



HPV (HUMAN PAPILLOMAVIRUS)

HPV infection is a common viral infection that infects teens and adults. There are over 100 strains of HPV. According to the CDC, about 13 million people are infected with HPV every year.

HPV commonly causes skin or mucous membrane growths (warts). Some types of HPV infection cause warts, and some can cause cancer.

Warts from HPV include common warts (on hands and fingers), plantar warts (on the feet), flat warts, and genital warts (small cauliflower-like bumps or tiny stem-like protrusions on the vulva/vagina/anus in women, and on the penis/scrotum/anus in men).

Genital warts rarely cause discomfort or pain, though they may itch or feel tender.

Call UHS with any questions, or to schedule an appointment for:

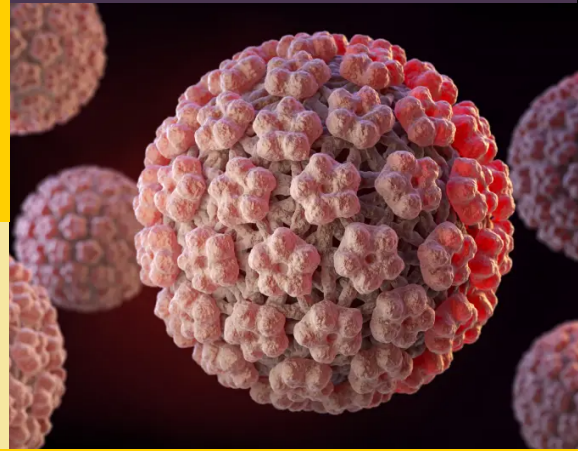
- regular female exam (pap smear)
- STI screening

HPV is highly contagious and is spread by direct contact with a wart or HPV through sex (oral, vaginal and anal). You can reduce your risk of developing genital warts and other HPV-related genital lesions by:

- getting vaccinated
- being in a mutually monogamous sexual relationship
- reducing your number of sex partners
- using a latex condom can help reduce your risk of HPV transmission, but there are areas on the skin that are not covered by condoms, so transmission can still occur even with perfect condom use.

Vaccination against HPV:

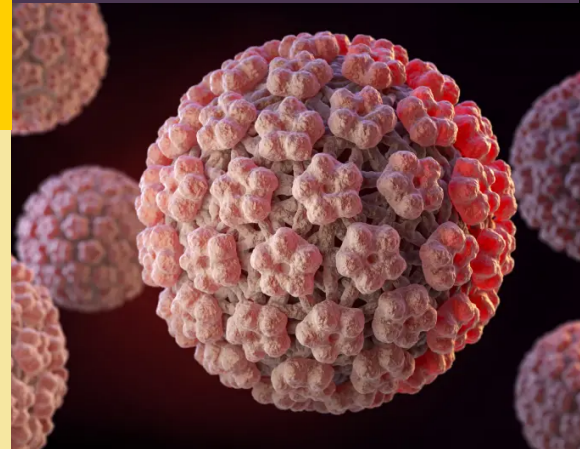
- Vaccination against HPV offers safe, effective and long lasting protection against cancers caused by HPV. HPV vaccine has a reassuring safety record that's backed by 15 years of monitoring and research
- Most children are vaccinated at 11 or 12 years old. Getting vaccinated prior to sexual activity helps offer protection and prevent cancer long before ever being exposed to the virus
- Gardasil 9 is an HPV vaccine approved by the U.S. Food and Drug Administration and can be used for males and females to protect against cervical cancer and genital warts. The Gardasil vaccine is available to males and females ages 9-45.





HPV and CANCER

Some types of HPV can cause cervical cancer, cancers of the anus, penis, vagina, vulva and back of the throat (oropharyngeal). However, most HPV infections don't lead to cancer, and *by following the recommended prevention and screening*, cancer is extremely unlikely.



Cervical cancer:

Nearly all cervical cancers are caused by HPV infections, but cervical cancer may take 20 years or longer to develop after an HPV infection. The HPV infection and early cervical cancer typically don't cause noticeable symptoms.

Screening:

Because **early cervical cancer doesn't cause symptoms**, it's vital that women have regular **screening tests (pap smear) starting at the age of 21** to detect any precancerous changes in the cervix that might lead to cancer.

Risk Factors for HPV:

- **Number of sexual partners.** The more sexual partners you have, the more likely you are to contract a genital HPV infection. Having sex with a partner who has had multiple sex partners also increases your risk.
- **Age.** Common warts occur mostly in children. Genital warts occur most often in adolescents and young adults.
- **Weakened immune systems.** People who have weakened immune systems are at greater risk of HPV infections. Immune systems can be weakened by HIV/AIDS or by immune system-suppressing drugs used after organ transplants.
- **Damaged skin.** Areas of skin that have been punctured or opened are more prone to develop common warts.
- **Personal contact.** Touching someone's warts or not wearing protection before contacting surfaces that have been exposed to HPV – such as public showers or swimming pools – might increase your risk of HPV infection.

Check out the latest updates and more details:

CDC - HPV



Mayo Clinic - HPV Infection



CDC - HPV Vaccine