



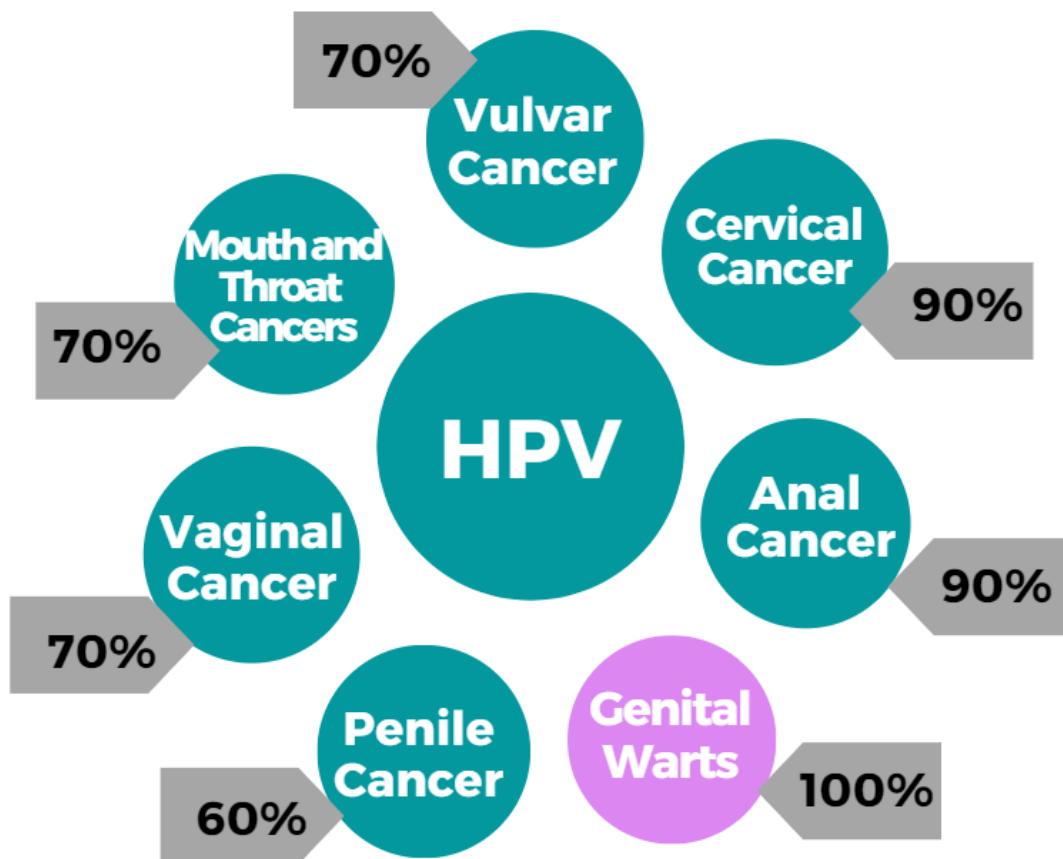
# HPV Vaccine is Cancer Prevention



# What is HPV?

The Human Papilloma Virus (HPV) is a common virus that can lead to several types of cancer.

## HPV causes more than cervical cancer



## Percentage of cases attributed to HPV

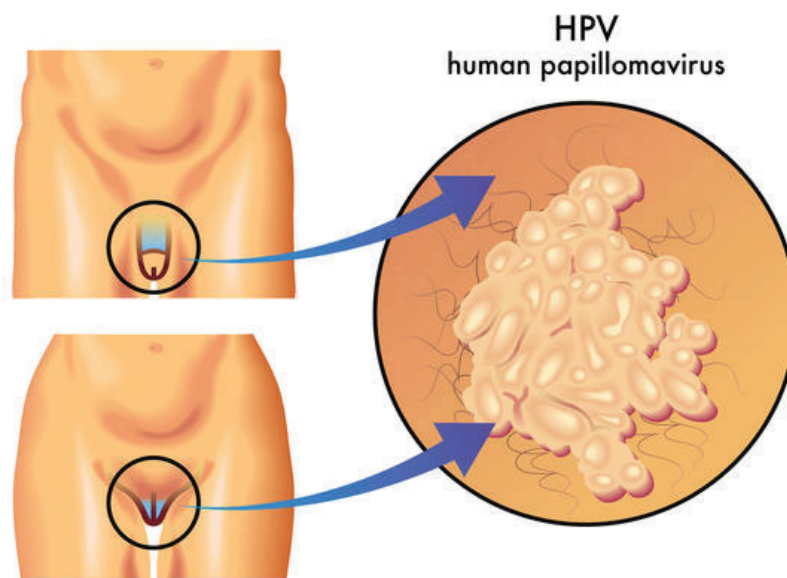
Source: <https://www.cdc.gov/cancer/hpv/statistics/index.htm>

- Cervical cancer is the most common HPV cancer in women. Arkansas has one of the highest rates of cervical cancer in the U.S.
- Mouth and throat cancers are the most common HPV cancers in men. Arkansas also has one of the highest rates of mouth and throat cancer in the U.S.

