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There are great articles in the back copies of *SPHERE*. Learn more, worry less, feel empowered to explain...

"Each time I look at a back copy, I find an article I want everyone to see," says Marian. Read the talks from experts, see the inspiring ideas from our staff and volunteers.

Some people even buy the full set! £1 for one issue (posted £2), £25 for full set. (Overseas: same price if emailed.)

To pay: on www.herpes.org.uk/shop you can click through 'a donation' – then indicate the journal numbers you want (27/3 or 38/1) in the 'Order notes (optional)' box. Or you can send a cheque...

Find the section that interests. Here is a list of topics. Or just browse overleaf.

Antibody test – what it does and when to use
Complementary remedies and other self-help ideas
Drugs
Helpline – tales from the phone lines
Herpes viruses and how they work
Hype – why it is seen as a problem – see also
 psychology and stigma
Legal status
Life insurance, mortgage applications
Media – our response to some stories
Media – the HVA in the news

Menstruation, the pill and recurrences
Other conditions
Pain
Perception and psychology – see also hype and stigma
Pregnancy & childbirth
Questionnaire – what members say
Research
Review of books
Talking to partners; what people think of our 'days'
Transmission
Vaccine

Article are marked 'S' for short - less than a page; 'M' medium, about one page; 'L' which is more than one page in length – it may be an article 6 pages long!

When you order an article, you will get the whole magazine that it comes in – usually 16 pages long. For instance, if you order 15/3 to get the Evening Primrose article, by doing a search for 15/3 you can see that you will also get 'Infection rates - how many have it?' 'Has herpes hype hampered drug sales? by a salesman,' and 'A report from the International Herpes Management Forum – 3 days in Malta.' **Plus, almost all magazines include a Personal Story, research information, letters from members, conferences we attend, reader's suggestions for self-help tips and other advice.**

Bigger journals – see below – are several issues edited down and made into one:

Code: Size: Contains:

1 to 3	28 pages	the best of the first 16 journals, titles below.
4 & 5	20 pages	8 journals, edited down: 'Face it', 'Forgotten Plague', diet, stress and lots more... See below.
6	12 pages	4 journals, edited down: survey of our members' herpes: how often, how long; 'Life after Love'; latency; workshops work...
7	20 pages	4 journals, edited down: GPs' attitudes, aciclovir, media reports, alternative therapies, more...
8/1&2	16 pages	2 journals, edited down: Pregnancy, menstruation, 'aciclovir is no help', Conditioned Response
8/3	28 pages	the facts about herpes simplex primaries, recurrences; a talk by top-doc Dr Barlow; how the hype was created (with at least 4 examples),
9	20 pages	4 journals, edited down: update on antiviral pills; how to get your head around it – and more...
10	24 pages	4 journals, edited down: members on TV shows; dealing with negative thoughts – and more...
11	28 pages	4 journals, edited down: Stopping symptoms the alternative way; Sex and morality – and more...
17	20 pages	4 journals, edited down: <i>Destigmatize</i> by Dr Phil Hammond; six pages of Dr Kinghorn's talk; conference in Paris ...

You can also buy:

BOOKLET: HERPES SIMPLEX – THE GUIDE; 6,000 words, 16 pages, on all aspects of the subject. This edition 14 has been written in accordance with the Information Standard. Guides are distributed by clinics to patients as they know how helpful the booklet is: £5 by email or £6.50 posted... See <https://herpes.org.uk/shop>

Antibody type test		Journal:
Dr George Kinghorn: when it could be used		26/3 L
Dr Jen Gunter: what use is testing?		28/3 L
Dr de Vries: 1 in 3 antibody tests wrong		31/1 S
USA guideline says don't do antibody tests'		31/2 L

