**What is Oral Herpes?**

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[](http://onlineherpes.org/oral-herpes/herpes2/)

Picture of a typical Oral Herpes outbreak.

There’s a lot of confusion about herpes out there. One reason is that there are two types of herpes, caused by two very similar viruses. One type is herpes simplex virus type 1 (HSV-1) and the other type is herpes simplex virus 2 (HSV-2). Both types of virus are very contagious.

These viruses can cause oral herpes or for this particular article we will call it oral herpes and [genital herpes](http://www.forcesofnatureusa.com/herpes-treatment-s/1817.htm). A herpes infection on or in the mouth is called oral herpes. An infection in the genital area is called, genital herpes. Both **HSV-1** and **HSV-2** can be **sexually transmitted**.

Oral and genital herpes sores look very similar but occur on different parts of the body. Most oral herpes infections come from HSV-1 and most genital herpes infections come from HSV-2. These viruses are relatively common and about 254 million Americans have gotten oral herpes through oral contact, and about 45 million Americans have gotten herpes through genital contact.

Oral herpes causes [**cold sores**](http://www.forcesofnatureusa.com/) or **fever blisters** on the lips or inside the mouth. Cold sores and fever blisters are common in young children because parents can pass **oral herpes** on to their kids with a goodnight kiss or the children can easily pick it up by sharing drinking glasses or common childish play at school.  
[**Genital herpes**](http://www.forcesofnatureusa.com/H-Balm-s/1829.htm) symptoms include: recurring rash with clusters of blistery sores appearing anywhere on the vagina, vulva, cervix, penis, anus, buttocks, or elsewhere on the body. Symptoms may also include pain and discomfort in the **genital** area and **itching** and burning sensations during urination.

Herpes does not always have symptoms. Scary isn’t it? **Herpes** does not necessarily cause any outward, visible symptoms. When someone does have **symptoms**, the sores can last up to several weeks and then go away. The sores can return which is called an outbreak or recurrence up to six times a year or more, or they may not return for years, if ever.

Touching or **kissing**, and **sexual contact** with the **infected area** spread oral herpes. The **virus** is more contagious if an outbreak is present although it is possible, but less likely, for the virus to spread even if there is no sign of an outbreak or a oral herpes lesion. A oral herpes **outbreak** or recurrence is most contagious until sores have completely healed when not even scabs are visible.

Some precautions you can take at further spread of the virus that causes oral herpes outbreaks is to wash your hands frequently and avoid touching the lesion. This is especially important because those lesions associated with oral herpes are the ones most associated with ocular herpes infections (herpes infection of the eyes). Take special precautions when around infants or very young children. Herpes **infections** can be fatal to an infant as their immune systems are not capable of handling such an infection. Those who **suffer** from oral herpes should avoid the urges to kiss the baby and wait until all symptoms have subsided before doing so.

Oral herpes can be extremely painful when you don’t take necessary actions at minimizing the outbreak. There are a number of over-the-counter treatments that can help promote healing and aide in alleviating the pain associated with a oral herpes outbreak. One such product is [**H-Balm**](http://www.forcesofnatureusa.com/H-Balm-s/1829.htm) by **Forces of Nature**. Although it is an essential oil it is one of the most highly recommended products for oral herpes and genital herpes outbreaks by those who suffer from herpes there is. Flare-ups of oral herpes are often triggered by sunburn on the lips, certain foods, anxiety, a cold (hence the name “cold sore”), fever, or anything that lowers the body’s resistance to infection. Certain dental procedures can cause a flare-up as well; if a **lesion** from oral herpes already exists, dental visits should be postponed until the sore heals.

Although merely a painful annoyance for most people, flare-ups of a oral herpes infection can be life threatening for a person with an impaired immune system. Diseases such as AIDS, chemotherapy, radiation therapy, or a bone marrow transplant can cause the noted impairments of the immune system. In such people, large, persistent sores in the mouth can interfere with eating; spread of the virus to the brain can be fatal.

Oral herpes doesn’t have to be overly frightening, as it can easily be controlled and treated. Simple acts based on common sense can help prevent further spread of oral herpes and make life much less stressful for you at the same time. Yes, oral herpes lesions can be quite embarrassing and often pop up at the most inopportune times it would seem, but take your time, choose an affective treatment and allow the treatment to do it’s job. Getting overly anxious for the [oral herpes lesions](http://www.herpes-network.com) to heal will only increase stress levels and in turn could encourage the outbreak to be prolonged.

