



Are you cold sore Patient ? Don't get stress

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What is cold sore?

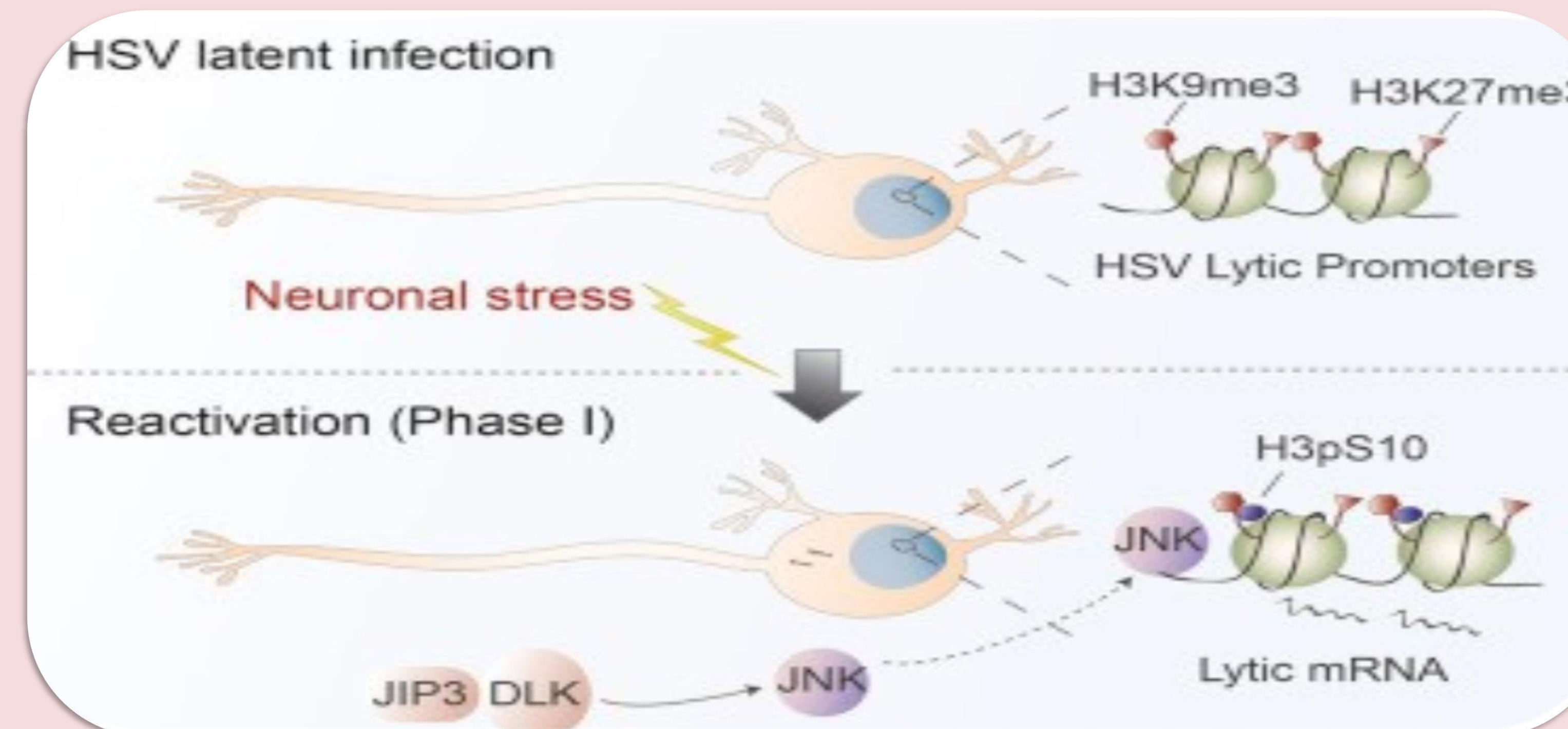
Cold sores also known as fever blisters. Are painful blisters that form on or near the lips and inside the mouth, and can come and go depending on your immune system. Cold sores generally are not serious, but the infection may be life-threatening for anyone who has AIDS. They are caused by an infection with a virus called "herpes simplex virus(1).



How do we get cold sore?

