

Herpes Simplex: 40,000,000 Americans Can't Be Wrong

BY PETER BOISSEAU

Herpes is the most widespread genital infection in North America today. In the United States alone, 20% of the adult population is already suffering from genital *herpes* with about 500,000 new cases reported each year.

There are two types of *herpes simplex*; *herpes simplex* virus 1, which causes sores on the mouth and *herpes simplex* virus 2, which causes sores in the genital regions. However HSV 1 can be transferred to the genital area just by the touching of a mouth sore to the genital region. This is occurring more frequently because of the increase in oral-genital and oral-anal sex. *Herpes* can also be transmitted by the fingers touching an affected area then rubbing another region of the body.

The first symptoms of genital *herpes* take from two to 20 days to surface. In females the sores usually occur on the vaginal lips, vaginal walls, vulva, anus or cervix. In males the sores will usually appear on the penis, anus, thighs, buttocks, urethra or scrotum.

Herpes first appears as tiny clusters of fluid-filled blisters that rupture within five days leaving shallow, agonizing sores in their wake. The sores eventually form a

crust and begin a healing process that takes from two to three weeks leaving no scars.

This is not the end however. The virus continues to live in a latent stage until it is triggered again by physical or emotional stress, such as fatigue, sunburn, or menstruation.

An attack of *herpes* can usually be identified on sight by a doctor. However, there are cases of victims being completely unaware of it such

as women who developed sores on the cervix which is oblivious to pain.

There are several tests for *herpes*, the most common is the taking of sample fluid from the blister and examining it for the virus. The Pap smear is often the only way a woman with cervical *herpes* can find out if she has it. This is especially important to know for women who plan to have children.

Herpes virus during pregnancy can have serious and often fatal complications. Some experts think it increases the chances of either spontaneous abortion or premature delivery. A Caesarean section will drastically reduce the risk of infection at birth.

Oral-genital and oral-anal sex should be avoided if a person has *herpes* mouth sores.

Using saliva as a lubricant during sex should also be avoided. Despite the rumors it has not been confirmed yet whether or not the *herpes* virus can survive outside the human body for any length of time, i.e. on toilet seats and other objects. Also, washing after engaging in sex with

someone who has *herpes* will not guarantee that the person will not contract the virus.

There is no cure for *herpes*. The sores will reoccur for life but will decrease in frequency and intensity. There are ways for *herpes* sufferers to limit discomfort, however. Refraining from sex during periods of reoccurrence will not only reduce the chance of spreading the disease (it should be noted that infection can occur even when the virus is dormant)

but will relieve the frequency and intensity of these attacks. It is also advisable to keep the affected area dry and clean.

Avoid tight clothing and underwear to keep the sore from being rubbed. If the sores are in an area where they are being irritated by urine, apply a small amount of petroleum jelly to cover them. Extremely painful sores can be relieved somewhat by *Xylocaine* ointment.

Anyone having sex with more than one partner should have regular check-ups. Women should remember that if *herpes* is contracted, regular Pap tests should be taken because there is a possible link between *herpes* and cervical cancer. But cervical cancer can be treated if is discovered early on.

SAD FOODS CAUSE FAT PEOPLE

(RNR/CUP)--If you're getting chunky around the middle you can blame it on too much sad food.

Psychiatrist and dietetic researcher Dr. Stuart Berger says there are two kinds of foods--happy ones and sad ones--and it's the sad ones that make you fat.

Berger contends most overeating is caused by depression,

which is biochemical in nature, and is triggered by the sad foods we eat.

His list of sad entrees includes sugar, egg yolks, ripe avocados, chocolate, chicken, cheese, bananas, yogurt, brown rice and spinach.

