

Dr. Colin Gage * Dr. Duane Drobot

Nicola Valley Ph: (250) 378-5456
Chiropractic Fax: (250) 378-8259
1949 Quilchena Ave. Email:
P O Box 909 info@merrittchiro.com

" treating the cause of your problem, not just the symptoms "

What Causes Cold Sores?

This week's article is for all those unfortunate people who have been infected with the "Herpes Simplex Virus 1". This virus causes the common "cold sore".

This virus is quite unique. Once you are infected, it will remain in your body for the rest of your life. Your body can't kill it off like it does to viruses that cause the common sore throat. More than 90% of adults have been exposed to this virus by the age of 50. This means that lots of people are carrying the virus in their body right now and don't know it. However, only 15% of these people actually get cold sores. This virus will remain harmless and latent in your body until your immune system weakens -as in a routine cold or flu, prolonged exposure of skin to the sun, a binge of drinking alcohol, or excessive stress. At this time, the cold sores appear as painful red bumps and blisters at the edges of the lips, nostrils, and sometimes around the eyes.

If you know someone who has cold sores, you should be aware that until the blisters become dry, there are active herpes simplex virii in the secretions from the sore. If an active virus reaches any scratch or abrasion on your skin, you will most likely become infected. Most transmission of this virus occurs through kissing someone who has a cold sore. So, if you have cold sores, do not be intimate with others and avoid sharing personal items such as: toothbrushes, face-cloths, soap, and towels. Also, it is important that you avoid any close contact sports, such as wrestling. Once the blisters have dried up, the sore is no longer contagious. There is one other mode of transmission of herpes simplex 1 that has not been mentioned -sexually. Today, it is not uncommon for this virus to be transmitted to the genital region of your partner.

For more information on the cause of cold sores and their method of transmission, ask your family doctor or chiropractor.