Complementary therapies, self-help ideas (in alphabetical order)		Journal:
Acupuncture and Chinese medicine	18/2	L
Aspirin	19/3	S
Bergamot	20/4	S
Charcoal tablets - might help aciclovir work better?	36/3	S
Coconut oil	26/1, 30/2 both are:	M
Dietary Advice - see also 'Tired all the time' see 'Reviews'	21/2, 27/3 36/4, 37/2, 37/3	L S
Echinacea	7, 13/4 both are	S
EBDT - a Swiss powder trialled by HVA members	36/1	L
Evening primrose oil:	15/3 15/4 16/1 all are	S
Geranium oil	10	S
Herbs, probiotics and mushrooms	13/1	L
Homeopathy - medicine fit (only?) for a king	20/3	L
Hypnotherapy	1 to 3, 40/2 are both 14/1, 21/1 both are	L M
Ice prevents outbreaks:	13/1	M
Liquorice	23/1	L
Lysine: what the fuss is about, no evidence - also, there is a FREE leaflet on the lysine/arginine balance	25/1 26/4	M L
Many different alternative remedies	7, 14/1 both are 8/4, 14/2 both are	M S
Melissa stops outbreaks, study report: And major report	12 19/1	L L
Minerals - can selenium and zinc help?	12	L
Members' suggestions	9, 15/4, 16/1, 27/4 all are: 31/2	M L
Shaving down there - why you should not	27/1	M
Sleep really matters	34/1	L
Stop periods and you may stop outbreaks	16/4	S
Stop outbreaks - are you doing the obvious things?	22/1	M
Talks on acupuncture, homeopathy, reflexology, etc.	14/1	L
Tea-bags - soothe and heal	11	S
Vitamin E oil stops scars and heals	16/4	M
Taking vitamin E stops outbreaks	19/2	S
Target produces new melissa ointment - good news	32/2	S
6 ways exercise endorphins improve mental wellbeing	33/3	M
Vimuneco - results of first trial with EBDT powders	37/1	L
Affirmation/Omega 3/ Our views on support groups	38/1	L
Cold showers? They help Cameron	38/3	L

Drugs see also all the doctors' talks, under 'Herpes'		Journal:
Aciclovir (brand name Zovirax):	7 8/1&2, 31/3 all are	M
Antiviral tablets - which to choose and how to take them	20/4 21/4 26/4	L M S
Famciclovir (brand name Famvir):	8/4	M
Valaciclovir (brand name Valtrex):	32/2	S
Vectavir (new antiviral cream from penciclovir):	11, 21/4	M
Women using aciclovir part of the month for periodic outbreaks, or when trying for a baby	19/1	M
Bounce back outbreak, when you end suppression	12, 19/3	S
Trial of ASP2151 - as good as current drugs	26/4, 28/4	M
Are you getting the treatment you need? Let us know	28/4	S

Helpline		Journal:
Being a volunteer	1-3, 4&5 are both	M
Tales from the helpline - what people ask	16/4, 17, 37/2	L
Ten points that we use on the helpline	37/3	M
Herpes viruses; how viruses work		Journal:
Herpes simplex: latency explained	6	M
An STD or not an STD? That is the question	10	S
Viruses - all viruses - what they are and how they work	10 36/2	L L
Herpes evade immune system: 'Turning off the tap'	11	S
The herpes family introduction, inc. chickenpox, CMV CMV and pregnancy	11 30/2	L I
Donate blood - no problem	12	M
Herpes viruses 1 & 2 (herpes simplex)	12	L
Varicella-zoster virus: chickenpox and shingles	20/1 21/2, 36/4	L M
Justin Bieber and shingles causing paralysis	37/1	M
Herpes viruses 6, 7 & 8 - and other conditions	13/1	M
Herpes viruses 4 and 5 (glandular fever, not simplex)	14/3	M
Asymptomatic shedding - what it means to you	15/1&2, 18/1 both:	M
Why it can recur on your bum: explaining your dermatomes	15/1&2 18/3, 18/4 are all:	M
Infection rates - how many have it?	15/3 26/1, 30/3 are both	S M
Dr Simon Barton's talk - the text, 6 pages and the follow up question and answer session	16/2 16/3	L S
Pain - see separate heading, next page		
Dr David Brown's talk - the text, 4 pages	16/3	
Dr George Kinghorn's talk (6 1/2 pages): another talk years later: (5 pages)	17 26/2	L L
Dr Raj Patel's talk: Research update	18/2	
Duration of symptoms and viral shedding	18/3 20/2	M M
Viral shedding - the facts		
Why women have more outbreaks	18/4	M
Transmission facts	20/1, 22/4	S
Update by Dr Raj Patel	29/2	M
Update by Dr Anatole Menon-Johannson	33/1	L
Why do some people get recurrences and others don't?	20/2	M
Control switch for the immune system - how the virus evades it	20/4	S
Dr Colm O'Mahony's talk: "Ins and outs"	22/3, 22/4 both are	L
Genetic difference is what causes more outbreaks	22/4 28/2	M S
Dr Peter Greenhouse: "Stigma, Treatment, Transmission" (so long it was put into two journals)	23/4 24/1	L L
Why you cannot spread it around your body	24/3	S
Dr Raj Patel's talk: How the virus works	25/1, 25/2, 25/3 all:	L
Updates from the doctors' Brighton Conference	27/1	L
What clinics need to know - PowerPoint presentation	27/1	L
Detailed research into how the virus works	28/1	L
Dr Jill Zelin's talk: How many in Wembley stadium catch it and more	28/2	L
Shedding - when is it relevant?	28/4	M
Herpes viruses like coiled springs	28/4	M
Volunteers for CMV vaccine (HHV-4)	28/4	M
Body temperature linked to activity inside virus	29/3	M
Herpes simplex strains have been sequenced	30/3	M
Cold sores and Alzheimer's: we don't need to worry	30/4	M
Prodromes - what, where, recognise them	32/3	L
HSV 1 and 2 - what's the difference, what's it mean?	33/4	L

