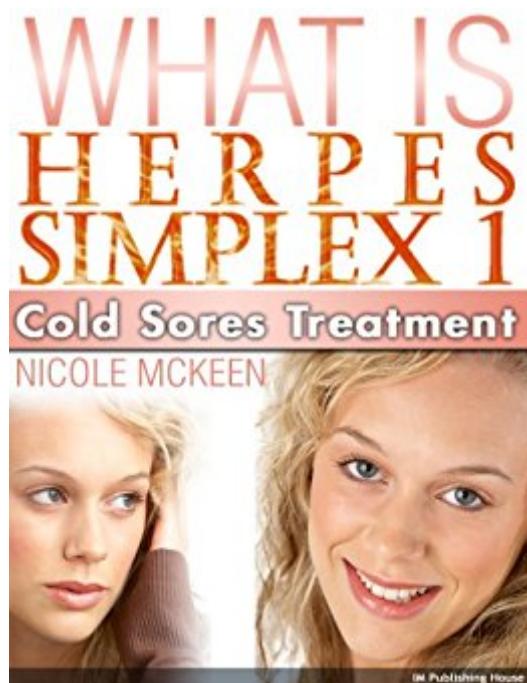


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# What Is Herpes Simplex 1? - Cold Sores Treatment



## Synopsis

Herpes Simplex Virus 1, or HSV-1, is one of those “embarrassing” or “difficult to discuss” problems that afflicts many people at some point in their lives. Most commonly HSV-1 leads to oral herpes, which can be painful and annoying during an outbreak. Most of us are aware of or even experience oral herpes from time to time when it manifests itself as the common oral cold sore or fever blister form. Both of these are common forms of symptoms of HSV-1. Although they are not usually considered a serious condition, often cold sores or fever blisters can affect our lives through changing or even limiting our perception of ourselves. In doing so they can affect the very life experiences we choose. They can even influence what social or even professional situations we choose to expose ourselves to. This can be especially true during an outbreak of symptoms. Even beyond the fact that oral herpes can and has influenced so many people’s lives, are the results of misconceptions about what cold sores and fever blisters are, and what can be done about them. Even though oral herpes is an STD (sexually transmitted disease) and it can cause annoying symptoms, it can be dealt with and “life can go on” for those afflicted. During the researching of this book it became increasingly clear just how much society’s perception of oral herpes was distorted and clouded with misinformation. It seemed that with each new information source that was found, more and more of the stigma surrounding oral herpes and herpes in general disappeared. Hopefully by the end of this work you will see that while HSV can be an annoying, frustrating, and even painful condition for some people, in general the virus tends to be more of a social problem more often than a medical problem. For most of those infected, oral herpes is not considered dangerous and in most cases it is less dangerous than many of the other STDs. This book will attempt to highlight some of the common misperceptions surrounding HSV, and take a common sense look at what HSV-1 and oral herpes are and what they are not. Also, the report will look at common remedies and treatments, and the possible side effects of non-treatment for what they really are. Further, this book will look at the emotional and psychological effects of oral herpes and how to deal with them. Hopefully you will find it enlightening and helpful.

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