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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

Raised in San Jose, California Dr. Sheila Loanzon completed an undergraduate degree in Biochemistry at Vassar College in Poughkeepsie, New York in 2002. Shortly after graduation, she traveled as a Delegate to the International Mission on Medicine to China based on academic achievement, leadership ability, and dedication to the medical profession. During this short four-week course, Traditional Chinese Medicine taught the governing philosophy that the body is whole, intimately connected, and has the potential to cure its own diseases. Dr. Loanzon discovered that nontraditional medicine and Western medicine should exist side by side, as both have their advantages, and thus her interest in osteopathic medicine began. Dr. Loanzon graduated medical school in 2007 from Western University-College of Osteopathic Medicine of the Pacific in Pomona, California and completed an Obstetrics and Gynecology residency at Saint Francis Hospital in Evanston, Illinois, graduating as Chief Resident. In 2011, she joined a large multispecialty medical group performing complicated gynecologic surgeries as part of the select, minimally invasive

surgical team, growing a full practice with beloved patients, and delivering care in the office and in Labor and Delivery. Her interest in obstetrics and gynecology melds intellectual challenge, connected continuity of care, and comprehensive surgical and medical care for women from childbearing age through the postmenopausal years. Her goal is to provide tailored, effective medical attention to women in need.

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.

As someone who works in the sexuality field, I cannot say enough good about this book! With vulnerability and poignance, Dr. Loanzon shares her own journey with the common and stigmatized STD, then weaves practical insight and how-tos with sound medical information anyone affected by herpes can appreciate. More than a guide on navigating the disease -- though it is definitely that -- "YES, I Have Herpes" paves the way for self-care and compassion. At the heart, it lets readers know that they are not broken; societal messaging that suggests otherwise is.

Nothing new here, more memoir than useful information. However, kudos to her, a healthcare professional, openly admitting she has herpes. As more and more people do this, hopefully the stigma around herpes will one day disappear, and it will be relegated to the same bothersome status as its twin, the cold sore.

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....

This book is the best I've ever read on HSV. This book is a very easy read, not too advanced so readers can understand medical terminology, and shares very insightful, important information. I read this book within a day and I DO NOT read unless I absolutely HAVE to. I love how the perspective comes from a physician who has both clinical and patient point of views, being diagnosed with HSV herself. Dr. Loanzon is an incredibly kind, sweet, and caring person who is making huge strides for HSV. She not only has written this #1 selling book, but she now has a Facebook page with support, information, and resources for some very common questions that many may have. It is wonderful to see someone have enough courage to share with the public their diagnosis AND offer her help to others. The truth of the matter is, this virus is way more common than people realize and over stigmatized. Nobody wants to openly discuss their diagnosis but I applaud Dr. Loanzon for doing so and for this wonderful support system she has started. Please consider purchasing this book if you are looking for accurate information, ways to cope, or helpful advice on this matter. You will not be disappointed, I promise!

This book was written by a GYN at the same company that I work for. It is very informative and written in such a way that is easy to understand. The writing is down to earth and relatable.

This book was really good. It's a very easy read. I read it in 1 weekend! Definitely could have used this when I 1st got the news. I recommend this book for anyone who just got diagnosed, is wondering what to do now, or is suffering with self-worth issues. This book helps you feel better about yourself and your future. Read It!

This book is really this Dr's biography about her experience with herpes and what appears to have been a cathartic exercise for her to come clean. I would have much preferred to read more about how to manage the virus naturally since antivirals don't work for so many people, ESPECIALLY around managing the emotional aspect and the influence that has on our symptoms. There's plenty of information out there already about how the virus is transmitted, signs/symptoms, etc. I also did not like reading about the experiences of rejection she got. I get she wants to share her experience in full but given most people are likely buying this book to feel more in control and more hopeful, detailing those negative encounters doesn't help anyone.

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