

# CANCER PREVENTION for your child starts at the DENTIST!



## HPV: Human Papillomavirus and the Cancer Connection

HPV (Human Papillomavirus) is spread by intimate skin-to-skin contact.

Nearly 79 million people in the USA are infected, often without knowing it.

Some types of HPV can infect parts of your body and cause cancer of the tongue, tonsils, throat, cervix, vulva, vagina, anus, and penis.

Almost 31,000 people a year will develop one of these cancers.

In the last 20 years, oral cancer cases have more than tripled in the USA.

**DOCTORS RECOMMEND THAT BOYS & GIRLS AGE 11-12 RECEIVE THE HPV VACCINE TO PREVENT CANCER. TALK TO YOUR PEDIATRICIAN ABOUT GETTING THE HPV VACCINE.**

Look for this brochure to find out more



Understanding  
**HPV & Cancer**  
at the dentist



**HPV**

Human Papillomavirus and  
Reducing Your Cancer Risk



For more information about HPV-related cancers and cancer prevention, contact Team Maureen.

TeamMaureen.org  
info@TeamMaureen.org  
PO Box 422, N. Falmouth, MA 02556

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™  
Massachusetts Chapter



# Tips for Talking about HPV at the Dentist

Although dentists and hygienists know the importance of oral cancer screenings and the role HPV vaccination plays in cancer prevention, it can be difficult to know how to talk about it.

## HOW DO I START THE CONVERSATION?

“Did you know that your pediatrician recommends a vaccine that can prevent HPV, and that HPV can cause cancer? Your child is the right age to be vaccinated. It’s time to ask your pediatrician about it.”

### PARENTS MAY ASK...

What is HPV?



### YOUR ANSWER...

HPV (human papillomavirus) is the most common sexually transmitted infection in the USA. It can cause genital warts and many types of cancer, including oropharyngeal and cervical.

### PARENTS MAY ASK...

How common is HPV and HPV-related cancer?



### YOUR ANSWER...

Nearly everyone will have HPV in their lifetime, usually with no symptoms or treatment needed. But HPV does cause 31,000 cancer cases each year in the USA, about 11,000 of which are oropharyngeal cancers.

### PARENTS MAY ASK...

Why is it important now?



### YOUR ANSWER...

If administered before age 15, the immune response is so strong that boys and girls only need a 2 shot series. After age 15, they need 3 shots to have the same response and protection.

### PARENTS MAY ASK...

Is the vaccine safe?



### YOUR ANSWER...

Over 170 million doses of the HPV vaccine have been given and no serious safety concerns identified. The most common side effect is soreness at the injection site.

### PARENTS MAY ASK...

Is the vaccine effective?



### YOUR ANSWER...

The vaccine protects against the types of HPV that cause oral cancers. Studies show that the majority of cervical and anal cancers and up to 90% of genital warts can be prevented with the vaccine.

### PARENTS MAY ASK...

Who needs the vaccine and how much does it cost?



### YOUR ANSWER...

All boys and girls ages 11-12 should be vaccinated. Like other vaccines for children in Massachusetts, it is universally covered regardless of insurance.



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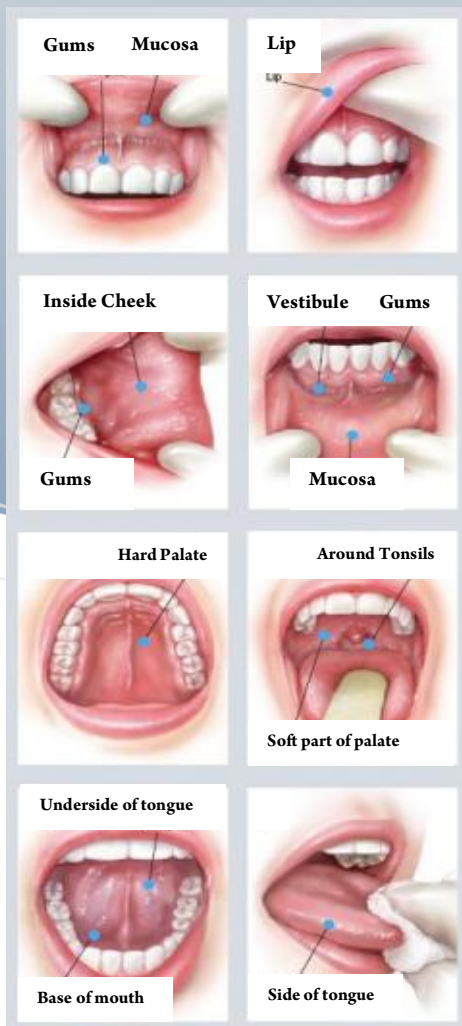
American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN



Massachusetts Coalition for  
HPV/HPV-RELATED  
CANCER  
Awareness

## You should perform an oral cancer self-exam each month. Here's how:

- Immediately after a dental exam, do a thorough self-exam to see what is "normal" for you.
- Feel your neck for any lumps
- Examine your lips, cheeks, and gums
- Use a flashlight to examine the top, sides, and underneath your tongue, the back of your throat and roof of your mouth.
- Be aware of changes in color, texture, or lumps.



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## Understanding HPV & Cancer at the dentist



### HPV Prevention is just one part of oral health.

You should also:  
Brush and floss regularly.  
See your dentist regularly for an oral cancer screening during your exam.

### Contact us at:

HPVCoalition@gmail.com or  
www.TeamMaureen.org/Coalition



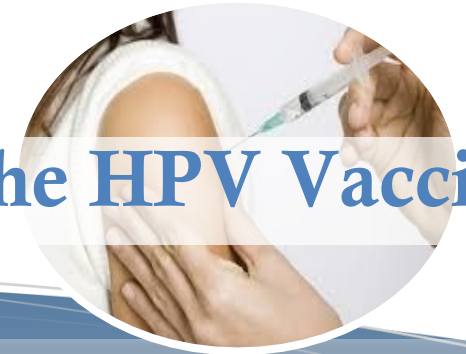
# HPV

Human Papillomavirus and  
Reducing Your Cancer Risk

# What is HPV?

## The HPV Cancer Connection

## The HPV Vaccine



The HPV vaccine is given in a series over 6 months.

### WHO SHOULD BE VACCINATED?

- **Girls:** age 9-26; **Boys:** age 9-21 (up to age 26 in some cases)
- Recommended at age 11-12 to be most effective.

### SAFE & EFFECTIVE

- Over 170 million doses of the HPV vaccine have been given and no serious safety concerns identified.
- Majority of cervical and anal cancers and up to 90% of genital warts can be prevented with the vaccine.

### BEHAVIOR CHANGES?

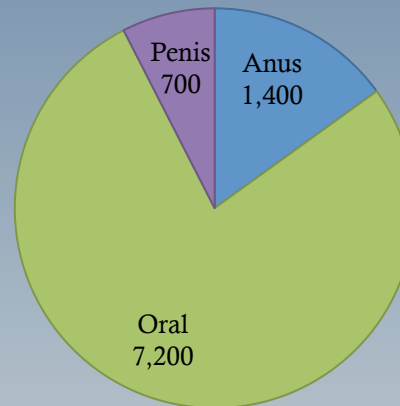
- Scientific studies have shown that it does not change sexual behavior or onset of first sexual experience.

### INSURANCE?

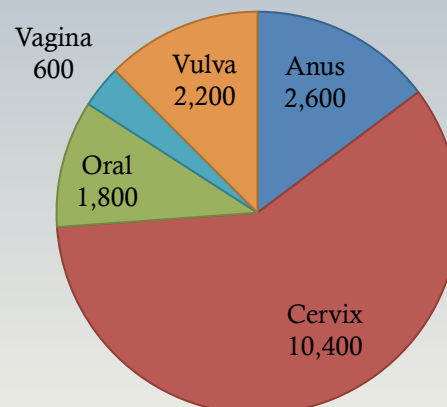
- Like other vaccines in Massachusetts, the HPV vaccine series is universally covered.