Sex on Saturday, outbreak on Sun. - will I transmit?	34/1	L
BASHH conference in Birmingham - Marian was there	34/2	L
Herpes and COVID-19 can both be asymptomatic	35/1	L
Gene editing / 'waxing' etc promotes STIs	35/2	L
USA - Zoom conference - lots of updates - 6 pages	37/3	L
Dr Viv Wholey - Detailed report on living with HSV	37/4	L
Transmission - a helpline explains	38/1	M
Report on the BASHH guideline update	38/2	M
Asymptomatic shedding - how common?	38/3	S
Why Western Blot test is expensive but accurate	39/3	L

Media - what we think of stories:	Journal:
Editing by omission	1-3 L
Good and bad reports: the forgotten 'plague'	4&5 L
Sunday Times articles: our replies and comments	8/3, 12 both L
DH's 'Sex Lottery' ads - our campaign to stop it	18/3 L
Holby City: Fiona complained and got results	19/4 M
The Sun - "I thought nice people didn't get..."	27/4 M
Times article - our comments	28/1 M
BBC and ITV respond differently to our complaints	29/2 M 30/4 L
Daily Mail is hopeless, again...	31/2, 31/4 both are S

‘Hype’- why herpes simplex is seen as a problem.	Journal:
To see what you can do to correct it, see under ‘Perception’	
Hype of the eighties, hoax of the century?	8/3 L
Why believe the hype?	9 M
Lies, damn lies & statistics	11 M
A lie will be halfway round the world before truth...	12 M
Bad news, good news / Can doctors bite the hand that feeds them?	13/1 L
Has 'herpes hype' hampered drug sales? by a salesman	15/3 M
Ruth's evening Standard article	15/4 M
Disease-mongering: create a 'hype' + plus nurse's letter	17 L
Sex is here to stay - get used to it	20/4 M
‘Ug & Bug’	20/4 M
Creating a stigma	12, 22/2 both are: M
Dr Phil Hammond: getting the best from doctors (such a long article it is spread over two magazines)	25/1 L 25/2 L
Law (also see 'Legal status' section below for more)	26/2 L
Rihanna, the lipstick	28/1 S
History tells us - stigma can go	28/2 S
Divide and rule - creating stigma	28/4 L
Dr Des Maitland explains 'creating the hype' with slides	29/3 L
Dr David Pao talks about 'shame and blame', and news	30/4 L
Dr Andrew de Burgh-Thomas 'What I tell my patients'	31/4 I
No stigma in Norway - Marian/ Syphilis lost its stigma	32/2 L
Plausible deniability - why talk about it?	32/4 L
How to sell a drug very few need to a lot of people	33/3 L
Dr Charlotte Hopkins - 'Herpes for my patients'	34/2 L
Prof Simon Barton invites Marian to talk to doctors	35/2 L
Dr Lewis Lau - "How I manage my patients"	36/3 L
Selling sickness - how to create a stigma!	38/1 M
Overcoming shame	39/1 L
Two major articles about 'herpes and the law'	40/1 L

