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## Sore lips cold weather

Whoever's had cold sores knows the feeling: a burning sensation and burning in the lips, a sure signal that a small bump under the surface will emerge as a nasty red poison that is impossible to hide. If you plaster with makeup, it often gets worse and there is nothing you can do for the next week or two. A few days later, blister bursts, clear liquid is released and forms of scab. The herpes simplex virus, generally the strain called HSV-1, is the culprit that causes cold sores. The liquid coming from blister when breaking is the source of infection and can be spread through saliva, shared tools or direct contact. The virus can also be sexually transmitted and can cause genital herpes, as well. The herpes simplex virus is dormant in nerve cells until it is activated. For people who are infected with the virus and suffer from cold doses, this can happen several times a year. The virus can be activated by different conditions; stress, for example, is a trigger known for cold sores. Cold sores are also called bladders of fever, and a disease with fever can cause an epidemic. Hormonal changes in women can cause cold pain to emerge, as well as fatigue, over exposure to sunlight and also food allergies. Irritation to the mouth, like dental work, can also trigger a cold pain. Some of the conditions that are known to cold triggers can be avoided. People who know they are infected by the virus and have the tendency to develop cold sores can try stress management, apply sunscreen to the lips, and get enough sleep. If you develop a cold pain, you should try to relieve discomfort and avoid passing it to others. Cold sores can happen at any time of the year, but many people find thatbe particularly annoying in the coldest months. " Cold sores are small bladders that develop around the lips or mouth, caused by herpes simplex virus (HSV)," says Dr Anjali Mahto, consultant dermatologist and andfor the British Skin Foundation. " They usually resolve without treatment in seven to ten days. Vesicles can often be preceded by tingling, itching or burning in the affected area. " Most people will be infected by one of the viruses that cause cold sores (HSV-1 and HSV-2) at some point. Some people never have symptoms or have only one cold outbreak ever. Others may experience recurring outbreaks with various triggers. While cold sores are self-limiting, which means that they heal from themselves, they can be painful and uncomfortable, especially if you get frequent outbreaks. There are things you can do to speed up healing and reduce any discomfort, but where possible, prevention is better than a cure. So, what trigger should you look out and avoid in the winter period? Cold weather itself can be blamed for your winter cold pain epidemic. "The cold climate can reactivate the cold pain virus," says Mahto. "Temperature variations such as going from cold to outdoors to warm indoor homes can be causative. "The coldest climate and variations of stark in temperature affect the skin, especially if it is suction or bitter. "The lips are probably dry and cracked in winter. This can cause problems with the barrier function and make the conditions suitable for HSV to replicate," he says. Simply go from the frosty open air in a heated house is quite traumatic for the skin to provide the perfect environment for the cold pain virus to flare up. "The cold pain virus is sleeping very far from the lips, in the nervous ganglia behind the zygoma. But it is sensitive to changes in the environment of the other, superficial end of the nerve", explains the specialist doctor and medical journalist Dr Patricia Macnair. " Both cold and central heating can dry the surface of the lips. Thenerves in the skin are affected by this change, triggering the virus to start replicating again, and traveling down the nerve to break on the skin. skin.have suggested that this is a mechanism of self-preservation for the virus - perceives the things that change in its host (human) and thus makes a bolt for the skin and a way to find a new healthier host. "Use lip balm throughout the winter to prevent lips from drying and avoiding skin damage. Try to protect the lips behind a scarf when there are strong winter winds, to prevent them becoming cracked first. Make sure you do not share lip balm with other people so you do not take or switch on HSV or other infections. The immune system often takes some of an aries in the winter months. With fewer hours of daylight, we do not take as much vitamin D and we may not go out to exercise while it is cold and dark. Our diets could also get away from summer salads to carb-heavy comfort food in the winter months, which means we may not get all the nutrients we need on a daily basis. With an exhausted immune system, the body is more susceptible to the disease, including the common cold, and therefore cold sores, says Mahto."In increase of the frequency of infections of the upper respiratory tract as the common cold virus causes a reactivation of herpes simplex virus on the skin. " Having a cold and being generally incomplete or downhill increases the risk of a development of a cold wound. "Reducing the risk of infections of the upper respiratory tract can help prevent cold sore flares," he explains. The body cannot fight other infections easily when the immune system is weakened or fight against other diseases. "Again, the virus remains latent in the nervous ganglion, probably