

Genital Herpes



Genital Herpes, caused by Herpes Simplex Virus Type II (HSV II), is transmitted through sexual contact. Incubation period averages 5-6 days.

Genital herpes usually affects the surface of genital area. Symptoms include itchiness, pain, and small blisters in pin-pointed to green bean size that soon rupture in 3 to 4 days leaving erosions with translucent fluid. The lesions often heal within 10 days if there is no other infection.

Occasionally some women may develop painful urination. Some patients may also suffer from generalized symptoms such as fever, malaise, muscle ache, joint pain and appearance of lymph glands in the groin. These symptoms may subside after 2-3 weeks time.

With oral sex, Herpes simplex Type II may infect lips, mouth and other parts of the body. Similarly Herpes simplex Type I (usually on the lips) may also infect the genital area. The herpes simplex virus may spread by the hands from infected area to other areas such as the eyes, if hygiene is not observed.

Pregnant women with genital herpes may transmit the infection to newborn baby, causing encephalitis and even death.

The most accurate and reliable method of diagnosing

genital herpes is to culture the herpes simplex virus from blister fluid. Blood testing for herpes virus antibody may be used as a reference only.

As the virus can remain latent in the nerve ganglion of those infected people, genital herpes is liable to relapse. Although there is no medication to kill the virus completely, the severity and duration of symptoms can be minimized by treatment. You should follow medical advice on treatment. Your sexual partner should also receive check up and treatment at the same time. Pregnant women who had genital herpes before should inform their doctors during antenatal check up. The adoption of relevant preventive measures can reduce the chance of vertical transmission to the new born babies.

If you suspect you have genital herpes, you should seek medical advice and treatment. The Social Hygiene Clinic of Department of Health offers check up, treatment and counseling. A referral is not required, and all information are kept confidential.

The most effective way of preventing sexually transmitted infections is to have safer sex and maintain a mutually monogamous relationship with an uninfected partner and avoid casual sex. If this is impossible, condom should be properly used during each sexual contact to reduce the chance of infection.

陰部疱疹 Genital Herpes

