

TIMOTHY MICHAEL “I NEED TO GO TO OMFG” ARGUELL-ASS

NOVEMBER 19, 2017

CBD COLLEGE PT CLASS SHIT

## **I. Etiology**

The herpes simplex virus can be broken down into two strains, closely similar but distinct:

An individual who contracts Herpes simplex virus type 1 (HSV-1) most likely came into contact with infected saliva. This mechanism can thus cause special cases of herpes including finger herpes, which usually affects health care providers during medical procedures. HSV-1 mostly affects children, and an estimated 90% of the population will have developed HSV-1 antibodies by adulthood. However, in some subpopulations in the Americas in Europe, HSV-1 has been known to considerably affect adults as well as children, and consequently this causes cases of genital HSV-1 infections due to more sexual activity.

On the other hand, Herpes simplex virus type 2 (HSV-2) is associated with genital disease. Since it is transmitted sexually, it is possible for cross infections between HSV-1 and HSV-2 to occur through oral/genital contact. However, most of the time individuals who are infected show no symptoms, and this increases the risk of spread because the virus can still be transmitted. According to the WHO, more women than men are affected by an HSV-2 infection because sexual transmission of the virus is more efficient from men to women.

## **II. Pathology**

Both strains of the herpes simplex virus mostly start their infections through mucous membranes (such as the pharynx, cervix, or conjunctiva) or breaks in the skin. When the virus enters the body, it first infects nerve endings, which can lead to the loss of intercellular connection, or acantholysis, and collapsed vesicles lead to ulcer

formation. The two strains also share similar biological properties that affect the body system: HSV can infect and reproduce in the nervous system (neurovirulence), avoid being detected in the immune system and lie in a dormant state near the infected site (latency), and reoccur and activate from triggers such as stress and fever (reactivation). Because of the virus's latency, a person infected with HSV will retain the virus for life.

### **III. Clinical Manifestations**

HSV-1 infected individuals will most likely suffer from mouth, lip, and facial infections, such as mouth lesions, cold sores, or eye infections in the conjunctiva or cornea. Individuals who suffer from HSV-2 infections, on the other hand, will usually have genital ulcers or sores. However, as mentioned earlier, HSV-1 can cause genital infections in certain subpopulations, and HSV-2 infections usually show no symptoms.

### **IV. Impact on Function**

Although HSV infection can cause impairments such as mouth pain, finger pain, genital pain, etc., most of the patient's ability to physically function at the level of the whole person is not severely affected. In actuality, most impact is felt through the person's relationship to society, since the combination of social stigma and psychological distress can affect sexual relationships and overall well-being. Even though physical therapy cannot address many of the overarching problems an HSV patient has, it may be used to help treat the acute pain or reduce the healing time associated with ulcers and sores.

### **V. Prognosis**

Oral or genital lesions associated with Herpes simplex will usually heal on their own in 7-10 days, but this will generally vary depending on the person's immune system.

Antiviral medication can help reduce the severity and frequency of symptoms, but will not cure the infection. As previously mentioned, both strains of HSV are lifelong.