**You Might Have Genital Herpes: Now What?**

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Genital herpes is not a disease that anyone should take lightly. While it isn’t a life threatening disease, it is one that lasts a lifetime, and it is highly contagious to others. The truth of the matter is that most people with genital herpes are unaware they even have this STD. The symptoms can be so minimal that most carriers do not even recognize them as symptoms, therefore living their life with genital herpes and potentially spreading the disease to others through sexual contact. However, genital herpes does have symptoms and it is important that everyone know the signs and symptoms of genital herpes; knowing what to look out for can help to prevent outbreaks and save others from contracting this sexually transmitted disease as well.

**Symptoms of** [**Genital Herpes**](http://www.forcesofnatureusa.com/herpes-treatment-s/1817.htm)

Initially, the onset of genital herpes is pain and itching in the genital area followed by small red bumps and/or little white blisters in a person’s genital area. After a few days the bumps and blisters begin to rupture, occasionally causing bleeding and oozing. An outbreak of the herpes virus ends when each bump and blister scabs over and heals. During this time it may be painful to use the restroom and a person’s genital area will be sensitive and easily hurt. Initial outbreaks are often accompanied by flu-like symptoms.

**If you think you have genital herpes it is imperative you see your doctor immediately for a proper diagnosis.**

**Herpes Virus**

When a person is diagnosed with the herpes virus, their doctor will prescribe medication for them. There is no cure for genital herpes, but the medications prescribed by a doctor can help to ease symptoms, deter outbreaks and alleviate some of the discomfort that comes with an outbreak of the herpes virus.

Valtrex, Zovirax and Famvir are all medications that doctors prescribe to [treat herpes](http://www.forcesofnatureusa.com/Cold-Sore-Treatment-s/1839.htm). Some doctors require that their herpes patients take these medications only when experiencing an outbreak of the herpes virus while others want their patients to take the medication every day, even without an outbreak.

**Protecting Partners and Preventing Outbreaks**

The herpes virus is not life threatening, but it does mean that those with the disease must be extremely careful from this point out. Anyone with herpes is highly contagious during an outbreak, which means that the best means of protecting their sexual partner is to abstain from sexual intercourse during an outbreak. Additionally, it is always a good idea to use a latex condom during intercourse to prevent the transmission of genital herpes.

[H-Balm](http://www.forcesofnatureusa.com/H-Balm-s/1829.htm) is an all natural, organic product that is certified by the USDA to treat and heal the symptoms of outbreaks from the herpes virus. This is an additional, all natural method of healing outbreaks and protecting your sexual partner. H-Balm is massaged into the skin where the outbreaks occur; the organic ingredients in this formula help to deter future herpes outbreaks and to treat the skin where outbreaks have occurred.

**Natural Treatments for Genital Herpes**

Genital Herpes are different for everyone. Some may experience frequent outbreaks while others experience them rarely. Life factors such as poor diet, stress, fatigue, surgery, menstruation and illness can all cause outbreaks of herpes. When this occurs, H-Balm Extra Strength works. This all natural organic compound uses homeopathic ingredients to treat herpes outbreaks and essential oils to soothe and promote healthy skin where outbreaks occur.

H-Balm Daily and H-Balm Extra Strength are all natural remedies for preventing and [treating herpes](http://www.forcesofnatureusa.com/Cold-Sore-Treatment-s/1839.htm). Their all natural ingredients are better for a person’s skin than prescription medications, and there are no negative side effects when using these all natural remedies. Unlike prescription medications, which typically include a plethora of unpleasant side effects. When a person has genital herpes it is imperative that they seek medical advice from their doctor for a proper diagnosis.

If you or your sexual partner has genital herpes it is important to see a doctor and discuss the risk factors associated with this virus. Not only will it protect you both from contracting the disease from the other, seeing a doctor and using all natural remedies to prevent and treat herpes will help you to deal with this STD more comfortably and safely.

Genital herpes is not a disease that anyone should take lightly. While it isn’t a life threatening disease, it is one that lasts a lifetime, and it is highly contagious to others. The truth of the matter is that most people with genital herpes are unaware they even have this STD. The symptoms can be so minimal that most carriers do not even recognize them as symptoms, therefore living their life with genital herpes and potentially spreading the disease to others through sexual contact. However, genital herpes does have symptoms and it is important that everyone know the signs and symptoms of genital herpes; knowing what to look out for can help to prevent outbreaks and save others from contracting this sexually transmitted disease as well.

