

# GENITAL HERPES

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Genital herpes may be a common sexually transmitted infection caused by the herpes simplex virus (HSV). Sexual contact is that the primary way that the virus spreads. After the initial infection, the virus lies dormant in your body and may reactivate several times a year. Genital herpes infection can cause pain, itching and sores in your genital area. But you'll haven't any signs or symptoms of herpes genitalis . If infected, you'll be contagious albeit you've got no visible sores. There's no cure for herpes genitalis , but medications can ease symptoms and reduce the danger of infecting others. Condoms can also help prevent the spread of a herpes genitalis infection.

Genital herpes is a standout amongst the most wellknown sexually transmitted ailments in the U.S. It is caused by the herpes simplex infection (HSV). Most instances of herpes genitalis are caused by disease by the herpes simplex infection sort 2 (HSV-2). Herpes simplex infection sort 1 (HSV-1) is all the more frequently the rationale for mouth blisters or fever rankles. Be that as it may, it can likewise be a reason for genital herpes. Genital herpes is a standout amongst the most widely recognized sexually transmitted ailments in the U.S. It is caused by the herpes simplex infection (HSV). Most instances of genital herpes are caused by contamination by the herpes simplex infection sort 2 (HSV-2). Herpes simplex infection sort 1 (HSV-1) is all the more frequently the rationale for mouth blisters or fever rankles. In any case, it can likewise be a reason for genital herpes. The vast majority with genital herpes don't know they have it. That is on account of in a great many people it delivers either no side effects or exceptionally mellow ones. Genital herpes infection is passed starting with one individual then onto subsequent through sexual contact. This happens regardless of the possibility that the individual with the infection doesn't have side effects or indications of infection. It might end up plainly lethargic (latent) in the nerves and stay there uncertainly. Occasionally, the infection may end up plainly dynamic. At the purpose when that happens, the infection goes back along the nerve thanks to the surface of the skin; where extra infection is shed. At this point the infection may cause a flare-up of indications. Or, then again it might stay undetected. In either case, the dynamic infection is effortlessly passed starting with one accomplice then onto subsequent through sexual contact. Notwithstanding wearing a condom may not ensure the uninfected accomplice. The infection are often available on skin that remaining parts revealed.

## Symptoms

Most people infected with HSV don't know they have it because they don't have any signs or symptoms or because their signs and symptoms are so mild. When the infection is present, symptoms may appear about two to 12 days after exposure to the virus. If you experience symptoms of herpes genitalis, they'll include:

- Pain or itching. You may experience pain and itchiness in your genital area until the infection clears.
- Small red bumps or tiny white blisters. These may appear a few days to a few weeks after infection.

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• Ulcers. These may form when blisters rupture and bleed. Ulcers may make it painful to urinate.

• Scabs. Skin will crust over, and form scabs as ulcers heal

During an initial outbreak, you'll have flu-like signs and symptoms like swollen lymph nodes in your groin, headache, muscle aches and fever.

Differences in symptom location

Sores appear where the infection entered your body. You can spread the infection by touching a sore then rubbing or scratching another area of your body, including your eyes.

## Men and women can develop sores on the:

- Buttocks and thighs
- Anus
- Mouth
- Urethra (the tube that allows urine to drain from the bladder to the outside)

Women also can develop sores in or on the:

- Vaginal area
- External genitals
- Cervix

Men also can develop sores in or on the:

- Penis
- Scrotum

Recurrences are common

Genital herpes is different for each person. The signs and symptoms may recur, off and on, for years. Some people experience numerous episodes each year.

During a recurrence, shortly before sores appear, you'll feel:

- Burning, tingling and itching where the infection first entered in our body
- Pain in your lower back, buttocks and legs

However, recurrences are generally less painful than the first outbreak, and sores generally heal more quickly.

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## Causes

Two sorts of herpes simplex virus infections can cause genital herpes:

- HSV-1. This is the sort that sometimes causes cold sores or fever blisters around your mouth. HSV-1 is usually spread through skin-to-skin contact, though it are often spread to your genital area during head . Recurrences are much less frequent than they're with HSV-2 infection.
- HSV-2. This virus that commonly causes herpes genitalis. The infection spreads through sexual contact and skin-to-skin contact. HSV-2 is extremely common and highly contagious, whether or not you've got an open sore.

### **Risk factors**

Your risk of becoming infected with herpes genitalis may increase if you:

- Are a woman. Women are more likely to possess herpes genitalis than are men. The virus is sexually transmitted more easily from men to women than it's from women to men.
- Have multiple sexual partners. Each additional sexual partner raises your risk of being exposed to the virus that causes herpes genitalis .

### **Prevention**

The suggestions for preventing genital herpes are the same as those for preventing other sexually transmitted infections: limit sexual contact to only one person who is infection-free. Short of that, you can:

You should practice safe sex and use condoms every time you have sex with someone. This will help prevent herpes genitalis and other STDs from spreading.

There's no cure for genital herpes, but the condition can be managed with medication. Avoid intercourse if either partner has an epidemic of herpes within the genital area or anywhere else