Some types of HPV can infect parts of your body and cause cancer of the tongue, tonsils, throat, cervix, vulva, vagina, and penis.

### Cases of HPV-Related Cancers in Men each year



### Cases of HPV-Related Cancers in Women each year



- HPV (Human Papillomavirus) is a common virus spread by intimate skin-to-skin contact.
- In the USA, nearly 79 million people are infected with HPV, and eight out of ten people will have it in their lifetime.
- Majority of HPV infections have no symptoms and require no treatment.
- Some types of HPV cause warts on skin that look like flesh colored bumps.

### See your doctor if you have any of these symptoms of oral cancers:

- Persistent hoarseness or sore throat
- Earaches or enlarged lymph nodes of the neck
- Difficulty swallowing
- Unexplained weight loss
- You can further reduce your oral cancer risk by avoiding alcohol and tobacco





# What Parents Should Know About HPV Vaccine Safety and Effectiveness

Last updated JUNE 2014

## HPV vaccines prevent cancer

About 14 million people, including teens, become infected with human papillomavirus (HPV) each year. When HPV infections persist, people are at risk for cancer. Every year, approximately 17,600 women and 9,300 men are affected by cancers caused by HPV. HPV vaccination could prevent many of these cancers.

## HPV vaccines are safe

There are two vaccines licensed by the Food and Drug Administration (FDA) and recommended by CDC to protect against HPV-related illness. All vaccines used in the United States are required to go through extensive safety testing before they are licensed by FDA. Once in use, they are continually monitored for safety and effectiveness.

Numerous research studies have been conducted to make sure HPV vaccines were safe both before and after the vaccines were licensed. No serious safety concerns have been confirmed in the large safety studies that have been done since HPV vaccine became available in 2006. CDC and FDA have reviewed the safety information available to them for both HPV vaccines and have determined that they are both safe.

The HPV vaccine is made from one protein from the HPV virus that is not infectious (cannot cause HPV infection) and non-oncogenic (does not cause cancer).

## HPV vaccines work

The HPV vaccine works extremely well. In the four years after the vaccine was recommended in 2006, the amount of HPV infections in teen girls decreased by 56%. Research has also shown that fewer teens are getting genital warts since HPV vaccines have been in use. In other countries such as Australia, research shows that HPV vaccine has already decreased the amount of pre-cancer of the cervix in women, and genital warts have decreased dramatically in both young women and men.

## HPV vaccines provide long-lasting protection

Data from clinical trials and ongoing research tell us that the protection provided by HPV vaccine is long-lasting. Currently, it is known that HPV vaccine works in the body for at least 10 years without becoming less effective. Data suggest that the protection provided by the vaccine will continue beyond 10 years.

## HPV vaccine is recommended and safe for boys

One HPV vaccine (Gardasil) is recommended for boys. This vaccine can help prevent boys from getting infected with the HPV-types that can cause cancers of the mouth/throat, penis and anus as well as genital warts.

## Like any vaccine or medicine, HPV vaccines might cause side effects

HPV vaccines occasionally cause adverse reactions. The most commonly reported symptoms among females and males are similar, including injection-site reactions (such as pain, redness, or swelling in the area of the upper arm where the vaccine is given), dizziness, fainting, nausea, and headache.

Brief fainting spells and related symptoms can happen after many medical procedures, including vaccination. Fainting after getting a shot is more common among adolescents. Sitting or lying down for about 15 minutes after a vaccination can help prevent fainting and injuries that can be caused by falls.

When fainting was found to happen after vaccination, FDA changed prescribing information to include information about preventing falls and possible injuries from fainting after vaccination. CDC consistently reminds doctors and nurses to share this information with all their patients. Tell the doctor or nurse if your child feels dizzy, faint, or light-headed.

## HPV vaccines don't negatively affect fertility

There is no evidence to suggest that HPV vaccine causes fertility problems. However, not getting HPV vaccine leaves people vulnerable to HPV cancers. If persistent high-risk HPV infection in a woman leads to cervical cancer, the treatment of cervical cancer (hysterectomy, chemotherapy, or radiation, for example) could leave a woman unable to have children. Treatment for cervical pre-cancer could put a woman at risk for problems with her cervix, which could cause preterm delivery or other problems.

