

## To Whom It May Concern

By Rich Mancuso



Hi there,

You're probably wondering why this link was sent to you. First, let me put you at ease. Your friend, relative or potential partner is not dying or gravely ill, and it's nothing that is life-threatening. However, the reason they sent you here is that they are apprehensive about telling you something of a very private and sensitive nature.

Human beings love to share secrets and it is also very common to share

intimate affairs about ourselves with someone we wish to be with. Whether it's a short term relationship, a life mate, or just a great friend to confide in, this sharing is based on an effort to be honest. The fact you are reading this means that someone sees value in you, and a great deal of trust. So what is this big secret, you ask. Well, it's a small word that can carry a lot of weight, and one that almost everyone on the planet already has....it's called herpes.

I am hoping that you are still here, and I am also hoping you are someone who understands a little bit about it. Did you know that it is pretty much everywhere? Billions of people have herpes simplex; ever heard of a cold sore? Yes, that's herpes simplex, and sometimes the same [virus](#) can be on your private parts. This happens more often than people think.

Allow me to put this into proper perspective.

Most people have been made aware of this common virus in grade school during sex-ed class. It's a safe bet that many of the facts you learned have already been forgotten, but the laughter and jokes still remain. It's ok; it happens all the time. Regardless, a lot of information has changed since those young carefree days and the viewing of scary pictures in the classroom.

So, how common is herpes simplex?

## HOW COMMON IS HERPES?

By the time you were two years old, you were probably exposed to HHV type 6-6a and/or type 7.

By the age of six, 58% of children have HHV-5 cytomegalovirus.

By age of seven, 50% of children have contracted HHV-4, Epstein Barr Virus, or mono.

Askingforafriend.us

By age 10, Chicken pox virus.

By the age of 25, you have almost certainly been exposed to Herpes simplex virus 1 and/or 2.



It's ridiculously common. It is so common that current estimates from the [World Health Organization](#), the [CDC](#), and many [others](#) estimate that [2/3 of the world](#) 50 years old and under, carry HSV-1 orally, or have genital herpes. ( [78%](#) of new genital herpes infections are type 1. Also, It's paramount to understand that these numbers of [seropositive](#) individuals with herpes simplex are not included with the other seven types of herpes. The [vaccine for herpes simplex-1 and 2](#) is currently being worked on).

[HSV-1 simplex](#) is commonly referred to as "cold sores." This type of herpes is well known as oral herpes, but you can get this type genitally as well. Why is it common? It is because of touching and kissing. It is who we are and how we communicate, but It's also why close to [6 billion people](#) carry herpes simplex

worldwide and why it is so prevalent on this planet. [HSV-2 simplex](#), known as genital herpes, is also common. While many believe it is confined or prefers the genital area, this is far from true. You can get it orally, or [anywhere](#) on your body as well and types are not locations.

Most human beings that have been exposed to the herpes simplex virus are entirely unaware they carry it. Also, most do not experience any symptoms or outbreaks. This is because they have an excellent immune response and tolerate the virus so well that they are entirely unaware that they even carry the virus. {1}

Individuals who experience frequent outbreaks and symptoms fall into a small group of people on the planet (within a world of 7.4 billion people).

1. It is estimated that close to 80% of human beings carry the herpes simplex virus. {3}
2. 1-2% of herpes positive individuals will 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 immuno-compromised. {1,2}
3. 10% of people who do experience symptoms or outbreaks will generally stop seeing symptoms in about a month. {1,2}

By the time you have reached the ripe old age of one, you have already contracted herpes, HHV6. Happy Birthday, baby. This is known as [Roseola](#). However, many never experience any symptoms and will never know it. By the time you reach the age of two, most have contracted HHV7, (closely related to HHV6). [Video on HHV6 and 7 here](#). By the age of six, 58% of children have [HHV5](#), and by the age of seven, 50% of children have contracted HHV4, the [Epstein Barr Virus](#). Commonly known as Mono, and called "the kissing disease." By age 10, you have good ol' [Chicken pox](#), HHV3 ( unless you have been vaccinated). This herpes type is also the cause of shingles (Herpes Zoster). By the age of 25, you have almost certainly been exposed to Herpes simplex 1 and/or 2. Although I would argue a much sooner age range for HSV-1. I think it should be very clear by now that herpes is very prevalent.

If you are still reading, you can see why your friend or someone interested in dating you would send this link as an easy way to break the ice and talk about this virus they carry. By this point, you are probably wondering, what are the chances that I can catch herpes. It's a great question; however, I have an important one for you. When was the last time you were tested? Now before you answer, let's think about a few things.

