Comfort Zone

February 1, 2000

I can’t live without my lip salves. Ever since my doctor told me not to use just one kind because you can become allergic or resistant to it, I alternate three: **Carmex**, Neutrogena and Blistex. I’ve got one in my purse, one at work and one on the coffee table at home—I keep my lips lubricated all the time. Most of us who have HIV have to drink so much water with our meds that it dehydrates the lips. Besides, we’re much more susceptible to any kind of skin problem, including painful, cracked lips. I once had scabs on my lips, and everybody thought it was herpes. But it was just dry lips. Putting salve on really soothes them. I probably wouldn’t enjoy kissing my grandkids with sore lips.

—Sue Saunders
Ft. Lauderdale, Florida

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/article/Comfort-Zone-10551-3452