Legal status	Journal:
Dr Green comments	21/4 M
Not a legal issue - Is disclosure legally required? No!	21/3, 33/3 both are S 29/4 M 21/2, 34/2 both are L
Guidelines from the CPS	22/4 M
How it all went wrong: Cara got David jailed	26/2 L
Private Eye comments on David's case	26/2 M
Court of appeal upholds conviction - many comments including background, the bad medical report, etc	29/1 L 35/4 L
Law commission considers review of law re STIs	29/2 L
Doctors debate: should they tell patients to 'disclose'?	32/2 L
Peter Greenhouse (STI expert) talks about legal cases	40/1. 40/2 L

Life insurance, mortgage applications and STIs	42/2 S
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Media - the HVA gets its say...	Journal
Press briefing (with Dr David Barlow)	8/3 L
Our representative is on TV	10 L
Ruth's article in Evening Standard	15/4 M
Marian on BBC TV, radio	16/4 L
6 runners wear www.herpes.org.uk T-shirts in London, they tell us why they are doing it	20/1 L
Our article in SHINE and letter in the Independent:	24/3 L
The Sun - 'Dear Deirdre' letters and our replies	26/4, 29/4 M
Woman's Hour - three members speak out	33/4 M
YouTube: Come Curious - a really good herpes talk	34/2 S
Marian Nicholson gets an MBE for services to herpes	39/1 M
Marian received the MBE award from Princess Anne	39/3 M
Menstruation, HRT, contraceptive pill and outbreaks	8/1+2 L
Stop periods and you may stop outbreaks	16/4, 24/3 both are: S 24/2 L
Dr Peter Greenhouse on HRT and herpes	36/1, 37/1 L

Other conditions	Journal:
Candida - leaflet by email, free	
Behcet's syndrome	20/1 M
Balanitis - and a personal experience	20/2 M
Bacterial Vaginosis	20/3 M
Genital warts	8/3 M 22/4 S
Why genital warts heal slowly	13/4 M
Aldara cream for genital warts	13/3 M
Chlamydia	11 M
Gonorrhoea -and super-gonorrhoea in 2018	13/2. 33/1 L
Normal lumps in men and women	13/2 S 33/4 L
Fordyce, Milia, and vestibular papillomatosis	40/3 M
Pemphigus vulgaris and vestibulitis	13/2 S
Lichen sclerosus and lichen planus	15/4 M
3 other conditions inc. erythema multiforme (EM)	18/1 L
Respiratory simplex virus is not herpes simplex	18/4 M
Treating vestibulitis	19/1 S
Vulvodynia (pain in vulva)	21/1 L 23/3 M
Stevens-Johnson syndrome - a rare complication of hsv	28/2 L
Molluscum contagiosum	28/4 L
Bullous pemphigus	30/2 M
Meralgia paraesthesia / itching / total mystery all are:	31/1 S
Treating your vulva kindly	33/2 L 33/4 S
Mycoplasma Genitalium (MGen)	33/4 L

Monkeypox	37/1	M
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Pain – why we get it with herpes		16/2	M
simplex, what else could it be?		18/4	M
		26/3	L
Treatments for the aches and tingles caused by the virus		21/4	M
Pain all over - gets better with antiviral drugs		23/3	S
Pain recognised in a cold sore case		38/4	S