# HPV Can Cause Genital Warts

## What are genital warts?

- They appear as bumps in the genital area.
- They can be small or large, tall or flat, or shaped like a cauliflower.
- Genital warts can be treated. If you think you may have genital warts, tell your doctor. Your doctor will be able to look at the bumps and tell if they are genital warts.



# How is HPV Spread?

## **HPV is spread through skin-to-skin contact.**

- HPV can be spread even when an infected person has no symptoms.
- 80 percent of people will get HPV at some point in their lives.

In most cases, the body kills HPV and the virus does not cause any health problems. Sometimes, HPV stays in the body for a long time and does not go away. If the virus does not go away, it can damage your cells and cause cancer. There is no way to know which people with HPV will develop cancer.



# HPV and Health

## What can I do to protect myself?

- **Use condoms.** Condoms do not completely protect from the virus, but they do decrease the chance of getting it.
- **Ask your doctor about regular screenings.** Women can be screened for cervical cancer with a test called a Pap test. Regular Pap tests can find small problems before they get big. At this time, there are no easy tests to find HPV cancers other than cervical cancer.
- **Get vaccinated.** The key to preventing HPV infections that cause cancer is to get vaccinated. The vaccine protects against 9 types of HPV—7 that cause cancer and 2 that cause genital warts.

### HPV VACCINE IS CANCER PREVENTION

HPV vaccine protects against HPV types that most commonly cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers.

Every year in the U.S., 27,000 people get cancer caused by HPV.



That's 1 person every 20 minutes of every day, all year long.

Most of these cancers can be prevented by HPV vaccine.

## What can I do to protect my children?

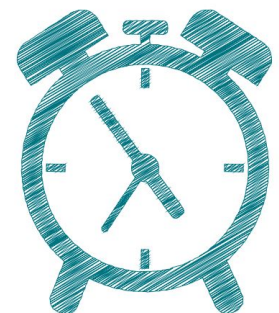
**Get them vaccinated.** The key to preventing the HPV infections that cause cancer is to get your sons and daughters vaccinated before they're exposed. Once they're infected, the vaccine doesn't help.

## Who should get the HPV Vaccine?

- The HPV vaccine works best when given between ages **9 and 12**, for boys and girls.
- Men and women through age 26.
- Adults age 27 - 45 who had not adequately been vaccinated make shared decisions with their health care provider about getting the HPV vaccine.

### DID YOU KNOW...

The American Cancer Society recommends that boys and girls get vaccinated against HPV between the ages of **9 and 12** to help prevent six types of cancer later in life.



# How Many Doses of the Vaccine Will I Need?

- Boys and girls who get their first dose before their 15th birthday need only 2 doses given 6 to 12 months apart.
- If you get your first dose of the HPV vaccine after your 15th birthday, you will need 3 doses. Your second dose will be 1 to 2 months after your first dose. Your third dose will be 6 months after your first dose.
- There are situations when children under the age of 15 will need 3 doses.
- Each dose is given as a shot in the upper arm.



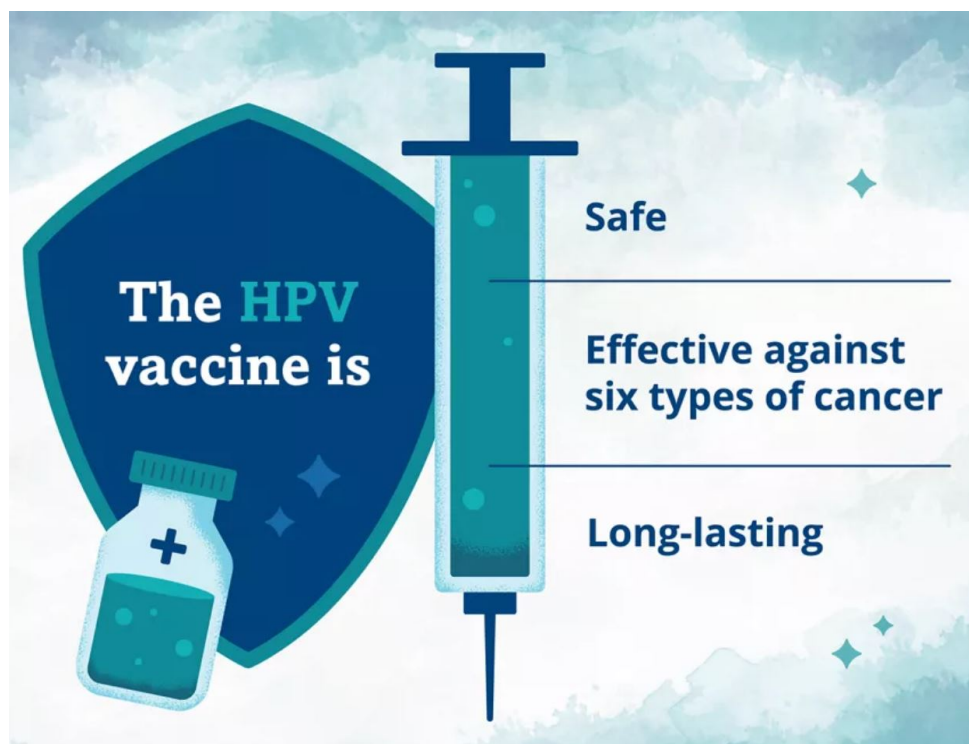
# Let's Talk About the HPV Vaccine

## Who should not get the HPV vaccine?

- Anyone who has had a severe allergic reaction to a previous dose of the vaccine.
- Anyone who has a life-threatening allergy to any ingredient in the vaccine.

