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**DR. GOTT**



PETER GOTT, M.D.

DEAR DR. GOTT: My dear sister has contracted genital herpes from her husband. Can this disease be passed through the common use of towels, sink, shower, tub, toilet, hot tub or swimming pool? What cleaning products might be effective to prevent the spread of disease?

DEAR READER: Genital herpes is now considered by many experts to be the most prevalent sexually transmitted disease in the United States. It is spread by intimate contact, usually sexual, when one partner has active infection; that is, when he or she has the painful genital blisters that characterize the disease.

Genital herpes tends to run in cycles. It can be triggered by fatigue, illness or genital irritation. It is frequently painful, almost always embarrassing, highly contagious and difficult to eradicate. Herpes can be fatal to newborns who contract it during birth.

Acyclovir (Zovirax), a prescription anti-viral drug, shows promise in lessening symptoms of genital herpes and in reducing the frequency and severity of attacks. However, it is not a

cure-all. Patients with active lesions must be fastidious in their habits to avoid contaminating uninfected individuals. This includes being especially careful about hot tubs, towels and undergarments — in short, any surfaces that are in contact with the herpes blisters. Cleaning solutions, such as household bleach, will kill the virus on objects and clothing. Genital herpes is not infectious when a patient is in the quiescent phase between attacks.

I urge your sister and brother-in-law to seek medical advice so that they can use acyclovir when the herpes breaks out.

Incidentally, because herpes is spread by direct contact, you do not have to worry about sinks, outer clothing and casual social interaction. Nonetheless, I advise patients to exercise caution in bathrooms, showers, etc. and to avoid swimming pools during periods of active herpes infection.

To give you more information, I am sending you a free copy of my Health Report "Where to Find Sex Information." Other readers who would like a copy should send \$1.25 with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: I've always had either sodium pentothal or nitrous oxide for dental extractions. Is this advisable since I'm now 64?

DEAR READER: The choice of dental anesthesia is a decision best left to your dentist or oral surgeon. If you have never had a bad reaction to sodium pentothal or nitrous oxide I see no reason why these substances could not be used, even though you are 64, and older patients often have more complications from anesthetics. Remember there are newer anesthetics available which might be more appropriate for you. Ask your dentist.

**OUR LANGUAGE**

The Russian da means "yes." Da is a good word to remember any day. In tennis, a score of zero is love. I don't know about you, but when my score's zero, I don't love tennis.

Q. A professor of mine wrote "Tempus fugit" on the blackboard. What do those words mean?

A. Those Latin words mean "Time flies," as you might have guessed from related words. Fugit, as in fugitive, refers to fleeing. Tempus, meaning "time," is a root of temporary. The Latin expression warns against wasting time, because tempus fugit, whether or not you're having fun.

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