kept in control in part by a healthy immune system," Macnair says. "But all that weakens the host's immune control allows the virus to beginPlay and jump into action again. It's the same theory - if the host's immune system is failing or the disease is taking control, the virus must go out and find a new host. "Take precautions during the winter months to avoid yourselfcommon cold, cough, sore throat and flu. This in turn can prevent you from developing a cold sore outbreak, as well as maintain the feeling well. "Physical interventions such as frequent hand washing and the use of alcohol hand disinfectants, zinc supplements and probiotics have in some studies demonstrated a possible beneficial effect in reducing the risk of developing higher respiratory infections," says Mahto. "Stress during the holiday period can be a contributor," says Mahto. As fun as the festive season can be, we all know that it can cause to feel stressed, either because of Christmas preparations, be cooped inside with children or labor pressure in the final push towards the new year. Not only does stress contribute to cold pain outbreaks, but longer than you feel stressed, the more likely you will develop a cold wound. Stress also affects sleep and the immune system, helping to feel short of time. Try to avoid getting off and exhausting at the end of the year by resting, exercising and practicing awareness or other stress reduction techniques. If you are a person who loves having a tan, you might be planning to go to a salon for 'top up' your summer splendor over the darkest Christmas period. The exposure of the skin to the sun and the use of tanned beds is never a good idea as it significantly increases the risk of developing skin cancer. But not only is it dangerous, it could also trigger a cold outbreak as UV light damages the immune system. This applies to any exposure to the sun or other forms of UV light throughout the year. It is important to protect the skin, including lips, using SPF and reapply regularly if you are heading to a warm country or somewhere snowy (such as snow reflects UV). These areall change the host's immune system or the local environment around the nerve end, which triggers the virus again in action", says Macnair. Unless you ever leave your home, exposure to temperature changes, sunlight and andWinter diseases are practically inevitable. But reducing the risk and being aware of your triggers will go far in the prevention of cold sores. And if all the rest fails, make sure you start treating your hearth as soon as possible to reduce symptoms and speed healing! The virus that causes cold sores is very contagious, so many people make cold sores. In the United States, people usually get this virus when they are a child. Kissing from someone who has a cold wound is often like a child catches the virus. A child can also get the virus by eating from the same fork or spoon as someone who has a cold pain or sharing a towel with a person who has a cold pain. Adults also catch the virus. That is why it is so important for all those who have a cold pain not to kiss people or have an intimate contact until cold pain forms a scum. To avoid infecting others, it is also important to stop sharing personal items such as towels and shavers until cold sores form scab. Some people have triggers that cause cold pain. A severe burn triggered the cold sores of this teenager. What causes cold sores? A virus causes cold injuries. Most cold sores are caused by herpes simplex virus (HSV). More than half of Americans ages 14 to 49 bring this virus. Once you get the virus that causes cold sores, you have for life. After clear pain, the virus travels to your nerves, where it remains unless it awakens. After being infected, some people never had a cold. Others see cold sores, but then they develop antibodies to the virus and never get another cold. You can also get cold sores throughout your life. The outbreaksto occur less often after 35 years of age, if you get cold sores, it is likely that something triggers the virus to wake up, the following can be a trigger: stressspatigueillness, like a cold, fever, or influence. strong surgery or laser treatmentFood Hormonal changes, how to get your period What triggers cold sores in one person can not trigger in another person. Image used with the permission of the American Academy of Dermatology National Library of Dermatology Teaching Slides. Reference Fatahzadeh M and Schwartz RA. "Herpes herpes simplex virus infections: epidemiology, pathogenesis, symptomatology, diagnosis and management." J Am Acad Dermatol. 2007;57(5):737-63. Not all those who catch the virus that causes cold wounds have signs or symptoms. If you do, your signs and symptoms will depend on the fact that: Just caught the virus (new infected) Having had the virus for some time Below explains which signs and symptoms develop, and when. Recently infected Most people catch the virus when they are a child. Not all children who catch the virus, however, has symptoms. If symptoms occur, the child usually feels sick and has one or more of the following: A burning sensation in the mouth, followed by painful mouth sores, which can form on the tongue, gums, lips, or throatLarge page when swallowing the lymph nodes swollen (ange)FeverAches and painsHeadacheNausea These symptoms last from one to two weeks. It is rare for adults to catch this virus. It is so common and spreads so easily that most people get it in childhood. If you catch the virus as an