**What is Genital Herpes?**

Posted [Apr 6 2012](http://www.herpesonline.org/2012/04/) by [HerpesOnline Staff](http://www.herpesonline.org/author/mark/) in [Herpes Basics](http://www.herpesonline.org/category/herpes-articles/herpes-basics/) with [0 Comments](http://www.herpesonline.org/what-is-genital-herpes/#respond)

According to a study conducted by the Kaiser Family Foundation and The American Social Health Association, there will be more than 15 million new cases of sexually transmitted disease every year. That boils down to 41,095 newly infected every single day. One of the most common is **herpes simplex virus** (HSV) the cause of genital herpes. [Genital herpes](http://www.forcesofnatureusa.com/herpes-treatment-s/1817.htm) is affecting approximately 45 million Americans. It is estimated that 1 in 4 adults over the age of 12 have genital herpes.

Despite of all the studies, what little is taught in health class during high school and all the efforts made by organizations focusing on **sexually transmitted diseases**, most people do not consider themselves to be at personal risk of contracting [genital herpes](http://www.herpes-network.com). The common belief in any situation is that genital herpes is something that always happens to someone else. Many of these people are shocked to hear just how widespread the **herpes virus** actually is. They are even more shocked to hear some of the actual facts about herpes that are so contrary to what they have assumed or learned many years ago.

The most extensive study on the prevalence of [**genital herpes**](http://www.forcesofnatureusa.com/H-Balm-s/1829.htm) thus far has been The National Health and Nutrition Examination Survey (NHANES). The method in the NHANES survey was to draw blood from 40,000 people who would represent a cross section of the U.S. population, and to test these blood samples for a variety of medical conditions. One of the tests employed identified the presence of herpes simplex virus type 2, the type most commonly associated with [genital herpes](http://www.herpesonline.org/). The NHANES results for 1991 showed that 22% of the U.S. population over the age of 12 were positive for HSV-2. Even more surprising were the number of people who were **HSV-2 positive** that were symptom free. It was through this study that it was found that 90% of those infected were completely unaware of their herpes status.

A number of smaller studies using similar specialized blood tests have very comparable results in that 80% to 90% of those who have an **HSV-2 infection** report no history of **symptoms**. In ongoing studies, researchers took the testing a bit further to build a profile of those who were apparently asymptomatic. They spent time educating the subjects using photographs to show examples of types of signs and symptoms that could be associated with genital herpes. This educational process resulted in 62% of those who had initially reported no history of symptoms were reporting that they could now recognize some possible signs of a **herpes infection**.

Now that you know how widespread genital herpes is known to be, you should know a little more about the actual make-up of this particular virus.

Herpes is a virus like any other virus. It thrives in the body by living in healthy cells. Once it takes hold in the human body, it invades normal cells and disrupts their usual function. The virus uses the normal cells to produce copies of itself. This process is called **viral replication**.

Most viral infections defy treatment for **cure**. Viruses cannot be cured. Contrary to the old saying, viruses do not just run their course. It takes our bodies natural defenses (**immune system**) to build up a resistance and eliminate the virus, or in the case of genital herpes, force it into suppression. The herpes virus is a bit trickier than other **viruses**. Unfortunately, herpes has found a way to persist in the body without causing symptoms this is called latency. While in this dormant state, herpes can thrive without symptom for long periods of time. It is believed that this dormant state is the primary cause of herpes going undetected in approximately 90% of those infected.

Once a person becomes infected with the herpes simplex virus, the virus begins replicating, invading the local nerve cells and spreading. The process of latency occurs in the nerve roots. Having traveled the nerve pathways, HSV sets up a permanent residence in the ganglia.

In the case of genital herpes, [HSV](http://www.forcesofnatureusa.com/) resides in the sacral ganglia located near the base of the spine. In the case of **oral**-facial herpes, HSV resides in the trigminal ganglia near the top of the spine. In these ganglia the virus remains protected from the bodies natural immune system and is capable of returning to the active state, though it can remain inactive for varied periods of time. It is because of this protected state of the virus that the symptoms can be treated, but the virus remains incurable.

Though healthcare providers can provide you with various possible options for treating the symptoms cause by a genital herpes infection, it is up to you to find what works best in your individual case. For many, a simple regimen of essential oils will be enough to treat the occasional **outbreak**. Whatever the case may be, it has been proven that a stronger immune system will aide in the prevention of recurring outbreaks. The healthier the lifestyle you choose, the less bothersome your genital herpes infection will be.

