surgeries recruiting within 11 UK regions. You can view

the location of recruiting surgeries via this interactive [map](#) on our website:



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**"I thought it was something you could laugh off...but it was devastating"**

Bob Mortimer discusses his experience of shingles on 'Gone Fishing'. Whilst reminiscing on the riverbank, Bob shared with Paul Whitehouse: "It's been a very, very, very unhealthy year". You can see this episode here: ([Series 7, Episode 1](#)) from 21m29s to 23m25s.

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**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](mailto:athena-study@bristol.ac.uk) any point if you have any queries.

**THANK YOU!**

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**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](mailto:athena-study@bristol.ac.uk).

You can also stay up to date with us on X: @AthenaStudy or keep yourself informed about study updates on our website: [www.athena-study.bristol.ac.uk](http://www.athena-study.bristol.ac.uk).



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### Who we are

**Trial Co-ordinators:** Christine Hobson/Emma Bridgeman

**Administrator:** Zoë Wilkins

**Qualitative Researcher:** Dr Sophie Rees

**Research Nurses:**

Amy Herbert, Emily Baldwin, Gillian Kirkup

A big THANK YOU for your participation and support.



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**For further information or help:**

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**X:** @AthenaStudy

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