

HUMAN PAPILLOMAVIRUS

WHAT TEENS SHOULD KNOW

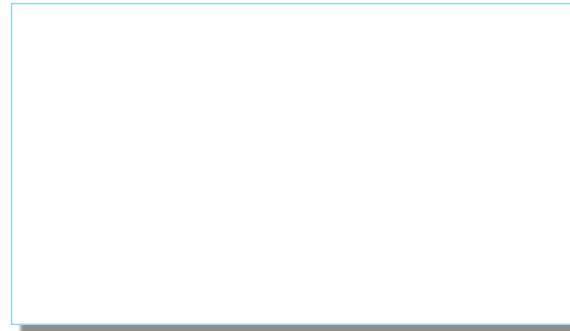
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For more information about HPV, please visit the TEAM UP Tennessee HPV Toolkit website:

<http://teamup.tennessee.edu/hpv>.

This publication is brought to you by TEAM UP Tennessee, a statewide partnership of organizations teaming up to promote cancer education and screening.



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My friend's parents won't let her get the vaccine because they say it isn't safe — is this true?

The vaccine is safe and effective. Serious side effects are very rare. The agencies that judge the safety of vaccines monitor the reports of negative side effects closely and continue to support the vaccines as safe for their intended use.

If I get this shot, will it make me look like I sleep around?

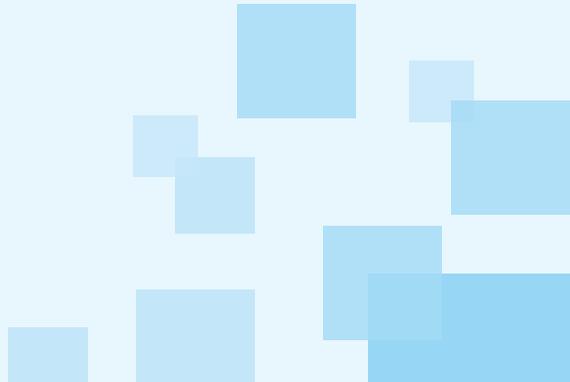
No. The shot works best before you are exposed to any strain of HPV, which is why the vaccine is recommended for young people. Getting the shot does not mean that you sleep around or that your parents don't trust you. It is just a good health measure to prevent future disease.

How do I talk to my parents about getting the vaccine?

Your parents may not know about HPV or the HPV vaccine. Share what you know with them. The website listed at the end of this publication contains a "parents" section that describes both HPV and the HPV vaccine. Sharing with your parents your interest in this subject is a great starting point to open the door of communication.

Get all three shots!

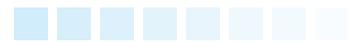
If your parents give permission for you to get the vaccine, it is important that you receive all three of the recommended shots. The second shot is given two months after the initial dose and the third shot is given six months after the initial dose. The receptionist at your doctor's office can help you to set up future appointments. There is also a website available (www.gardasil.com/what-is-gardasil/3-is-key/three-is-key) that allows you to set e-mail or regular mail reminders about your future doses of the vaccine.





Wow ... this is an exciting time in your life! So many new experiences and so much potential for the future. Now is also a time when you are confronted with some personal decisions that require careful thought — like how you decide to protect yourself against human papillomavirus (HPV). Consider the following information as you choose your defense against HPV.

What is HPV?



HPV stands for human papillomavirus. HPV is an infection that affects both males and females and is transmitted when you have sex.

How does a person get HPV?



Genital HPV is spread very easily from skin-to-skin contact. HPV can also be spread by oral sex.

Are there different types of HPV?



Yes. In total, there are more than 100 types of HPV. About 40 types of HPV affect the genital tract and are sexually transmitted. Some of these types are **high-risk** and others are considered **low-risk**.

Why should I be concerned about HPV?



Low-risk types of HPV can cause genital warts in males and females. **High-risk** types of HPV can lead to several different cancers. The most common cancer related to HPV is cervical cancer in females. HPV can also lead to cancer of the vagina, vulva and anus. In males, HPV can lead to penile and anal cancer. Recent findings have linked HPV to head and neck cancers in both sexes and also to certain types of lung cancer.

Am I at risk for HPV?



Any person who is sexually active is at risk for HPV. More than 50 percent of sexually active people will have HPV at some point in their lives. Many people who have HPV are unaware and continue to spread it. A recent study of 14- to 19-year-old girls revealed that 1 in 4 had a sexually transmitted disease (STD) and the most common infection was HPV.

How can I avoid HPV?



While the risk of getting HPV is high, there are measures that you can take to lower your risk:

- **Sexual abstinence** is the only sure way to avoid exposure to HPV.
- **Condoms** are able to prevent about 70 percent of the risk of infection. However, it is still possible to transmit HPV because not all areas are fully covered by a condom.
- There are two **vaccines** available that help to prevent HPV:
 - **Gardasil** provides protection against four strains of HPV that cause 70 percent of cervical cancer and 90 percent of genital warts. Gardasil is approved for males and females aged 9-26.
 - **Cervarix** provides protection against two strains of HPV that cause 70 percent of cervical cancers in women. Cervarix is approved for use in females aged 10-25. Cervarix has not yet been approved for use in boys.

Remember, if you are under the age of 18, your parents will have to give permission for you to get the vaccine.