**Archives – Living with Genital Herpes**

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(Article by Gayla)

Living with genital herpes is oftentimes made much more complicated than it has to be by stress, fatigue, anxiety, and carelessness. Our intent at here is to provide a very basic education on how someone with genital herpes can achieve control of the virus, avoid spreading herpes elsewhere on the body, how to prevent other family members from contracting herpes, and how to significantly decrease the risk of transmitting the infection to an uninfected intimate partner.

**It does get better with time!**

Historically, the natural course of the herpes virus seems to be one of getting better with time. This most likely occurs due to decreased stress in general as years go by. When placed in black and white, it would seem more understandable as to why this occurs. As people get older there is a greater satisfaction with life. You’re not placed under nearly as much stress as say a young parent with a new mortgage, a car payment, an unstable job and all the stress daily living brings with it. This marked decrease in stress seems to decrease the stimulation to whatever it is that may be enticing recurring outbreaks.  
 **What Could be Triggering Recurring Outbreaks?**

Recurring outbreaks are most often triggered by emotional stress. Stress tends to activate the autonomic nervous system, and perhaps increase your body’s production of adrenalin or other neurotransmitters that can play a key role in recurring outbreaks. It should also be considered that stress can and does affect the bodies natural immune system, such as T-cells or antibody levels. Many people living with herpes have reported outbreaks occurring most often when their immune system is challenged by cold, flu’s or other common sicknesses.

**Archives – Genital Herpes Symptoms**

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(Article by Gayla)

Genital herpes is a contagious viral infection that affects an estimated 45 million Americans. To place this in a broader more mentally visible picture, genital herpes is affecting as many as one in every four people who are sexually active. There are an estimated 1 million new cases each year that are believed to occur. Genital herpes is caused by the herpes simplex virus (HSV).

There are two types of HSV and both can cause the herpes symptoms. HSV type 1 most commonly causes sores on the lips and is often referred to as fever blisters or cold sores, but it can cause symptoms of genital herpes infections as well. HSV type 2 is most often related to infections and symptoms of genital herpes, but it also can infect the mouth. The virus remains in certain nerve cells of the body for life, causing periodic symptoms of genital herpes in some people. Many people who are infected with HSV never develop any symptoms of genital herpes at all.

The infection is usually acquired by sexual contact with someone who has symptoms of genital herpes. People with oral herpes can transmit the infection to the genital area of a partner during oral-genital sex and result in symptoms of genital herpes. A person who is infected with HSV but has no noticeable symptoms of genital herpes can also transmit herpes infections. Such asymptomatic shedding of the virus may be fairly common, occurring from 5 percent to 20 percent of the time in infected individuals.

Symptoms of genital herpes in a primary episode vary widely from person to person. They usually occur within two to 10 days of exposure. Typically the symptoms associated with genital herpes that are recognizable involve small red bumps that may develop into blisters and open lesions. These “bumps” appear at the site of infection, which may be in or around the vaginal area, the cervix, the penis, urinary tract of both men and women, and around the anal opening, buttocks or thighs. Sores also may appear on other parts of the body where broken skin has come into contact with HSV. Over a period of days, the sores become encrusted and then heal without scarring. Symptoms associated with genital herpes in a primary outbreak tend to take longer to heal because the body has yet to build up an immune system resistance to the viral outbreaks.

Other herpes symptoms in a primary episode may include fever, headache, muscle aches, and swollen glands in the groin area, painful urination or vaginal discharge.

Some of the most common symptoms of genital herpes that are often misdiagnosed are misdiagnosed as yeast infection, insect bites, jock itch, urinary tract infections, abrasions or razor burn, ingrown hair follicles, and even hemorrhoids. If you suffer from recurring infections or symptoms of any of the listed conditions, it is advised to see a medical professional for observance and testing when symptoms occur. It is quite possible the recurrence of such conditions could actually be symptoms of genital herpes.

It is never safe to assume that condoms will protect you from a herpes infection and prevent you from ever knowing what symptoms of genital herpes really are. Condoms do not cover herpes infected areas in many of those infected with the herpes virus. The best way to protect yourself from every knowing symptoms of genital herpes is to practice abstinence. Getting to know your partner, engaging in proper STD testing prior to intimacies and being as completely honest and forthright as possible is the most assured way to combat a future infection.

