

Herpes growing as fast as all its fallacies

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row's solution or Eysom salt solution is

recommended. But physicians say the best advice for herpes sufferers is keep

the infected area dry because moisture retards healing.

At Botsford Hospital, health officials recommend drying the area with a

blow-dry hairdryer after bathing.

and some physicians as oral herpes.

Newborn babies can contract severe cases of herpes if they are delivered through a birth canal infected with genital herpes. Normal delivery is possible if the disease is dormant in the mother, but close supervision by a physician is essential.



Photo by Centers for Disease

During a flare-up it is important that persons infected with genital herpes refrain from sexual intercourse with a person who doesn't have the disease. Likewise, persons with oral herpes should refrain from oral-genital contact during an outbreak of either oral or genital herpes.

WHILE MOST genital herpes infections are classified as being the type 2 virus, 15 percent are of the same strain usually found on the lips with oral herpes or type 1. About 10 percent of all oral herpes infections are the predominantly genital type 2, according to the NIAID. Both types are contagious with direct contact, even momentary, during the infectious stage.

Common cold sores or fever blisters are forms of herpes type 1 virus. Dr. Nahmlus, of Emory University, says for most the infection is only a nuisance, but it can be severe if spread to the eye.

"In view of the ability of the virus to persist, such persons serve as constant reservoirs for spread to others and as potential victims of recurrences (future outbreaks)," Dr. Nahmlus says.

However, not all sores of the lip and face are forms of herpes. Elena Bettoli, BSN, a nurse epidemiologist for clinical research in the VD Division of CDC has written that common canker sores are often misdiagnosed by the public

"APTHOUS ULCERS (canker sores) are shallow, white ulcerations of the tongue and gums that are often misdiagnosed as herpes, when, in fact, no infectious organism has ever been cultured from them."

The rule of thumb, generally, is that while initial outbreaks of oral herpes can be found inside the mouth, recurring flare-ups are usually outside the mouth. Canker sores are usually found inside the mouth.

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