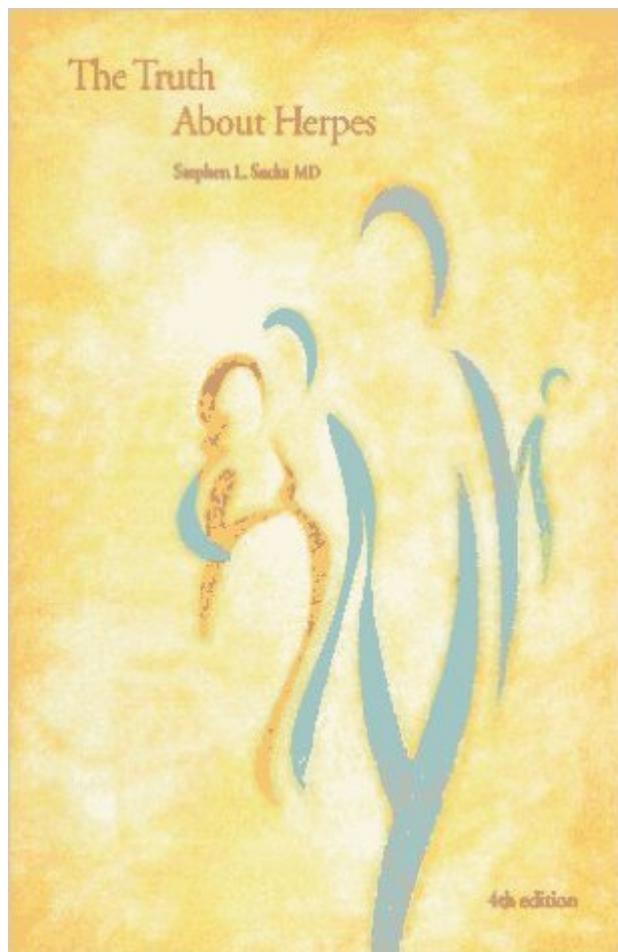


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# The Truth About Herpes



## Synopsis

Dr. Sacks, a renowned expert on herpes, gives information on herpes prevention, ways to dramatically reduce the risk of transmitting herpes, herpes and the newborn, coping with herpes, advances in vaccines, and more. Health care professionals find it helpful for patients with herpes to have this book, to allow counseling time to be more focused on patients' individual needs.

## Book Information

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## Customer Reviews

This book not only explains and informs about the physical aspects of herpes better than any other I have ever seen, but it also places all of this information within a "ethically and morally neutral" framework, in which the reader has the choice and is presented with alternative perspectives about how to come to grips with their own infection.... the risk to others... to tell or not to tell... did my partner cheat on me... all of these important questions which are raised by herpes (in addition to the physical ones) are addressed in this book. If you read this book, you will be less risk to others, and you will have made important decisions about your life from an informed perspective. Don't delay... this is a wonderful book.

This book is a comprehensive collection of questions that a person (infected or not) probably has. And there are questions that may not have even been thought of. Stepehen Sacks "speaks" to the reader in a way that is humane and almost comforting. He answers these questions and presents the facts in a straightforward, realistic, non-judgemental and responsible way. Some things this book

explains are: Symptoms. Medical aspects of infection/ reinfection (in a way easily understood by those not in the medical profession.) Type 1 vs. Type 2. Means of transmission. Management of the virus. Asymptomatic vs. having symptoms and not knowing it. Herpes and cancer. It also addresses psychological concerns and neonatal concerns. It contains color plates that visually exemplify the virus. This book will allow those who read it to have the knowledge they need to protect themselves and their loved ones. Read this book with your highlighter and a notepad by your side.

The most recent edition of this book is now nearly 10 years old. In the medical field, that is a huge amount of time. I bought this book based on the positive reviews posted on , but ended up more confused after reading it. This book focuses primarily on the medical facts about herpes (if you want a book to help you deal with the emotional issues, this is NOT the book for you), but much of what is discussed is outdated. For instance, the book discusses that not much is known about asymptomatic shedding, but that there probably isn't much risk of infecting a partner unless visible sores are present -- science now knows that this isn't the case (in fact about 70% of people got herpes when their partners had no visible symptoms). The anti-virals such as Valtrex were just coming on the market around the time this book was published and effectiveness of these drugs wasn't well known at that point. A few days of research online will educate you far better than this book will about treatment and reducing the risk of transmission. I did like some of the medical details regarding rarer symptoms -- this book does go much deeper than any information you will find on herpes resources online. This book also discussed herpes behavior on other part of the body -- something that isn't well discussed in other sources I have consulted. If this book is ever updated, I think it will once again be a very valuable read. Until it's updated, however, the outdated information outweighs the detail it contains.

This book is very informative. I learned more from this book than I did from the multitude of web sites on the subject. It's THE book to give to someone close who doesn't understand the disease.

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