With so many people who are infected with the herpes virus never showing any symptoms of genital herpes, the increase for proper testing is recognized and strongly encouraged.

If you are a person that suffers from symptoms of genital herpes, there are a number of treatment options available. Antivirals are available by prescription from your health care provider and a number of over-the-counter treatments are available and are affective in treating symptoms of genital herpes. Two such products are H-Balm and Choraphor. When used as directed, either product can help minimize the duration of symptoms of genital herpes and promote healing.

Although genital herpes is affecting such a large number of the population and it does carry with it the social stigma associated with promiscuity, there is nothing to be ashamed of. Many people from all age groups, social classes, races and both genders are being affected by genital herpes. Taking a proactive approach in caring for your own health will help minimize the number of outbreaks you will actually have. This in turn can contribute to minimizing the risk you will pose to your potential partners.

If you do suffer from symptoms of genital herpes, you must always disclose your infection to your intimate partners regardless of what precautions you believe you are taking to protect them. It has to be their choice to continue the intimate acts it is the law.

**Archives – Herpes Statistics**

Posted [May 8 2007](http://www.herpesonline.org/2007/05/) by [HerpesOnline Staff](http://www.herpesonline.org/author/mark/) in [Uncategorized](http://www.herpesonline.org/category/uncategorized/) with [0 Comments](http://www.herpesonline.org/archives-herpes-statistics/#respond)

(Article by Gayla)

It is overwhelming the number of people that do not realize just how strong the genital herpes statistics are. Genital herpes is a very common virus that is affecting a large number of the adult population these days.

In a recent study to gather genital herpes statistics, a nationally representative study show that genital herpes infection is very common in the United States. Nationwide, 45 million people ages 12 and older, or one out of five (possibly as many as 1 in 4) of the total adolescent and adult population, are infected with HSV-2.

When taking genital herpes statistics into account, look around you at any given time and recognize based on the genital herpes statistics just how many people are likely to have the virus.

HSV-2 infection is more common in women (approximately one out of four women) than in men (almost one out of five). This is according to the same genital herpes statistics research. This may be due to male-to-female transmission being more efficient than female-to-male transmission.

HSV-2 infection has also been found to be more common in blacks (45.9%) than in whites (17.6%). Race and ethnicity in the United States correlate with other, more fundamental determinants of health such as poverty, access to good quality health care, behavior for seeking health care, illicit drug use, and living in communities with a high prevalence of STDs.

Ongoing genital herpes statistics research since the late 1970s, indicate the number of Americans with genital herpes infection has increased 30%. The largest increase is currently occurring in young white teens. HSV-2 infection is now five times more common in 12- to 19-year-old whites, and it is twice as common in young adults ages 20 to 29 than it was 20 years ago.

**Herpes and STD Testing – Ways to be Tested**

Posted [Apr 6 2012](http://www.herpesonline.org/2012/04/) by [HerpesOnline Staff](http://www.herpesonline.org/author/mark/) in [Herpes Information](http://www.herpesonline.org/category/herpes-articles/herpes-information/), [Highlights](http://www.herpesonline.org/category/best-herpes-articles/) with [0 Comments](http://www.herpesonline.org/herpes-and-std-testing-ways-to-be-tested/#respond)

Herpesonline and [**yoshi2me**](http://www.yoshi2me.com/) often hear from people who are newly diagnosed with **Herpes** and are piercing themselves trying to pinpoint “where” they may have contracted this virus. In effort to help minimize the questions that often plague people following a [herpes diagnosis](http://www.forcesofnatureusa.com/), we recommend that every couple be STD tested together prior to becoming intimate. This effort can not only form a deeper bond and trust between two people, it can also eliminate future bouts of “The Blame Game.”

There are currently five ways to **diagnose** [herpes](http://www.forcesofnatureusa.com/herpes-treatment-s/1817.htm). It is unlikely that your doctor will know about all of them. Thus, it will be to your advantage to print out this page and take it to your physician’s office when you go for testing. In addition to identifying whether an individual is **infected** with herpes, a test ideally should also provide 2 other pieces of information: 1) location and 2) the type of herpes **simplex** (**HSV-1** or **HSV-2**). Type and location are important for assessing transmission risks (e.g., partners with the same type of **HSV** are unlikely to contract the same type again [regardless of locale]. However, they have a good chance of contracting a new type of simplex).

