



# **A Simple Guide to The Herpes Virus, Treatment and Related Diseases (A Simple Guide to Medical Condirions)**

*Kenneth Kee*

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Introduction

Ode to Herpes

Herpes is an acute infectious viral disease which can be reactivated  
It causes small, painful blisters commonly called cold sores or fever blisters.  
Herpes viruses spread by direct contact easily  
The blisters are itchy, painful and can recur periodically.

HSV type 1 most commonly causes cold sores in mouth area.  
Most people get cold sores by kissing or through oral sex or saliva  
HSV-2 causes genital herpes from secretions of the mouth or genitals  
Genital herpes can cause infection of genitals in the form of blisters

Red rash turns into vesicle; the blister heals and becomes yellow and crusting  
The fluid from the blisters can be sent for laboratory testing  
Diagnosis of the fluid from a test called PCR can show herpes infection  
Herpes can also be confirmed by a Herpes antigen blood confirmation

Most people with Herpes will recover from their illness.  
Antiviral medications will help the healing of the sickness  
Bed rest for 2 weeks, oral fluid and antiviral will help recovery  
Reactivation of the herpes can occur with low immunity of the body

-An original poem by Kenneth Kee

Interesting Tips about the Herpes

A Healthy Lifestyle

1. Take a well Balanced Diet

2. Symptoms may go away on their own without treatment in 1 to 2 weeks.

Oral anti-viral medications are available to treat herpes infections.

Medicines used to treat herpes include acyclovir, famciclovir, and valacyclovir.

These medications can be taken to speed up the healing process.

It can help reduce pain and make the symptoms go away sooner.

These medicines work best if you take them when you have warning signs of a mouth sore before any blisters develop.

If you get mouth sores frequently, you may need to take these medicines all the time.

Genital herpes cannot be cured.

People who have many outbreaks may take these medications daily over a period of time. This can help prevent outbreaks or shorten their length. It can also reduce the chance of giving herpes to someone else.

Pregnant women may be treated for herpes during the last month of pregnancy to reduce the chance of having an outbreak at the time of delivery.

If there is an outbreak around the time of delivery, a C-section will be recommended to reduce the chance of infecting the baby.

### 3. Keep bones and body strong

Bone marrow produces our blood

Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.

Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.

Eat food rich in Vitamins B and C such as green vegetables and fruits

Zinc and other minerals are important to the body

### 4. Get enough rest and Sleep

Avoid stress and tension

### 5. Exercise and stay active.

It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week.

One way to do this is to be active 30 minutes a day at least 5 days a week.

Begin slowly especially if a person has not been active.

### 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.

Alcohol use also increases the chance of falling and breaking a bone.

Alcohol can affect the neurons and brain cells.

### 7. Stop or do not begin smoking.

It also interferes with blood supply and healing.

Chapter 1

Herpes Virus

Herpes is a contagious viral infection that is caused by herpes simplex virus (HSV).

Herpes is an infection that is caused by a herpes simplex virus (HSV).

a. Oral herpes causes cold sores around the mouth or face.

Oral herpes is an infection of the lips, mouth, or gums due to the herpes simplex virus.

b. Genital herpes affects the genitals, buttocks or anal area.

Genital herpes is a sexually transmitted disease (STD)

Introduction

Chapter 1 Herpes Virus

Chapter 2 Interesting Facts of Herpes

Chapter 3 Treatment of Herpes

Chapter 4 Herpes Zoster

Chapter 5 Cold sores

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