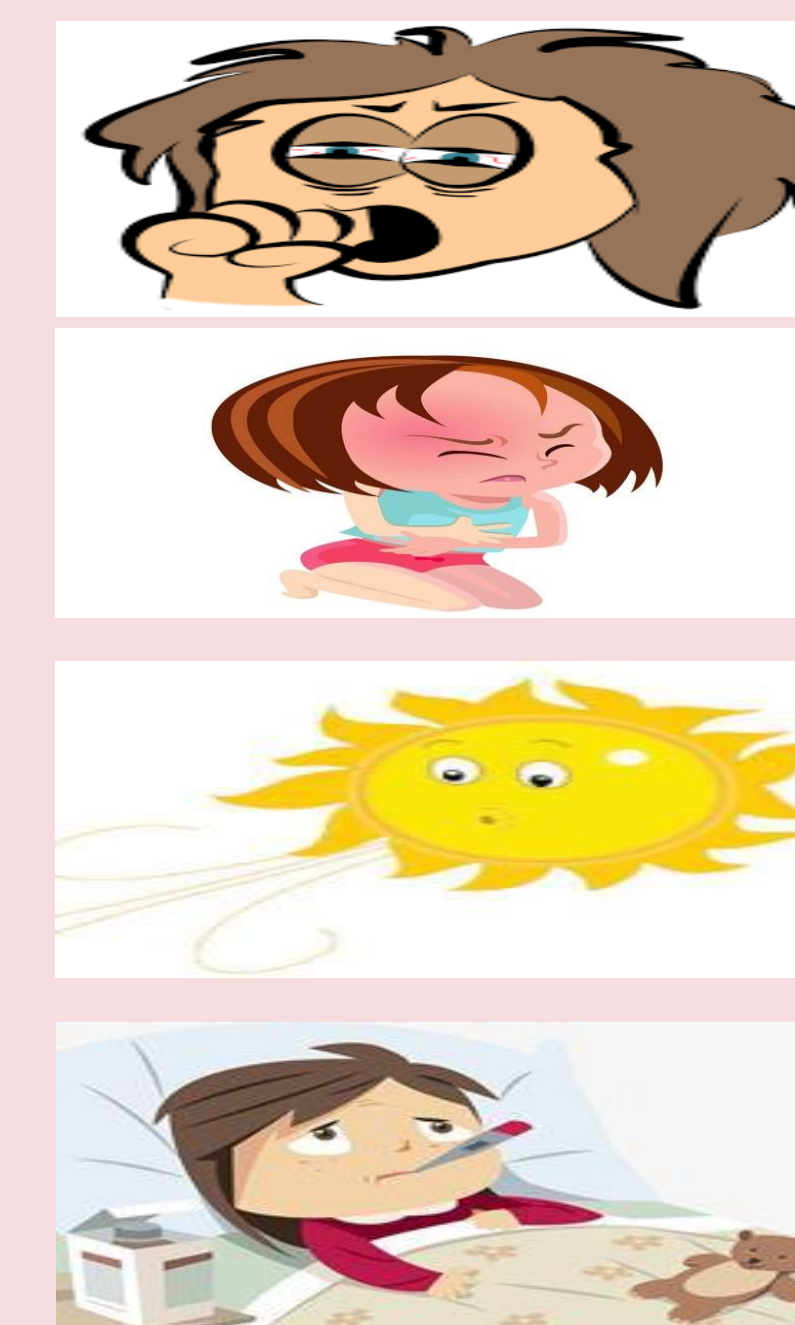
The only way to get cold sore is infection
The symptoms include:
1-Painful blisters on the lips, mouth, nose, or throat, which eventually pop and form scabs.
2-Mouth and throat pain.
3-Swelling in the neck
4-Fever, body aches, and feeling ill(1).

How can stress cause cold sore?



Other factors:

- Tiredness.
- Menstruation.
- Strong sunlight on the lips.
- An injury to the mouth or a dental procedure.
- Fever.
- For many people, however, the trigger is unknown(2).



How Can we treat it ?

Actually there is no treatment for the cold sores, but we give treatment to reduce the symptoms.
1- Acyclovir.
2-Penciclovir "Denavir" cream(3).

How can we prevent it?

1. Use sun block or a lip balm
2. Avoid direct contact like kissing.
3. Avoid sharing any objects like creams, medicines, and make-up
4. Good hand hygiene.
5. Avoid stress and feeling run down(3).

Conclusion:

- The Cold sores are a painful blister caused by HSV .
- The symptoms period in first time you get infected is longer than the second.
- We have many factors can reactivate the viruses.
- We give treatment to reduce the symptoms.

References:

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3. [https://www.bupa.com.au/health-and-wellness/health-information/az-health-information/ci.cold-sores-\(oral-herpes\).7030default](https://www.bupa.com.au/health-and-wellness/health-information/az-health-information/ci.cold-sores-(oral-herpes).7030default).