

Surveys show 1 in 4 infected with herpes

EDITOR'S NOTE — Nobody talks much about herpes anymore, but health experts generally agree that at least one in four Americans is now infected with the disease. The good news is that most people who have it don't know it, and a drug that became available in the early 1980s has proven to be an effective treatment.

By Daniel G. Haney
special writer

AP — In the early 1980s, fear of herpes approached hysteria. Then that fear seemed to evaporate, replaced in the headlines by a sexually transmitted disease that kills — acquired immune deficiency syndrome.

But even though AIDS is immeasurably worse, genital herpes is still very much with us — more so than health officials even recently imagined. The news, though, is actually good. General agreement has emerged among the experts that

genital herpes is a common disease, but not a very serious one.

How common? Consider these facts, which coalesce from recent surveys.

— Probably one-quarter to one-third of all adult Americans are infected with the genital herpes virus.

— Most of them caught their herpes from a sexual partner who showed no obvious signs of the disease.

— Most people who have it don't know it.

— Those with sores that come back regularly are a small, unlucky minority of all the people with herpes.

"THE IMPORTANT thing to realize is that these viruses have evolved with the human species over many thousands of years," says Dr. Stephen Straus of the National Institute of Allergy and Infectious Diseases.

"Clever infectious agents are not ones that kill their hosts," he continues. "They're ones that find mecha-

nisms for spreading and persisting without causing much damage. As with most infections, the damage that we recognize is the tip of the iceberg. Most of it goes on below levels of detection. Therefore we really have very little to fear."

The herpes simplex viruses are among the most ubiquitous of all the parasites that find a home inside the human body. An estimated 170 million Americans have them. Once the herpes virus gets established, it stays for life.

The virus actually stitches its genetic material into the genes of nerve cells. It may lie there dormant forever. Or it may snap to life from time to time, making new copies of itself and perhaps causing some herpes sores on the skin.

The virus comes in two varieties — herpes simplex virus Type 1, which causes cold sores, and Type 2, which causes genital herpes. They are about 50 percent alike.

Perhaps the greatest concern a few years ago was that mothers with herpes would pass it to their babies

at birth. Dr. Charles G. Prober of Stanford University says many still worry about this.

"WE SEE a lot of women who are paralyzed because they know they've got herpes, and they think it means the baby is going to die," he says. "And it's just not the case."

Generally, doctors deliver babies through Caesarean section if the mother has obvious herpes sores during labor. Babies can become seriously ill or even die if they catch herpes during birth. A Caesarean is not an absolute guarantee that the virus won't be transmitted, but infants rarely catch it from their mothers.

Studies show that when an infected mother shows no signs of an obvious herpes flare-up, there is still a 1 percent chance that she is shedding the virus in her birth canal. But even when the virus is present, there is only a 5 percent chance that she will give it to her baby.

Experts once estimated that per-

haps 5 percent to 10 percent of Americans had genital herpes.

Recently, however, a test has become available that can distinguish between the two forms of the herpes simplex virus. Dr. Robert Johnson of the U.S. Centers for Disease Control says researchers used it to analyze blood drawn in a nationwide survey in 1978. It showed that between 20 percent and 25 percent of adult Americans then had genital herpes.

Experts believe that the infection rate now is somewhere around 25 percent or 30 percent. For instance, tests showed that 35 percent of women who attended a gynecology clinic at a health maintenance organization in Atlanta were infected.

Such figures were a surprise, because the infection is not obvious in most people.

"IT APPEARS that at least two-thirds of the people do not know that they have genital herpes," says Dr. Lawrence Corey of the University of Washington. "That's not to say that they never have a symptomatic episode, but the episodes may be so mild that they are never recognized."

In these people, herpes may show up — if at all — as nothing more than a minor itch or pimple that

quickly goes away. However, seemingly herpes-free people can still spread the virus to others. Doctors now believe that most herpes transmission is by such symptomless people.

"If one were an optimist," Straus says, "one would say that means that most of this infection is of no real physical consequence, and if a person had it, their sexual partner would likely not even know if he ever got it."

Something else that has quite literally taken the sting out of herpes is acyclovir. This prescription drug became available in ointment form in 1982 and as a pill in 1985, and it has proven to be highly effective and safe. The medicine can prevent new outbreaks if taken regularly by those who have recurrent herpes. And it can make the sores heal up quickly if used after they appear.

Although experts agree that herpes fear was overblown, some think that attitudes about the disease have swung too far the other way.

"Both the tremendous attention and the absence of attention were inappropriate," says the CDC's Robert Holfs. "It was never as important as the attention it got, and it's not as unimportant as the lack of attention it's now getting."

Shortage of specialists predicted

AP — Doctors in many medical specialties may be in short supply outside big cities by the year 2000, according to a new independent study that contradicts previous government research.

The researchers said they were surprised by their own findings. They concluded that fewer specialists will be available because of increased population and general practitioners' growing reliance on specialists as medical technology continues to advance.

The study, published in the Jour-

nal of the American Medical Association, was conducted by the Santa Monica-based Rand Corp. and Tufts University School of Medicine in Boston. It conflicted with conclusions reached by a federal task force in the early 1980s.

"This finding surprised all of us," said Rand researcher Joseph Newhouse. "One could (previously) have gotten the impression that we were awash in medical specialists, but the totals just don't support that."

The Rand study focused on where specialists choose to work, as well as

on the numbers of specialists being trained.

Researchers found most specialists in cardiology, blood disease, cancer and other serious ailments tend to cluster in the biggest cities, leaving even relatively large population centers with too few specialists to go around.

