

from the family physician

COLD SORES. HERPES LABIALIS. (SIMPLEX)



In many patients under stress, cold sores keep recurring inconveniently, and are both irritable and painful as well as unsightly. These may appear anywhere around the mouth area, on the lips, nostril or the lower cheek. Many treatments even using the modern acyclovir tablets seem to have little effect.

In the distant past, Dr Gordon Leitch reported (Nor. West Medicine Journal, April 1953) that Vitamin B12 (1mg) by injection had indeed cured a clergyman of his lesion. This then is worth trying again, perhaps at the onset of such a lesion.

A local treatment for each lesion can also be useful. A solution of 10% Tannic Acid in 50% alcohol or water can be made. Then dab each spot with this, using the cut-off end of a tooth-pick. In addition, Viru-Merz gel is often found more useful than the acyclovir creams. SMA