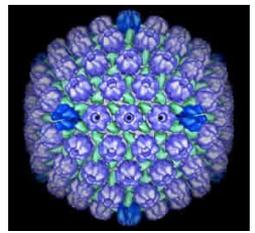


GENITAL HERPES 生殖器疱疹

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Genital herpes affects the skin or mucous membranes of the genitals. It is caused by the herpes simplex virus (HSV). HSV is spread through sexual contact.

HSV-2 most often causes genital herpes. HSV-2 can be spread through secretions from the mouth or genitals.

HSV-1 usually affects the mouth and lips and causes cold sores or fever blisters. However, it can spread from the mouth to the genitals during oral sex.

One may become infected with herpes if the skin, vagina, penis, or mouth comes into contact with someone who already has herpes.

One is most likely to get herpes if one touches the skin of someone who has herpes sores, blisters, or a rash. However, the herpes virus can still be spread even when no sores or other symptoms are present. Sometimes, the person does not even know they are infected.

Genital HSV-2 infections are more common in women than men.

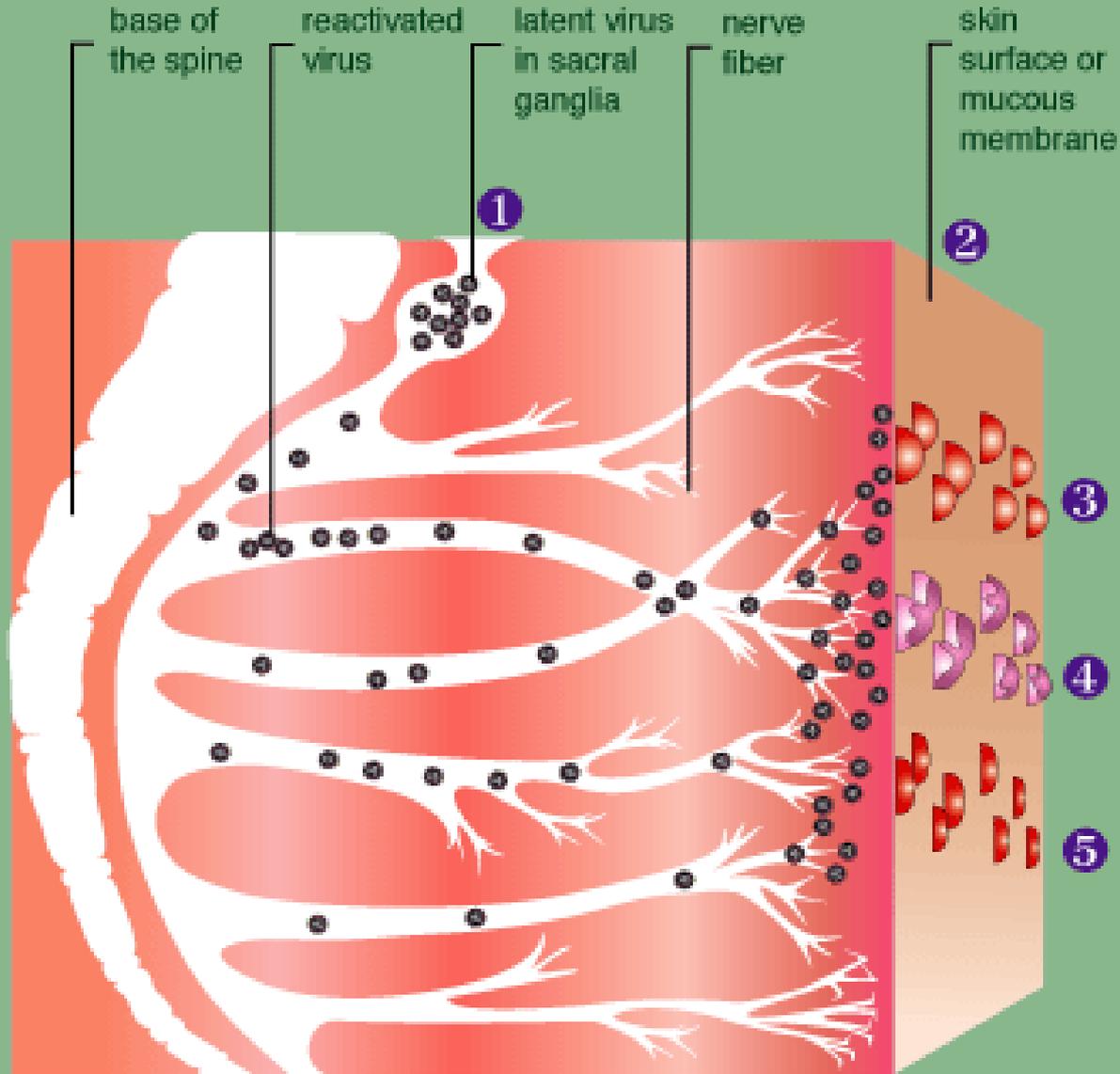
Infection with the herpes virus takes place in two phases. The primary infection, which often occurs in childhood, causes skin infection which heals without scarring. During the primary infection, the virus enters cutaneous nerve endings and is transmitted to dorsal root ganglia, where the non-replicating virus remains latent.

The secondary phase is caused by reactivation of the viral infection, with the virus travelling along the nerve fibers to cause recurrence of the herpes infection at the same anatomical location.

Viral reactivation resulting in secondary phase herpes infection can be caused by local skin trauma or by systemic conditions (febrile illness, respiratory tract infection, fatigue, stress or menstruation).

In Chinese medicine *Re Chuang* 热 疮 vaguely corresponds to herpes simplex.

Harboring Herpesvirus



Sub-types of Herpes Virus

- HSV 1 Oropharyngeal (*usually*)
- HSV 2 Genital (*usually*)
- HSV 3 Varicella-Zoster (VZV) (*chickenpox*)
- HSV 4 Epstein-Barr (EBV) (*Hairy Leukoplakia, Mono, Burkitt's, NPC*)
- HSV 5 Cytomegalovirus (CMV)
- HSV 6
- HSV 7
- HSV 8 Kaposi's Sarcoma (KS) and effusion lymphomas(?)

Symptoms

Many people with genital herpes never have sores, or they have very mild symptoms that go unnoticed or are mistaken for insect bites or another skin condition.

If signs and symptoms do occur during the first outbreak, they can be quite severe. This first outbreak usually happens within 2 days to 2 weeks of being infected.

General symptoms may include:

- Decreased appetite
- Fever
- General sick feeling
- Muscle aches in the lower back, buttocks, thighs, or knees
- Swollen and tender lymph nodes in the groin during an outbreak.

Genital symptoms include the appearance of small, painful blisters filled with clear or straw-colored fluid. They are usually found:

In women: on the outer vaginal lips (labia), vagina, cervix, around the anus, and on the thighs or buttocks.

In men: on the penis, scrotum, around the anus, on the thighs or buttocks.

In both sexes: on the tongue, mouth, eyes, gums, lips, fingers, and other parts of the body.

Before the blisters appear, the person may feel the skin tingling, burning, itching, or have pain at the site where the blisters will appear.

When the blisters break, they leave shallow ulcers that are very painful. These ulcers eventually crust over and slowly heal over 7 - 14 days or more.

Other symptoms that may occur include:

- Painful urination
- Vaginal discharge

A second outbreak can appear weeks or months later. It is usually less severe and goes away sooner than the first outbreak. Over time, the number of outbreaks may decrease.