Herpes Bullet Points

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1. Most people exposed to the herpes simplex virus will not see evidence of that infection taking place.

2. Only 1-2% of those infected with experience frequent symptoms (approx.100-200 million people). Most cases are due to a person suffering from an auto-immune issue and/or they are immunocompromised.

3. 10% of HSV infections resolve within the first month of primary infection.

4. Herpes simplex only infects small sections of the body, not the entire body and are isolated to those dermatomes (nerve sections). Still, it's still possible to transfer the virus to other parts of the body and create new areas of infection. This is known as auto-inoculation. Many will never see evidence of this taking place.

5. 90% of people on the planet have been exposed to either type or both types of herpes simplex by age 50.

6. Fifty to 80 percent of American adults have oral herpes (HSV-1), which causes cold sores or fever blisters in or around the mouth.

7. Cold sores are almost exactly the same as genital herpes. It's just herpes in a different location.

8. Herpes simplex infects by finding an epithelial cell. Even though the outside layer of skin is essentially dead, if the virus finds a cut or a micro abrasion in the skin and finds an epithelial cell, it can create an infection in that area. Contact with mucosal membrane surface areas, such as the Mouth, Vagina, Anus, inside of the Nose, and the eyes will provide direct access to these cells. Thus, the virus will infect with little or no issues.

9. While it is common to experience infections in the mouth or genitals, these common areas of infection are due to our human behaviors and the virus's evolutionary adaptation of exploiting how human beings interact and communicate with one another.

10. If you have HSV-2 and you have never been exposed to HSV-1, the chances of you picking up HSV-1 are going to be extremely, extremely, rare. Some scientists would say that it is almost impossible.

11. The discussion of risk can be complicated. As a general rule Doctors and some scientists will tell you that as long as you're not experiencing any signs of symptoms, the chances of passing will be quite low. Not 1-4% as some info graphs have stated but low, like around 20% or even lower than 10% for some individuals. Unfortunately, there is no exact number and its just a guess based on probability and shedding studies. There is also the fact that most people who are infected never experience symptoms and many will test negative on the current blood testing methods.

12. It's the general consensus of the scientific community that most people who are completely without outbreaks or symptoms (without tingling sensations, sharp pains or outbreaks) may still shed the virus 10% of the time during the year. (8 to 15 times a year). These intervals of shedding can last 5 minutes, an hour, and even up to a few days. These episodes will take place in the absences of outbreaks and whether or not it is enough viral material to infect can never be determined. This is because everyone's immune system may vary.

13. Shedding does not mean you are contagious all the time. It does however present justifiable reasons for disclosing your status to a new partner. This is allowing for consent to take place.

14. Sex or other intimate activities should be avoided when a partner is experiencing symptoms or outbreak.

15. If an individual is experiencing oral herpes symptoms, they should avoid sharing any utensils, Including cigarettes, straws and blunts.

16. If a person experiences frequent oral herpes symptoms, it is advised they avoid kissing infants at all cost. Herpes infections can be deadly to infants.

17. You are not contagious all the time, but it's best to be aware of your symptoms and avoid activity when possible.

18. Herpes has been around for millions of years."Many people have stated that HSV type two is more aggressive than type one but is the term "aggressive" the correct term? If a person were to look at these two types of viruses, side by side, you would realize very quickly that they are essentially viral twins. HSV-1 and HSV-2 are nearly identical; they share 85% of the same matching base pairs of genes. Both HSV-1 and HSV-2 encode the same number of proteins, share an identical life cycle, infect the same cell types (mucosal epithelium), and are essentials the same. However, even though they can both infect the same mucosal tissues in our bodies (anywhere on your body), in a person already infected with HSV-1, HSV-2 may have a difficult, but not impossible time resurfacing. This is especially true since most people are already infected with HSV-1 by the time they hit grade school, whereas HSV-2 is typically acquired later in life during sexual maturity. HSV-2 adapted the ability to infect epithelial cells in

the genital area more aggressively in order to infect a host already infected with HSV-1. This was to out-compete the immune response already established against HSV-1. It's what viruses do, a competition for survival. So it's not really that HSV-2 "prefers" the genitals, it is an evolutionary adaptation that is taking place in order to compete for real estate within a new host.

19. HSV-1 replicates much faster (in 18 to 20 hours) but produces a less amount of virus than HSV-2 does. HSV-2 is much slower to replicate (in 48 to 60 hours) but releases much more virus than HSV-1 can, and does more cell damage. This is due to the competition between type one and two.

20. If you're a human being and you plan on being around other human beings, herpes is inevitable.

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Global Estimates of the Prevalence and Incidence of Four Curable Sexually Transmitted Infections in 2012 Based on Systematic Review and Global Reporting.

Genital herpes infection is common in the United States. CDC estimates that, annually, 776,000 people in the United States get new genital herpes infections. {1} Nationwide, 11.9 % of persons aged 14 to 49 years have HSV-2 infection (12.1% when adjusted for age).{2} However, the prevalence of genital herpes infection is higher than that because an increasing number of genital herpes infections are caused by HSV-1. {3} Oral HSV-1 infection is typically acquired in childhood; because the prevalence of oral HSV-1 infection has declined in recent decades, people may have become more susceptible to contracting a genital herpes infection from HSV-1. {4}

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Herpes simplex virus infection in pregnancy and in neonate: status of art of epidemiology, diagnosis, therapy and prevention.
Herpes simplex virus (HSV) infection is one of the most common viral sexually transmitted diseases worldwide. The first time infection of the mother may lead to severe illness in pregnancy and may be associated with virus transmission from mother to fetus/newborn. Since the incidence of this sexually transmitted infection continues to rise and because the greatest incidence of herpes simplex virus infections occur in women of reproductive age, the risk of maternal transmission of the virus to the fetus or neonate has become a major health concern. On these purposes the Authors of this review looked for the medical literature and pertinent publications to define the status of art regarding the epidemiology, the diagnosis, the therapy and the prevention of HSV in pregnant women and neonate. Special emphasis is placed upon the importance of genital herpes simplex virus infection in pregnancy and on the its prevention to avoid neonatal HSV infections.
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Even though numbers can fluctuate from year to year; depending on many factors, these numbers are still pretty staggering. The prevalence of HSV type one is almost more than 80% of the worlds population. Almost everyone has herpes. 2008
https://www.webmd.com/genital-herpes/news/20081001/half-a-billion-have-genital-herpes

Genital herpes infection is common in the United States. CDC estimates that, annually, 776,000 people in the United States get new genital herpes infections
Thats over 2000 a day in the United States alone. https://www.cdc.gov/std/herpes/stdfact-herpes-detailed.htm#ref1
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There are 500,000 cases of oral herpes and 300,000 cases of genital herpes each year in the US. These include 20,000 cases of ocular herpes and 1,500 cases of central nervous system disease. Acute herpetic disease causes discomfort and psychological burden in immunocompetent individuals, but serious disseminated disease can occur in immunodeficient or immunosuppressed individuals. The burden of HSV-2 infection is greatest among African-Americans with 59% infected by the ages of 40–49, indicating an important health disparity (2014).
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World wide prevalence.

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However, if a woman is unaware of her positive status, and testing is not recommended, this puts her child at high risk. It's clear that not requiring mandatory testing on pregnant women puts everyone at risk and the potential for that risk raises exponentially without this requirement. 14,000 babies are born each year to women who don't know they have herpes. **Of these 14,000 babies between 1,600 and 2,000 die.**
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