Perception & psychology: tackle anxiety, improve immunity		Journal:
Stress, illness and herpes simplex and stress management	1 to 3, 24/2, 31/2, 37/4 15/1+2, 17, 18/1 all are: 29/4 and others...	L M M
Let's get herpes into perspective	1 to 3; 27/4	M
Face it and it vanishes	4&5	M
The good, the bad and the ugly	7	M
Head over heart	8/4	L
Loneliness: a self-imposed exile? Your choice...	9	M
Grief, depression and coping strategies	10	L
Local contacts do help	11	M
Mind your language	11	L
Paul McKenna on 'thoughts control feelings'	12	S
Beyond trauma: can counselling help?	15/4	L
Always look on the bright side / Bad news, good news:	13/1	L
The name in Spain is clearly not a pain	13/2	S
Herpes – synonym for fear?	13/3	M
More sex, less herpes simplex	13/4	M
'Pot belly' didn't stop me: how to be positive, have fun	14/2	L
Soothe problems / Fight or flight: cortisol & symptoms	14/4	S
Face value: stigma and herpes simplex	15/1+2	L
What to do about depression	16/1, 22/4 both are	M
How not to worry	32/1	M
Stigma is addressed by US team	18/4	M
Dr Phil Hammond on 'stigma' and on STIs	17 18/1	M M
Break the cycle / Shift perception	18/1, 23/2, 37/4 all are	M
Fear – how to control it	19/1	L
Get talking, fight the stigma in your head	19/3 30/3	M L
It's how you say it	20/2	L
Why me - well, why not? / Anthony and the American way	20/3	M
CSF – all in the mind?	20/4	M
Get out more	21/3	S
Destigmatising herpes simplex	21/2, 30/4 both are	L
Laugh yourself better	21/2	L
Dr J Green: <i>Get your head around it</i> - 2 parts: 6 pages and 4 pages	21/3 21/4	L L
Blimey, I'm cured	22/3	M
Just call it "Susan"	23/4	S
NLP and EFT – two techniques to improve your outlook	23/1	L
A personal recipe for dealing with misfortune	24/3	L
Destigmatise HSV from USA / Claire Rayner's speech	25/3	L
Diamonds are like Herpes	25/2	L
How the stigma began	25/4	M
Sex after herpes – by Dr Nugent and Dr Ayling	25/4	L
Stuck, can't discard wrong ideas? Confirmation	26/3	L

bias!		
"Incurable" not really, that's not the right word	27/1	L
Facebook page – E-petition – Twittering	27/1	M
Fake Fiancée	27/2	M
Dr J Green: <i>STIs are normal</i> - 2 parts: 4 pages and 2 pages	27/2 27/3	L M
Seven steps to a happier you	27/3, 36/1 both are	M
10 ways to choose happiness / Grow a happier brain	30/2, 30/3 both	L
What "When will there be a cure?" really means	28/1, 32/3 both	M
Assertiveness is good	28/1	L
Shag a foreigner	28/1	M
Self-esteem? No? Try self-compassion	28/3,	M
Self-esteem - do you need more?	32/3, 35/4, 37/3, 40/3	L
Ella Dawson – young US woman goes totally public	30/2	L
Mindfulness and how it can help – Sarah Campbell	33/1	L
State of mind affects state of body – do something!	30/4 31/3, 31/4, 36/2 are	M L
Hillary Clinton on destigmatising herpes	31/2	S
Seduce with confidence!	32/1	M
A plea for sanity - break the stigma - by Sarah	32/2	L
Guilt	33/2	L
Detox your brain	33/3	L
How to take control of 'it' and your life, by Dena Michelli	34/2	L
Trauma - you can recover	34/3	L
Sex education - it could break the stigma	35/1	M
Evaluating what you read about science and medicine	35/1	L
Dating - for women (but men will learn from this)	35/2	L
Dr Colm O'Mahony - no need to disclose	35/3, 35/4 both are	L
Medicine Hesitant? / 'The best of times" (part 1)	35/3	L
Why think you have to be perfect?	36/4	L
Darn McCasslin – dating and perception	37/2	M
Watch your language – the words you choose matter	37/2	L
Let go 'limiting beliefs'	37/4	M
ChatGPT tells you about dating	38/1	L
Don't automatically believe herpes stories, check with us	38/2	L
How good will a new treatment/vaccine have to be?	38/3	M
Self-help: the 11 top tips	38/4	L
Influencer Bek Antonucci – we interview her	38/3, 38/4 both are	L
Marian talks about 'Sex, stigma herpes' at Conference	39/1	L
Write it out by Dr Phil Hammond	39/1	M
You are not your thoughts, manage your inner critic	39/1	S
You can 'outgrow' herpes / Is this fair?/ Having Herpes?	39/2	L
EVERY magazine after this one includes articles about the mental issues around having herpes and hot to cope, change thoughts, etc.		

