

My Action Plan

- I will talk to my doctor about getting the HPV vaccine.
- I will talk to my child's doctor about having my child vaccinated to lower their future risk.
- I will talk to my doctor about getting a Pap and/or HPV test.
- If I have sex, I will use a condom to lower my chance of an HPV infection.
- When I visit my dentist, I will ask them to do an oral exam

What are the screening tests for HPV? When do you get them?

Screening tests look for health problems when there are no symptoms. This helps us find them early when they are easier to treat and cure. There are screening tests for HPV, and for cancers linked to HPV, like cancer of the cervix.

Pap Test

During a Pap test, a small brush is used to gently scrape cells from the cervix and vagina. These cells are looked at under a microscope to see if they are abnormal. If you have a cervix, you should start getting Pap tests at age 21.

HPV Test

A HPV test is the same process as a Pap test, except it looks for the virus in your cervix. People age 30-65 should talk with their doctor to see which testing option is best for them.

The only tests approved to find HPV are for people with a cervix. But other HPV cancers are also easier to treat when found early. While there is no routine screening test for these cancers, you can get a yearly oral (mouth) exam from your dentist or doctor.



Human Papillomavirus (HPV)

Where can I get more information?

For an appointment call
1-888-369-2427 (888-FOX-CHASE)
or visit www.foxchase.org

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Know the Facts...



What is HPV?

HPV, short for human papilloma (pap-uh-LO-muh) virus, is a group of more than 200 related viruses. It is the most common sexually transmitted infection in the U.S. 8 out of 10 people will get HPV at some point in their lives.

How is HPV Spread?

HPV is easily spread from sexual skin-to-skin contact with someone who has it. It can be passed even when a person has no signs or symptoms.

- Hand to genital contact
- Vaginal, oral, anal sex
- Any other contact with the genital area

Does HPV cause health problems?

In most cases, HPV goes away on its own and does not cause any health problems. But when HPV does not go away, it can cause genital warts and cancer. In fact, HPV causes over 36,000 cases of cancer in men and women in the U.S. each year.

Different types of HPV cause these health problems.

Cancer

Many types of HPV can lead to cancer, but HPV 16 and 18 cause most of the cases. After a person gets HPV, cancer can often take years, even decades, to grow.

The types of cancer caused by HPV are:

- Head and Neck (mouth and throat)
- Cervical
- Anal
- Vulva
- Penile
- Vaginal

Genital Warts

HPV 6 and 11 cause most cases of genital warts. Warts most often appear as a bump or group of bumps in the genital area and can show up weeks, months, or even years after being exposed.

Warts can be:

- small or large
- raised or flat
- skin-colored or whitish



What can I do to lower the risk of HPV for me and my family?

- Know that most cancer caused by HPV infection are spread through sex.
- Use a latex condom every time you have sex to lower your chance of getting or spreading HPV. But this is not a guarantee. HPV can affect skin areas not covered by a condom.
- Know that birth control pills will not protect you from HPV.
- Limit the number of people with whom you have sex with. The more partners you have, the greater your risk of getting HPV.
- **Get Vaccinated!** If you have children (girls or boys), protect them by getting them the HPV vaccine between ages 11-12 (you can start as early as 9). They should have 2 shots 6 months apart. The vaccine is approved up to age 26 but remember the goal is to get the shots before the person has ever had sex.

Is the vaccine safe?

The vaccine is very safe! It prevents more than 90% of HPV cancers when you get it at the recommended age. The best way to protect your child from HPV cancers later in life, is to vaccinate them on time!