adult, you may or may not have signs and symptoms. If you do, you will have the same signs and symptoms as freshly infected children. Adults often say they feel like they have flu and have painful wounds inside their mouths. When you first catch the virus that causes cold sores, the sores appear inside your mouth. Having had the virus for some time After you got infected, the virus travels to your nerves and stays there until it wakes up. Even if you never have symptoms, the virus isstill to the nerves. Because there is no cure at present, the virus lives within your body permanently. Even with the virus within your body, you may never have a cold pain. Cold.people, however, get cold sores from time to time. If you get cold sores from time to time, the epidemic tends to be less severe than when you have just been infected. Signs and symptoms also differ. If you get cold sores, you will usually have the following signs and symptoms: The warning symptoms begin. One day or two before getting a cold wound, you may feel one or more of the following on the skin where a cold wound will appear. Burning itching that stings Tingling and skin feels a little numb ThrobbingSome people who have these warning symptoms do not get cold wounds. The medicine, which you can buy without a prescription, can shorten how much time you have cold sores. You have to apply it to the first sign of a cold wound. Cold sores appear. One or more painful blisters, filled with liquids appear. These usually form on the lips or around the mouth. They can also appear elsewhere on your face. If you have a pain near an eye, you should immediately see an eye doctor. The virus can spread in the eyes. Warning signs that this happened include eyes that become sensitive to light or painful feeling. Your eyes can also feel gritty or sticky. If one of these symptoms develops, you need immediate medical treatment. Without treatment, the view could be affected. Sometimes, blisters appear elsewhere. They can appear on a hand or in the genital area. This can happen when spreading the virus from the mouth to other areas by touching a cold wound and then touching another part of your body. You can avoid spreading the virus in other parts of your body by not touching another part of your body after touching a cold wound. Wash hands after touching a cold wound and also help prevent virus spread in other parts of youyou can avoid spreading the virus in other parts of your body always washing your hands after touching cold sores. the smile crust. within 48 hours of warning symptoms, cold sores usually open, they will smell fluid and then crust overscams, ) in healthy people, most cold sores disappear within 5 to 15 days, often heal without leaving a scar. If you have cold sores for more than 15 days, you should see your primary care doctor or dermatologist. some people need care to get rid of cold sores. Images Image 1: Used with the permission of the journal of the American academy of dermatology. (j am acad dermatol 2007;57:737-63.)Images 2 and 3: getty imagesreferences fatahzadeh m and schwartz ra. "Herpes herpes simplex virus infections: epidemiology, pathogenesis, symptomatology, diagnosis and management." J am acad dermatol. 2007;57(5):737-63. habif t. campbell j, chapman m, et al. in: dermatology ddxdeck. 2006. mosby elsevier. #63: herpes simplex (cold pains, bladders from fever.) marquis ar and rhinestones if, "Herpes simplex". in: bolognaia jl, et al. dermatology. (second edition.) mosby elsevier, spagna, 2008:1873-5. If you always suffer from cold, you can probably say when an epidemic is coming. begins with a clinging itching, tincular, or burning sensation in the lip or mouth, the next thing you know, small bladders erupt, often in the same place you had them before. These painful ulcers of the lip or mouth - also called bladders of fever, oral herpes and herpes labialis - are caused by the herpes simplex virus (hsv.) HSV-1 is almost always guilty. (you can also get cold sores from HSV-2, the type that causes genital herpes, but it is not so common.) people develop "a terribly blistered rash" the first time they have a focolare, known robert brodell, md, professor and president of the department of dermatology at the University of the medical mixer center of jackson. cold sores can put lips out of a kissing commission for a week or two because the newly erupted blisters are highly contagious until they dry. athat the herpes virus is in your body, recurring outbreaks are common. the good news: some research suggests the frequency and severity of cold outbreaks can decrease after35. To speed up healing, nothing works enough as well as antiviral drugs, dermatologists say. But if you're not ready to deal with a hearth or it's the first time you've had cold pains, what else can you do? Here's the bass down for home remedies that can help in a pinch-plus prescription and over-the-counter antiviral therapies your doctor will recommend and the things you can do to reduce the risk of future outbreaks. RELATED: Why Herpes is not as bad as you think (and a lot more common) These do-it-yourself treatment regimens do not reduce the duration of a cold-sore outbreak, experts say, but may the symptoms of lesson. Here are some to try: Cooling relief. To facilitate cutting and reduce redness and swelling, apply a small ice bag or a cold package for the affected area. The American Academy of Dermatology (AAD) recommends to keep a cool and wet towel on the lip for 5-10 minutes a couple of