Pregnancy and Childbirth		Journal:
Letters from new parents on their experiences	4&5, 13/3	S
Major articles on C-sections & neonatal herpes statistics	8/1&2	L
NICE rules: no C-section even when there is a recurrence	27/4	M
Pregnancy	14/4, 16/1 both are:	L
An up-date	23/2 29/2, 30/1 both are:	L S
'My story'	20/1, 27/4 both are:	L
Scaremongering baby deaths: from strangers' cold sores	33/2	L
Questionnaire analyses you answer:		Journal:
How did you catch it? How you treat?	1 to 3, 13/3	L

Members' opinion on clinics	1 to 3	L
Membership survey	6	L
Psychological implications of herpes simplex	7	L
Acyclovir use and doctors' attitudes	7	L
What members said about our possibly funding research	14/4	M
Your questions, some answered, some will be answered	15/4	L
Do you tell a partner? Have you had sex since?	19/3, 31/1	L
People's personal comments in the survey reported above	19/4	M
YouGov – national survey on attitudes to sex and herpes	39/1	L

for some reason	are:		
Chickenpox vaccine works on HSV	27/2, 33/3, 37/1		S
HSV529; and current vaccines under way; will they work?	35/4		L
Admedus – Frazer in Brisbane; Agenus; HerpV; Genocea; Sanofi Pasteur	29/1, 30/3 both are: 29/3		L M
Dr Halford's vaccine "a bit like the chickenpox one"	33/1, 36/3 35/4, 39/4		L M
Book review: diary of a man who had Halford's vaccine	36/1		L
Vaccine research and public attitude. US patient advocacy	38/1		L
Vaccine research	38/2		L

Research (see also Drugs, see also Vaccines)	Journal:
Gene therapy And CRISPR	8/4 33/4
£7 million on research	13/2
The Int. Herpes Management Forum (IHMF) – in Malta	15/3
Major scientific research	22/1, 39/2 15/4, 22/3, 25/2 all are:
Report from the IHMF in Paris	17
'Mystery callers' – our research into other helplines	19/1
How herpes simplex hides	21/1, 30/1 both are
Why are they researching?	27/3
From the IHMF 2005 and 2006: the virus can vanish, etc	21/3
£££ millions on how the virus works (and how to stop it?)	23/3, 29/4, 30/1 all are: 24/2, 24/3, 26/4, 27/3 all are:
Every magazine after 25/3 has pages of reports... Research into new drugs / ideas for research / vaccine trials reports:	

Reviews of books, with excerpts	Journal:
<i>Herpes – what it is and how to cope</i>	6
<i>How to recover from a broken heart & love again</i>	6
<i>SEXplained – uncensored sexual health guide</i>	11
<i>Feeling good</i> - the new mood therapy	11
<i>Herpes simplex</i> by T. Natasha Posner	12
<i>Embarrassing problems</i> - by Helen Knox	13/3
Approved self-help therapy books: worrying, anxiety, OCD.	21/1

Talking to a new partner	Journal:
Talking – your experiences	1 to 3
Members reports	4&5
Open letter to anyone in our situation	4 & 5
Talk, talk, talk: you'd be surprised	10
2 views: why should I, it's a cold sore/informed consent	12
Silver lining	12
How his patients tell new partners – Dr J. Green	18/1
Neuro-linguistic work	19/2
He or she's just not into you!	21/1
Letter to a "Wary Dater" from Cary Tennis	21/4
Advice from Roy and Phil	22/1
What I got from the Study Day	27/2
Why there's no one answer to "When shall I tell...?"	28/1
L Crouch: Think about this before 'the conversation'	31/2
Here's how I do it	39/3

Vaccine: protect your partner and/or treat you	Journal:
The vaccines under trial	21/2, 30/1 both are:
New ideas: note that no vaccine been put on the market yet – every trial has ended	22/1, 23/1, 23/2, 23/3, 25/2, 25/3 are: 24/2, 24/3, 24/4, 25/4, 26/2, 28/2 are: 29/4, 30/3, 31/3, 32/1, 34/3, 35/1, 35/3, 36/4, 37/2, 38/2, 39/2 all are 32/2, 32/3, 33/2, 37/4, 38/1/ 40/3 all