1. Did you physically view your test results, or did the doctor say, everything's ok?

2. **How long ago was your last test?**
3. **If you did view your test results, was there a test for HSV on it?**

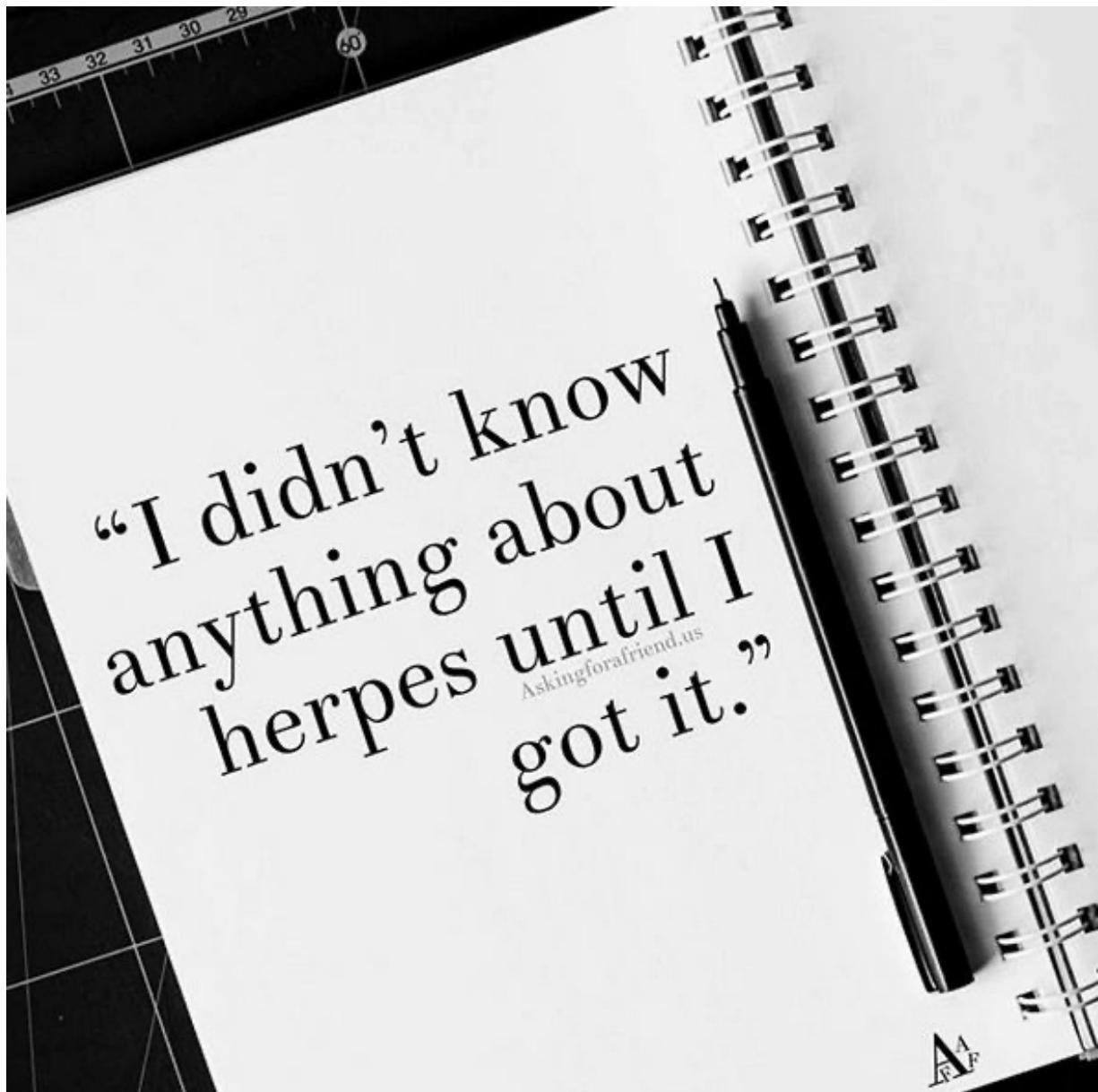
**I can imagine that you are sitting there scratching your head and wondering about the answers or even why I asked them, but there are some excellent reasons.**

**Did you physically view your test results, or did the doctor say, everything's ok? You may be shocked to know that most doctors do not test for herpes.**

**There are a few reasons; one is that herpes is everywhere and for the moment, there is nothing you can do to stop the spread of herpes. (Unless you were born on a desert island and never touch another human being...ever). Many doctors will not even tell you that you are positive on a blood test because most of the time the patient is unaware and has never complained about symptoms. I've also heard some doctors say, " Don't worry about it." So make sure you ask!!!**

**How long ago was your last test?**

**If you are thinking about this question for too long, perhaps it's a great time to re-evaluate your views on your personal health. It's always a great idea to get tested before a new relationship. Just saying. If you did view your test results, was there a test for HSV on it? Fun fact: Even if you request a full panel STD test from your doctor, most doctors will omit herpes from the test. Yes, it's true. So if you want full results, you need to ask for it specifically. HSV 1/2. IgG IgM.**



Please keep in mind that whoever sent this to you has done so out of honesty, respect, and kindness. It is highly unfortunate that the same is not shown in return for many who share their herpes status with others; this happens more than I care to admit. They see you as a person of worth, value, and one who should be allowed to make a choice, seems fair, right? Perhaps you will see them as a better person, and not as someone who is trying to hide something from you. Regardless, I cannot predict what choice you will make, but I can ask that you please keep these points in mind if you wish to stop any further communications or decline any romantic interest. Rejection can be a hard emotion to deal with, but how you respond and what you do next is entirely up to you....