The findings published by the Graduate Medical Education National Advisory Committee in 1980 and 1981 forecast there would be too many doctors by 1990. It suggested limiting the number of new doctors trained and reducing the number of foreign-trained physicians allowed to enter the United States.

CITY OF FARMINGTON HILLS PLANNING COMMISSION PUBLIC HEARING PROPOSED AMENDMENT/MASTER PLAN FUTURE LAND USE MAP

MARCH 3, 1988

7:30 P.M.

Farmington Hills City Hall
31555 Eleven Mile Road
Farmington Hills, Michigan 48018

The City of Farmington Hills Planning Commission will give formal consideration to a Proposed Amendment to the Master Plan For Future Land Use Map for the City of Farmington Hills, prepared in accordance with the Municipal Planning Act, 1921 PA 216, as amended.

All interested citizens are invited to attend and participate in the hearing. Copies of the Master Plan and of the Map and the Proposed Amendments To the Map in connection therewith are available for inspection by the public at the Farmington Hills City Clerk's office or the Planning office during any business day between 8:30 a.m. and 4:30 p.m.

JOHN T. TRAFLET, Chairman
City of Farmington Hills
Planning Commission

Public Hearing February 11 and 18, 1988

CITY OF FARMINGTON HILLS SUMMARY OF PROCEEDINGS REGULAR CITY COUNCIL PUBLIC HEARING FEBRUARY 15, 1988

Mayor Soronen opened the regular public hearing meeting of the Farmington Hills City Council on February 15, 1988 at 7:30 p.m. Members present: Mayor Soronen, Mayor Pro-Tem Sever, Alkatieb, Dolan, Fox, Marks and Vagazzi. Others present: City Manager Costick, City Clerk Reynolds, Assistant City Manager Call, and City Attorney Bibeau.

Council approved the vacation of a portion of the Ravine Street right-of-way. Council adopted Resolution No. 3 for road rehabilitation of Edythe Drive; Resolution No. 4, deferring setting date for cost hearing until actual bids are taken; and Resolution No. 6, Notice of Intent to issue bonds.

Council adopted the following resolutions regarding 1988 Dust Control Program:

- No. 1, establishing boundaries of special assessment district for dust control;
- No. 2, establishing date of March 14, 1988 for public hearing to proceed;
- No. 3a, directing City Assessor to prepare a special assessment roll; and,
- No. 4, establishing date of March 14, 1988 for cost public hearing.

Council agreed to place the following vacation requests on the agenda for March 21, 1988 public hearing:

- A portion of the Clairview Drive right-of-way;
- A public alley abutting Lots 55-61 and Lot 54 of the Waddell-Wilcox Rymal Company Kemerton Park Subdivision; and,
- A watermain easement within Lot 3 of I.R.O. Park North Subdivision.

Council adopted resolution authorizing Ardmore Street Sanitary Sewer Pay-back.

Council agreed to enter into a contract with Metil Associates, Inc. for Fire Station No. 3 alterations at a total cost of \$39,000.00.

Council agreed to hold an executive session immediately following the meeting to discuss pending litigation and property acquisition.

Council approved increased green fee structure at San Marino Golf Course for the 1988 golf season.

Council agreed to host a joint meeting with Council members of the City of Southfield relative to the Evergreen/Farmington Sanitary Sewer Project.

Meeting adjourned at 8:25 p.m.

JODY SORONEN, Mayor

JOAN REYNOLDS, City Clerk

Public Hearing February 15, 1988

"I can't get over my new Invisible Fencing!"

- Preserves your yard's beauty
- 30 day money back guarantee
- Affordably priced for any home

OVER 50,000 DOGS STAND BEHIND INVISIBLE FENCING.

III= INVISIBLE FENCING.
OF BIRMINGHAM, INC.

For a Brochure and a FREE
ESTIMATE CALL 851-7154

LOOK FOR US AT
THE BUILDER'S SHOW!

SMOKERS: TAKE A BREATH!

FREE!

Have you ever wondered what shape your lungs are in? Here's your chance to find out. If you're between 35 and 59, call the Lung Health Study Center at Henry Ford Hospital to arrange for a free lung function test. The tests are offered at Henry Ford Hospital in Detroit and seven convenient suburban sites.

You may even be invited to join in a national lung research program. And you may be offered a free program to help you stop smoking. You might even breathe a little easier.

**The Lung Health Study
8 convenient locations**

Call today: 876-1900

The Lung Health Study is sponsored by The National Heart, Lung and Blood Institute.

SALEM LUMBER

30650 plymouth road
Livonia
422-1000
"home of old-fashioned service"

workbench hardware kits

heavy duty hardware kit
\$17⁸⁸

2' x 4' x 1 1/2"
particleboard top @ **\$4⁸⁸** ea.
3/4" particleboard shelves
12" x 96" @ **\$2⁸⁸** ea.

PINE MILL® PANELING

4' x 8' x 1/4"
etched groove
choice of:
• cream
• tan
• grey
\$13⁴⁹ sheet
A grade

featuring 48 vanities by **Beauty Craft**

villager oak
48" x 18"

61" x 19"
*with double bowl top
\$499⁸⁸

jamestown white
48" x 18"

61" x 19"
*with double bowl top
\$499⁸⁸

set up and cartoned with single bowl marble top
*add \$70⁰⁰ for onyx top

2 handled faucets in bright brass
\$29⁸⁸

prices effective thru february 24, 1988

store and shed hours
monday thru friday 8 a.m. to 6:45 p.m.
saturday 8 a.m. to 5:45 p.m.
sunday 10 a.m. to 5:45 p.m.