

you'll be **just fine.** promise.

Most of the suffering from herpes happens in your head — in your beliefs about yourself. Shift these beliefs, accept yourself, shift your life. Who you are is more important than what you have.

"It's really important for people to understand how common herpes is, and how little problem it causes ..."

— Dr. Anna Kaminski (PP)

16.2%
> 25,000,000

1 out of 6 Americans*
have genital herpes.

The virus "down under"

The amount of Americans* with the genital herpes virus is millions more than the **entire** population of Australia (21.5 million).

*Americans ages 14-49 years. Herpes data per CDC. Population data per 2010 US Census & 2009 American Community Survey. Source of all data on this page comes from the research pages to the right.

THE BASICS

- **Over 25 million Americans* (16.2%)** have genital herpes.
- **776,000** new herpes cases annually (2,000/day).
- **80%** have oral HSV-1

80% of the 16.2% with genital herpes don't know they have it.

Herpes is transmitted via **skin-to-skin contact** in a warm/moist environment (mostly genitals/mouth). Herpes is transmitted **only** when the contagious area of the skin contacts the mucous membrane or a crack in the surface of the skin.

Over time you will probably have **fewer outbreaks** and they will be easier to handle as your body builds up natural immunity. Good diet, enough rest and sleep, and managing stress may help prevent herpes recurrences.

15-20% of people who have an initial outbreak never have another outbreak. The average number of outbreaks is **4-6/yr**. Initial outbreaks can last up to **2-4 weeks**.

Prodrome symptoms? Tingling. Itching. Burning. Any could be your body telling you an outbreak or viral shedding is about to happen. Get to know your body and how it interacts with herpes to avoid outbreaks and protect partners. The more you know your herpes prodrome symptoms, the less risk of you passing herpes to your partner. Knowledge creates more safety.

WHAT IS VIRAL SHEDDING?

On average, **5-10%** of the time, herpes sheds virus on the skin around the site of your outbreaks even when you are not having an outbreak.

Certain medications can help manage herpes when you have an outbreak or you can take daily suppressive therapy.

Daily suppressive antiviral medication can reduce shedding by **50-90%** and reduce the frequency of outbreaks by **up to 80%**. Over time, your body will naturally build up immunity (naturally having less outbreaks in frequency & intensity).

DISCLOSURE E-BOOK

How to have "the herpes talk"

- Download the free e-book to shift your whole perspective on the herpes talk — from one of fear to one of opportunity: www.eepurl.com/b4lPP



WHERE DOES THIS INFO COME FROM?

(just search for these terms in google)

- **Planned Parenthood's herpes page**
- **ASHA Herpes Resource Center**
- **WebMD herpes page**
- **CDC: Genital Herpes Fact Sheet**
- **NYT Health Guide: Genital Herpes**
- **Westover Heights Herpes Handbook**

Note: There is always a risk of passing this skin condition known as herpes. But with knowledge, care and communication, the risk of passing it to your partner can be lessened. See the Herpes Opportunity Disclosure Handout for more on that: <http://bit.ly/h-opp-disclosure-handout>

Spread knowledge and facts. Live fully. Love fully. **Begin now.**

herpesopportunity.com

(our weekend workshop to heal shame)

herpeslife.com

(our uplifting blog)

herpeslife.com/herpes-forum

(our supportive community)

Wanna buy the Lifestyle Guides? Help yourself and help H Opp keep the lights on! <http://bit.ly/opp-life-guides>