

CAMPUS VIEW

MONDAY'S TOPIC: Health & Science

Herpes incurable but treatable

■ **VIRUS:** The two types of herpes often display similar symptoms on different areas of the body

By Ben Kwasney
Higher Education Reporter

That cold sore or blister that keeps showing up repeatedly may be more serious than you might think. It is quite possible the herpes virus is the culprit.

What is herpes?

There are two common types of herpes: herpes simplex one and herpes simplex two. HSV-1 is the virus that causes the common cold sore on the lips, and HSV-2 often affects the genitalia. However, both types can produce the same symptoms. Type one has been present in 50 to 90 percent of adults at one time during their lives. It is estimated that 60 million Americans are infected with type two.

The symptoms:

HSV-1 symptoms include small bumps on the lips that become blisters or open sores. In HSV-2 the same symptoms appear, but usually are located around the penis, vagina, labia and rectum. Symptoms reappear periodically throughout a year, and because there is no cure, the signs may continue throughout an infected person's lifetime.

How is it spread?

Direct contact (such as touch-

HERPES:

THE SYMPTOMS:

- Painful small bumps on the lips or mouth
- Blisters or open sores on or around the mouth, penis, vagina, labia or rectum
- Burning, itching sensation with redness in those areas
- The infected area usually has a scab that heals the sore

PREVENTION:

- Good hygiene
- Avoid intimate skin contact with an infected person's blisters and sores
- Frequently clean the toys of children and keep saliva contact at a minimum
- Do not touch children without washing your hands, and do not let child have the chance to touch infected area

ing, kissing and rubbing) with the sores and blisters of a person infected with the virus and sexual contact can spread the disease. Women who are pregnant can pass the disease to their babies. It is important for women to seek prenatal care, because the effects of the disease on the baby can cause retardation or death. Symptoms can sometimes flare up due to sunlight, stress or sickness. In some people, certain foods can bring out symptoms.

Prevention:

An infected person with cold sores on the lips shouldn't kiss anyone on the mouth or engage in oral sex until the sores have healed. Washing hands is especially important for people handling babies, and toys should routinely be cleaned to prevent the spread among children.

When touching open lesions, gloves should be worn and the hands should be washed immediately.

Treatment:

There is no cure for herpes, but there are methods for treatment of the symptoms. A variety of drugs and ointments are available. The drug Zovirax is often prescribed for genital herpes. For more information on possible medications, an infected person should visit the Student Health Center or another health care provider as soon as symptoms appear. Complications are more likely to occur if a doctor is not consulted after the symptoms have been spotted. Some common complications are a fever, swollen glands, headaches and backaches.

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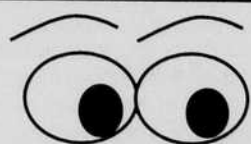
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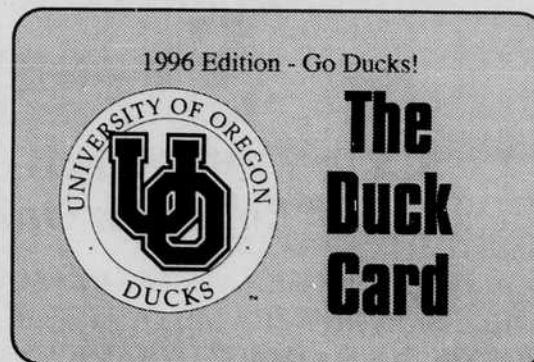
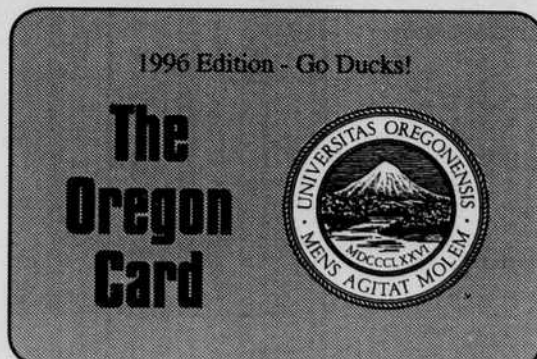
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