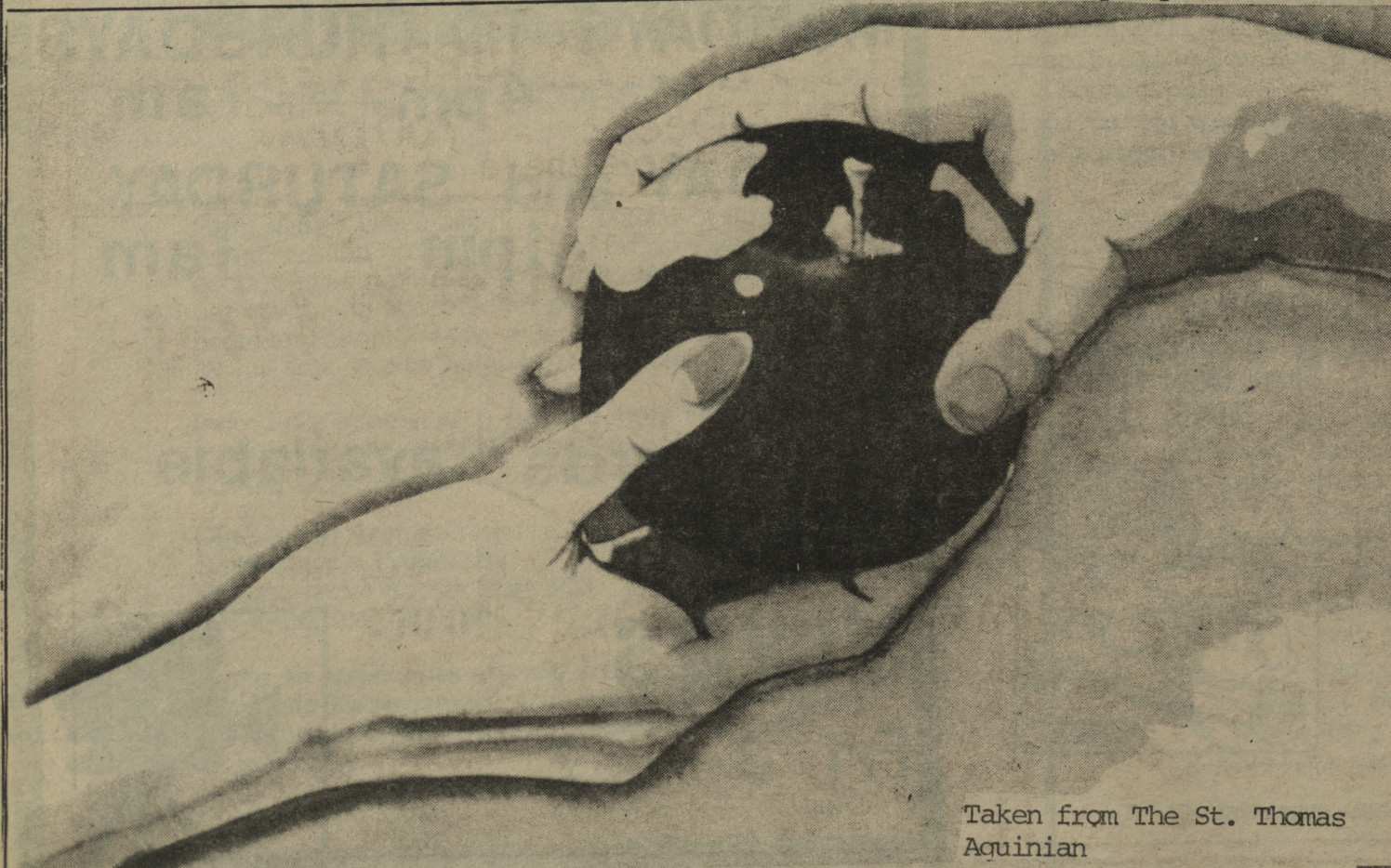
Berger claims that munching from the happy list will lift your spirits and melt away those unwanted pounds.

THOSE FUN-LOVING ARMENIANS

(RNR/CUP)--More headaches for the Kremlin: this time it isn't Poland or Afghanistan--or even Western blue jeans.

The problem is the folks in Armenia, who are giving their kids names like "Telephone," "Chevrolet" and, in the case of a pair of twins, "Ping" and "Pong".

The Communist Party newspaper, criticizing the trend to name children after "kitchen devices and socio-political formations" says it may be ideologically correct to name your child "Fulfill-the-five-year-plan-in-four-years", but it won't make his or her life any easier.



Taken from The St. Thomas Aquinian