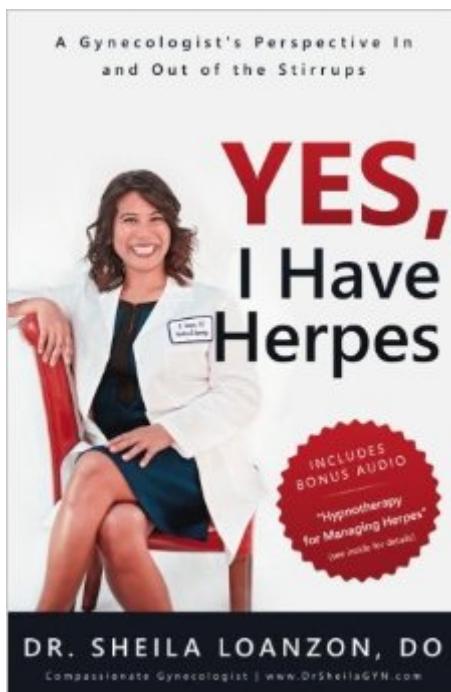


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# Yes, I Have Herpes: A Gynecologist's Perspective In And Out Of The Stirrups



## **Synopsis**

Yes, I Have Herpes is a phenomenal resource from a medical perspective. It dispels myths, shares facts, and provides physical and emotional treatments for patients who don't always get the education and information from their doctors. But just as important, Dr. Loanzon shares how she got herpes, how it's affected her relationships and self-esteem, and how it became a part of who she is and her journey toward enlightenment, love, and happier relationships.

## **Book Information**

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## **Customer Reviews**

Just read Dr Loanzon's book and it is fantastic! It's a fast read, and I feel like I just had 4 hrs of therapy because I could relate to many of her struggles even though I am older. I will be practicing some of the tools she suggests to live an emotionally healthy life. The book is so much more than the title, though I found the medical information fascinating. It is a must read for women of all ages, even those of us without Herpes.>

Inspiring! It takes courage to divulge something so personal and private to the whole world at the risk of being judged. Dr. S did this in such a positive light and with just the right touch of humor. Her compassion is so compelling and her honest revelation is awe-inspiring. I hope her story helps debunk the social stigma associated with not only STD's but also cancer, substance abuse, mental illness, you name it. Dr S, your story touched me in more ways than I can explain. I felt your pain but also felt your heartfelt desire to help others. I wish there were more doctors like you out there! I think

I became a more open-minded after reading your book, I am getting another one for our daughter to keep. This book is something every adolescent and every parent raising one should have. Thank you for sharing your wisdom and experience with us but most of all thank you for your motivating young people to find their self-worth....

Very real and honest. The story was compelling from the beginning (I couldn't put it down!) and I felt like she knew EXACTLY what I have gone through. I like the self help part, don't get that with a doctor perspective in other books.

Dr. Sheila Loanzon offers a frank discussion of what it means to have herpes, both as a doctor and someone who manages the virus herself. Drawing from her own experience, Dr. Loanzon answers the questions any sexually active person has asked themselves. Through her personal journey, she knows that this most people feel ashamed and embarrassed. Dr. Loanzon offers sound medical advice of how to navigate herpes outbreaks and reassuring her readers that a virus does not define them and they are not alone. Excellent advice that should be read and shared with your family, friends, medical colleagues - everyone!

Dr. Loanzon tackles a topic that lacks a voice in mainstream media and culture, but that affects us all in some way. She does an excellent job of making herpes understandable medically and begins to chip away at the stigmas that unnecessarily impede dialogue about the topic. Her story is personal, well written, and relatable. This book is a must read for all, to both provide advice for patients and insight for everyone about how to live and love in an era where herpes is so pervasive and treatable.

This is an excellent book for anyone struggling with a recent or past diagnosis or just looking for some accurate education on this common disease to help someone they know living with it. Dr. Sheila Loanzon takes you on her personal journey and helps you understand both the medical and also emotional side of this disease. After reading her story you will feel not only the empathy and compassion she has for her patients, but also how she is helping the public to become more aware and understanding that this disease is nothing to be embarrassed about. I feel this book will help others with love, relationships and acceptance while also helping with communicating freely with their partners, friends, and family members or anyone that has been diagnosed with this. I highly recommend this book.

Really great book! I like how this is written from the heart and really shows a woman's journey through being diagnosed with herpes. It's not just focusing on the medical aspects of it like most books but the emotional and dating as well. I love that Sheila is so honest in her story and a doctor because it reminds us that they are people too and go through the same journey as patients when dealing with their health. It reminds us that no one is immune to anything.

Not only has Dr. Loanzon written an informative and honest book about herpes, she has also written a book about real life struggles with self esteem, self worth, self love and self acceptance. Anyone who has dealt with any of these will find comfort, guidance and helpful suggestions while reading this book. With her grace, honesty, vulnerability and compassion, Dr. Loanzon takes a difficult diagnosis and shares information and tools derived from both her personal and professional experience. I recommend this book to anyone looking for a great read and/or looking to further their knowledge on this highly relevant topic.

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