**What is Oral Herpes?**

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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.