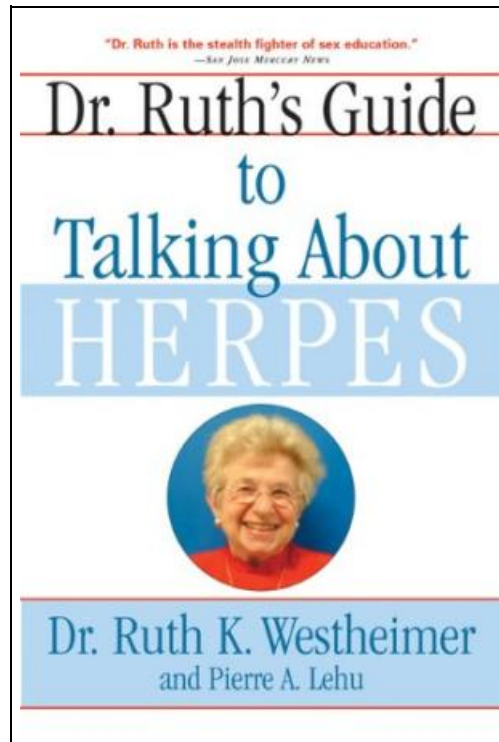


## Dr Ruth's Guide to Talking About Herpes



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Grove Press / Atlantic Monthly Press. Paperback. Book Condition: new. BRAND NEW, Dr Ruth's Guide to Talking About Herpes, Ruth Westheimer, In 1980, when Dr. Ruth's New York radio show debuted, herpes has just hit the headlines. When the show went live a year later, many of the questions people asked her were about this surging sexually transmitted disease. A short while later, AIDS was making headlines and herpes was relegated to the media back burner. But while there's no denying that AIDS is a much more serious STD, herpes has done its share of damage and today it is estimated that nearly 60 million Americans are infected with this disease. What's more, there are over one million newly diagnosed cases of herpes each year. This book is not only for people who have just discovered they have herpes, but also for the millions of Americans who are living with herpes and want a game plan for talking about their disease with fellow herpes sufferers, loved ones, and potential lovers. Structured throughout the book, in addition to Dr. Ruth's no-nonsense advice, are quotes from people who are living with herpes that Dr. Ruth interviewed at length for this book. Each chapter concludes with a list of helpful pointers or highlights summarizing the main points discussed within that chapter. Dr. Ruth deals with the basics of herpes first - what it is, what kinds of herpes there are (HSV-1, which is responsible for cold sores, and HSV-2 which is responsible for genital herpes), how herpes can be transmitted, and walks you through the stages of infection (initial outbreak, latency period, and subsequent outbreaks). What makes herpes so transmittable is that 90% who are carrying the virus aren't even aware they are carrying it. Finally, Dr. Ruth explains how to prevent herpes...

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