times a day. Do not share your cold package, because you might inadvertently transfer the virus to someone else. Lysine. Lysine (or L-Lysine) is an essential nutrient that can be taken as a supplement or applied in a topical way as an ointment to prevent and treat cold sores. "It's cheap and it's pretty safe," says Dr. Brodell. However, research on its effectiveness is mixed. In fact, "the preponderance of the evidence suggests that the lysine does not work," he says. However, "some people like L-lysine, so it's reasonable to try to see if in your case it will make a difference", says Benjamin Barankin, MD, a Toronto-based dermatologist and medical director of the Toronto Dermatology Centre. OTC pain medications. Consider taking ibuprofen or acetaminophen to relieve the pain of your wounds, AD suggests. If your child suffers from cold pain, consult your pediatrician before using these medications for reliefpain. a topical painkiller. dabbing an anesthetic gel or cream on cold sores can provide relief numbness from numbness sensitive nerve endings. Dr. Brodell prefers pramoxin. It isactive ingredient in a series of anti-itch and painkillers products, such as ceraves. another option is benzocaine. you can buy it over-the-counter under brand names like anbesol and orajel. but it is not for everyone, he explains, because some people have an allergic reaction to it or develop a rash after the repeated oo. (Benzocaine should not be used on children under 2 years of age unless it is directed by a doctor due to a rare but serious side effect.) a pile of pillows. Do you feel inflamed and bladder? or pillows to raise your head at night, raising the wounded area will help to reduce swelling. Dr. brodell says, related. 12 reasons why your skin is so itching in otherwise healthy adults, cold sores usually lighten themselves within two weeks. Think, they can make you miserable during the healing process, physically and emotionally, and place the risk of infecting someone else, but if you are someone with a weakened immune system or you struggle with frequent or severe outbreaks, you should see your doctor about taking antiviral medications. people with atopic dermatitis (the most common type of eczema) are particularly at risk of cold outbreaks. "You can spread on the skin surface like wild fire because you don't have the normal barrier function in your skin," says Dr. Brodell. doctors oate oral and topical treatments to relieve pain, slow the growth and spread of the virus and accelerate healing. There are three ways to hate antivirals to fight cold plagues, explains Dr. Brodell. one is to treat the virus at the first sign of recurrence using an oral or topical medicine course. the second is "psychic therapy", which means that you take oral antiviral medicine every day to prevent focolai. "We will tell you that you are having focolai once a month, whenever you get a cycleor whenever you feel stress," Dr. Brodell says. "You can give that person a holiday to have their outbreaks with suppressive suppressantsThis daily oral antiviral therapy "is the most effective treatment" to prevent focolai, adds Dr. Barankin. A third option is "intermittent suppressor therapy" for people who can predict their outbreaks. You could get a lip full of blisters every time you go on holiday to sunny Florida, for example. You know you're going for trouble next time you visit, but you don't want me to ruin your escape. The solution: Make your doctor prescribe antiviral medication you can take for the week you're away. Few doctors educate their patients on the use of intermittent suppressive therapy, says Dr. Brodell, despite the fact that "works absolutely," he insists. Oral antivirals include aciclovir (Zovirax), famciclovir (Famvir), and valaciclovir (Valtrex). All are available in generic versions and each poses minimal side effects, which may include headaches, nausea and diarrhea. Valaciclovir is one of the easiest antivirals to use because it requires swallowing only one pill a day, Dr. Brodell notes. Another option is Sitavig, acyclovir in the form of a single-dose tablet that is placed on the gums to dissolve when you feel an incoming outbreaker. It can "guadagnate the burst faster and prevent the next burst for a longer period of time", says Dr. Barankin. While oral medications are the most effective, some patiens simply prefer topical treatments. The advantage is that "they are cheap and you buy a large tube and lasts a long time", says Dr. Brodell. Acyclovir or penciclovir (Denavir) in a cream can be stabbed on the wounds several times a day. Your doctor may also prescribe Xerese, the first drug to combine aciclovir and hydrocortisone, an anti-inflammatory drug. If you are looking to buy something out of the prescription drug shelf, docosanol (Abreva) is an antiviral that canthe time necessary to heal cold sores, but it must be used five times a day. Once the herpes virus is inside you, you. are possible outbreaks, but there are things you can do to prevent or at least reduce the frequency and severity of these bladder attacks: Manage stress. stress seems to cause cold outbreaks, or cold protection. shake off the sun, another common cold trigger. avoid spicy foods or any food that seems to trigger your outbreaks. do not kiss anyone who has a cold wound or share their brushes, utensils, cups, or towels. Stay healthy. a weakened immune system, even from cold or flu, can trigger an epidemic. Start.

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