**1. CLINICAL EXAMINATION** and an assessment of your previous symptoms (history) are very poor at detecting herpes. **HSV symptoms** are easily confused with other diseases (even by experts) or may present atypically (redness rather than [**cold sores**](http://www.forcesofnatureusa.com/Cold-Sore-Treatment-s/1839.htm)), so it’s quite possible to get an incorrect diagnosis on this basis alone.

**2. VIRAL CULTURE** – Although this test has a high rate of false negatives (~50%), it is the most valid test available. Unlike blood tests, it requires the presence of active viral shedding (e.g., **open sores**). This test can distinguish between **HSV-1** and **HSV-2** and has the advantage of being able to identify the location of infection. If you get this test, be sure that your doctor requests that the culture be typed (e.g., HSV-1) – most labs will not report type unless specified.

**3. POLYMERASE CHAIN REACTION (PCR)** – PCR testing also requires the presence of active viral shedding. However, PCR is a more sensitive test than viral isolation and is also type specific. PCR is now available for commercial use but it may not be available at your doctor’s facility.

**4. NON-TYPE SPECIFIC BLOOD TEST** – Certain types of blood tests, like the older ELISA, will detect herpes, but it can’t distinguish between the two types of herpes simplex ([**HSV-1 & HSV-2**](http://www.herpesonline.org/hsv1vs2.html)). HSV-2 is the type usually associated with genital HSV infection, while HSV-1 is the type usually associated with oral HSV infection (i.e., cold sores). However, both types of HSV can infect either location. Non-type-specific ELISAs may be useful if patients have no history of **HSV infection**. However, because a significant proportion of the population is infected with HSV-1 (~70%), non-type-specific tests are usually inconclusive at determining secondary HSV infections (e.g., HSV-2) due to the amount of cross reactivity.

**5. TYPE-SPECIFIC BLOOD TESTS** – such as the [**Western Blot**](http://depts.washington.edu/herpes/)**,** [**\*Focus Technologies HerpeSelect**](http://www.healthcheckusa.com/) (herpesonline.org recommended) ELISA or Immunoblot test for both HSV-1 and HSV-2 and can distinguish between the two types of HSV. Active viral shedding is not necessary (unlike PCR or Viral Isolation) in order to detect HSV infection (even if you are not currently having symptoms). There is only one U.S. lab that processes blood samples for the Western Blot (University of Washington) so you may have to wait a week or more for your results (For Canadians, the WB can be processed at lab Virdae Clinic).

**NOTE**: Blood tests for the long-term IgG antibodies are generally reliable only after 12 to 16 weeks of infection. Please be aware that all blood tests have an error rate and that false negative  
indications are possible, while false positive indications are almost nonexistent. Within the first few weeks of infection, detection of early antibodies (IgM) may potentially be useful for diagnostic purposes (absence of IgG, but presence of IgM may indicate a new infection). IgM testing is limited in value because, at this time, it is not type specific.

**Blood Test Information:**

For information on the Western Blot, HSV Type-Specific serology, contact the University of Washington Community Services at (206) 598-6066 begin\_of\_the\_skype\_highlighting (206) 598-6066 end\_of\_the\_skype\_highlighting.  
They can provide information on the test, ordering instructions and interpretation of the test results. [**http://depts.washington.edu/herpes/**](http://depts.washington.edu/herpes/)

If you’re located in Canada, you can order the Western Blot from [**Virdae**](http://www.virdae.com/)**.** See also their info page on the [**Western Blot**](http://www.viridae.com/western.htm)

Other accurate tests for HSV-2 may also be available through your local healthcare provider. The following are toll-free phone numbers that provide information about the availability of type-specific serologic assays for HSV-2:

Type-Specific ELISA  
[**Focus Technologies**](http://www.herpeselect.com/) 800-838-4548 begin\_of\_the\_skype\_highlighting 800-838-4548 end\_of\_the\_skype\_highlighting

Anonymous testing:  
Online ordering of [**Focus HerpeSelect**](http://healthcheckusa.com/)

or call 1-800-929-2044 begin\_of\_the\_skype\_highlighting 1-800-929-2044 end\_of\_the\_skype\_highlighting. \*Affordable and results may be obtained privately via the Internet\*

For Quest labs call 1-800-584-8183 begin\_of\_the\_skype\_highlighting 1-800-584-8183 end\_of\_the\_skype\_highlighting.

NOTE: A “complete STD screen” does NOT include testing for Herpes, HPV or HIV. These tests MUST BE requested.

Herpes Testing MUST be requested and is in most cases not covered by insurance