## Resources:

[Is one herpes type better than the other?](#)

[What is the difference between herpes type one and type two?](#)

[You probably have herpes, and it's okay.](#)

[What Is The Risk of Getting Herpes?](#)

## References

{1}

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4912341/>

<https://pubmed.ncbi.nlm.nih.gov/15316634/>

<https://pubmed.ncbi.nlm.nih.gov/22691604/>

<https://pubmed.ncbi.nlm.nih.gov/10547406/>

{2}

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4912341/>

{3}

### Prevalence of herpes

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}

1. Satterwhite CL, Torrone E, Meites E, et al. Sexually transmitted infections among US women and men: prevalence and incidence estimates, 2008. Sex Transm Dis, 2013. 40(30):187-93

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0143304>

2. McQuillan G, Kruszon-Moran D, Flagg EW, Paulose-Ram R. Prevalence of herpes simplex virus type 1 and type 2 in persons aged 14–49: United States, 2015–2016. NCHS Data Brief, no 304. Hyattsville, MD: National Center for Health Statistics. 2018

Prevalence of Herpes Simplex Virus Type 1 and Type 2 in Persons Aged 14-49: United States, 2015-2016

<https://pubmed.ncbi.nlm.nih.gov/29442994/>

3. Xu F, Sternberg MR, Kottiri BJ, et al. Trends in herpes simplex virus type 1 and type 2 seroprevalence in the United States. JAMA, 2006. 296(8): 964–73.

Trends in herpes simplex virus type 1 and type 2 seroprevalence in the United States

<https://pubmed.ncbi.nlm.nih.gov/16926356/>

4. Bradley H, Markowitz L, Gibson T, et al. Seroprevalence of herpes simplex virus types 1 and 2—United States, 1999–2010. *J Infect Dis*, 2014. 209(3):325-33.

Seroprevalence of Herpes Simplex Virus Types 1 and 2 Among Pregnant Women and Sexually Active, Non-pregnant Women in the United States

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6369524/>

Incidence, Prevalence, and Cost of Sexually Transmitted Infections in the United States

<https://www.cdc.gov/std/stats/STI-Estimates-Fact-Sheet-Feb-2013.pdf>

<https://www.cdc.gov/std/Herpes/default.htm>

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.

[https://www.researchgate.net/publication/](https://www.researchgate.net/publication/230584598_Herpes_simplex_virus_infection_in_pregnancy_and_in_neonate_status_of_art_of_epidemiology_diagnosis_therapy_and_prevention)

[230584598\\_Herpes\\_simplex\\_virus\\_infection\\_in\\_pregnancy\\_and\\_in\\_neonate\\_status\\_of\\_art\\_of\\_epidemiology\\_diagnosis\\_therapy\\_and\\_prevention](https://www.researchgate.net/publication/230584598_Herpes_simplex_virus_infection_in_pregnancy_and_in_neonate_status_of_art_of_epidemiology_diagnosis_therapy_and_prevention)

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>

Satterwhite CL, Torrone E, Meites E, et al. Sexually transmitted infections

among US women and men: prevalence and incidence estimates, 2008. Sex Transm Dis, 2013. 40(30):187-93

<https://www.ncbi.nlm.nih.gov/books/NBK525769/>

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).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4786164/>

World wide prevalence.

Towards a Rational Design of an Asymptomatic Clinical Herpes Vaccine: The Old, the New, and the Unknown

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3324142/>

Global and Regional Estimates of Prevalent and Incident Herpes Simplex Virus Type 1 Infections in 2012

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4624804/>

Herpes simplex virus: global infection prevalence and incidence estimates, 2016

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7265941/>

Herpes simplex virus type 1 epidemiology in Latin America and the Caribbean: Systematic review and meta-analytics

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6476500/>

Herpes simplex virus type 1 in Europe: systematic review, meta-analyses and meta-regressions

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369148/>

"How did you get herpes? It's really quite simple. You're a human being and you're alive. Welcome to the planet."



**Author Richard Mancuso is not a doctor, a scientist or a medical professional. Articles created by [Askingforafriend.us](https://www.askingforafriend.us) are for informational and entertainment purposes only. Scientific information and references found within these pages are provided to corroborate factual information that is relevant to the topic being discussed. The opinions expressed within these articles and blog should not be used to diagnose, treat, or prevent any medical ailments or diseases. For medical questions or advice, always seek proper health care by a licensed physician or a licensed medical professional. Website links provided may change without notice at the website owner's discretion.**