## Is the vaccine safe?

Yes, the CDC and FDA have reviewed the safety information for the HPV vaccine, and it has been shown to be safe. The HPV vaccine is made from one protein from the HPV virus that cannot cause HPV infection or cancer.





# Does the Vaccine Have Side Effects?

The HPV vaccine may have side effects for some people. Side effects are a result of your immune system working.

The most common side effects of the HPV vaccine are:

- Pain, redness or swelling in the arm where the shot was given
- Fever
- Headache or feeling tired

Fainting after a shot is common in some teenagers, but it can also happen to adults. To avoid fainting, you should sit down for 15 minutes after the getting the HPV vaccine.



# Where Can You Get the HPV Vaccine?

You can get the HPV vaccine at the following locations:

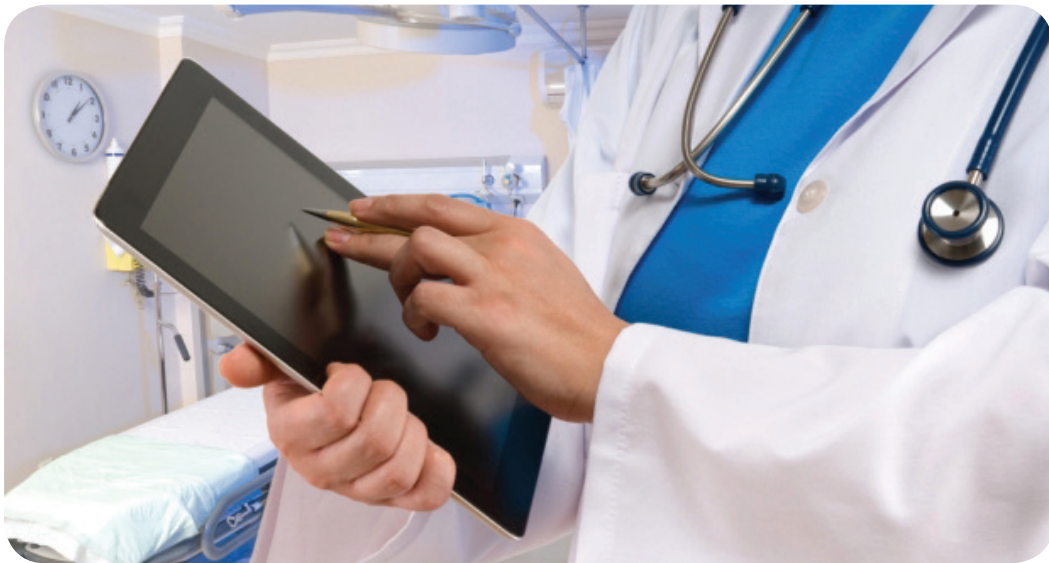
- Your doctor's office
- Your pharmacy
- Any Arkansas Department of Health local health unit



# Questions? Fears? It's okay!

It is normal to have questions or fears about vaccines. Talk to your doctor, nurse or pharmacist. Ask questions.

- What does your doctor say about the HPV vaccine?
- What do your family and friends say about the HPV vaccine?
- Who do you trust with your health? Why?



# Testimonials



**“As a mom of two teenagers, I made sure both my son and daughter completed the HPV vaccine series as soon as possible. I believe it’s my responsibility as a parent to do everything I can to keep them safe and healthy, so a vaccine that helps prevent certain types of cancer is a must for our family.”**

Aimee Olinghouse  
Little Rock, AR



**“I received the HPV vaccine my freshman year in college. I really didn’t know much about HPV until my doctor suggested I should receive it. When I learned that the HPV virus causes some serious health problems, I wanted to protect myself against the virus and reduce my risk from certain HPV-related cancers. I’m a firm believer in protecting myself from all preventable illnesses and protection against HPV is made possible through the HPV vaccine!”**

Victoria Russell  
Little Rock, AR

# Websites

**You can find reliable information about HPV  
on the following websites:**

**<https://www.cdc.gov/hpv>**

**<https://medlineplus.gov/hpv.html>**

**or by visiting your local library.**

# Questions about HPV vaccine?

Talk to your doctor, nurse or pharmacist.

For more information contact:

Arkansas Immunization Action Coalition  
417 S. Victory Street  
Little Rock, AR 72201-2923

[www.immunizear.org](http://www.immunizear.org)  
[info@immunizear.org](mailto:info@immunizear.org)

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