**Facts About Genital Herpes:**

- **Genital herpes is one of the most common sexually transmitted diseases in the United States.**
- **Approximately one in five or about 50 million Americans are infected with genital herpes.**
- **Nearly 10 percent of people affected with genital herpes may not know that they have genital herpes.**
- **Anyone who is sexually active with an infected partner can get genital herpes.**
- **Women get genital herpes more often than men.**

...is being done on new treatment options to make managing genital herpes more convenient for patients like me,” Gina said. 

Novartis Pharmaceuticals Corporation, the maker of Famvir, filled a supplemental new drug application (sNDA) with the U.S. Food and Drug Administration (FDA) for a single-day Famvir treatment indication in the fall of 2005.

“Millions of Americans are living with this condition and trying to cope with the pain and discomfort each outbreak brings,” said Alex Gorsky, Chief Executive Officer, Novartis Pharmaceuticals Corporation. “We are responding to those with recurrent genital herpes to bring them a single-day treatment option that can actually prevent their initial symptoms from becoming a full outbreak. This study with single-day Famvir underscores our commitment to continue to make BGH more manageable for Americans living with this condition.”

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RGH is caused by the herpes simplex virus (HSV). There are two types of HSV: HSV-1, which causes fever blisters or cold sores, and HSV-2, which causes most cases of RGH. RGH is usually spread by having vaginal, anal or oral sex with a person who has HSV. Anyone who is sexually active with an infected partner can get genital herpes. Moreover, once a person contracts RGH, the virus stays in the body for life.

There is no cure for RGH. Pre-cription antiviral treatments are available to help treat RGH outbreaks. The majority of RGH patients receive episodic therapy, which requires patients to take medication in the event of an outbreak, over the course of three or five days. Patients can also be treated with suppressive therapy.

Common symptoms of an RGH outbreak can include itching, pain, burning, tingling and tenderness in patients with RGH. Symptoms such as discharge from the penis or vagina, burning and/or pain when urinating are also common. If you have a history of RGH, you should contact your healthcare professional if your symptoms are severe, there is a change in the color or consistency of your discharge, or if your symptoms are persistent.

On The Go—Microwaveable bowls of soup are low in calories, inherently healthful and ready in less than two minutes.

- **Soup Up Your Lunch**

(NAPSA)—If you take a half hour or more out of your day for lunch, you are part of a growing trend of Americans searching for quick, convenient and healthful foods. In a recent poll, 55 percent of workers said they have a half hour or less for lunch. Interestingly, women are much more likely to take shorter lunches (61 percent vs. 48 percent). Regionally, workers in the Northeast are more likely to take shorter lunches (67 percent vs. 48 percent). Regionally, workers in the Northeast are more likely to take shorter lunches (67 percent vs. 48 percent). The shrinking lunch hour has created a mealtime dilemma—how do busy people find something that’s quick, tasty and great? Health experts nationwide agree that ready-to-eat meals can be healthful. Many meals are convenient and contain important nutrients, have quality ingredients, and contain low calories. In fact, there are many new items available at Healthy Choice, for example, has introduced soup in microwaveable bowls that serve as a great source of flavor and pantry staple for people on the go.

The microwaveable bowls are available in three flavorful varieties: Old Fashioned Chicken Noodle, Country Vegetable and Chicken Soup with rice. Nutritionists point out that every spoonful contains such quality ingredients as tender chunks of white-meat chicken, a medley of garden vegetables, and herbs and spices. Each serving is a good source of fiber, contains 110 calories and is low in fat. For more information, visit www.healthychoice.com.