## How can I get help paying for these vaccines?

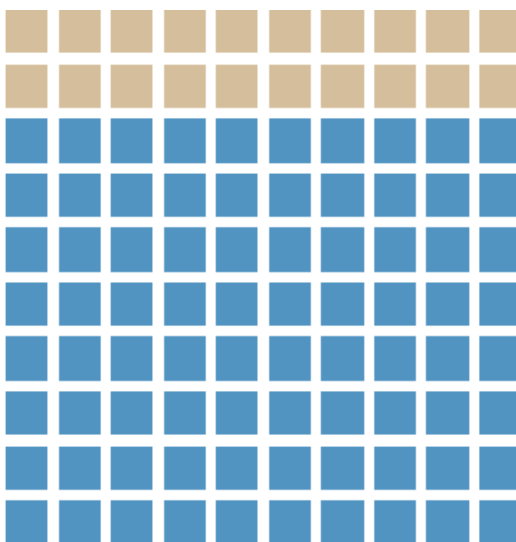
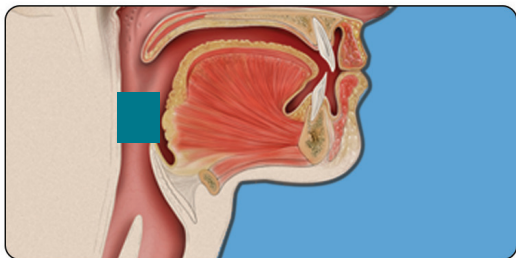
The Vaccines for Children (VFC) program provides vaccines for children ages 18 years and younger, who are not insured, Medicaid-eligible, American Indian or Alaska Native. You can find out more about the VFC program by going online to [www.cdc.gov](http://www.cdc.gov) and typing VFC in the search box.

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**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

# Human Papillomavirus (HPV) and Oropharyngeal Cancer – CDC



# 80%

of sexually active people ages 14-44 have had oral sex with an opposite sex partner

*Human papillomavirus (HPV) can cause serious health problems, including genital warts and certain cancers. However, in most cases HPV goes away on its own before causing any health problems.*

## What is genital HPV?

Genital human papillomavirus (also called HPV) is the most common sexually transmitted infection (STI) in the U.S. Most types of HPV are not harmful to people. There are more than 40 types of HPV that can infect the genital areas as well as the mouth and throat. Most people who become infected with HPV do not know that they are infected.

## What is oral HPV?

The same types of HPV that infect the genital areas can infect the mouth and throat. HPV found in the mouth and throat is called “oral HPV.” Some types of oral HPV (known as “high risk types”) can cause cancers of the head and neck area. Other types of oral HPV (known as “low risk types”) can cause warts in the mouth or throat. In most cases, HPV infections of all types go away before they cause any health problems.

## What head and neck cancers can be caused by HPV?

HPV can cause cancers in the back of the throat, most commonly in the base of the tongue and tonsils, in an area known as the “oropharynx.” These cancers are called “oropharyngeal cancers.”

## How does HPV cause cancer?

HPV can cause normal cells in infected skin to turn abnormal. Most of the time, you cannot see or feel these cell changes. In most cases, the body fights off the HPV infection naturally and infected cells then go back to normal. But in cases when the body does not fight off this virus, HPV can cause visible changes and certain types of HPV can cause an oropharyngeal cancer. Cancer caused by HPV often takes years to develop after initially getting an HPV infection. It is unclear if having HPV alone is sufficient to cause oropharyngeal cancers, or if other factors (such as smoking or chewing tobacco) interact with HPV to cause these cancers. More research is needed to understand all the factors leading to oropharyngeal cancers.

## What are the signs and symptoms of oropharyngeal cancer?

Signs and symptoms may include persistent sore throat, earaches, hoarseness, enlarged lymph nodes, pain when swallowing, and unexplained weight loss. Some persons have no signs or symptoms.

## How common is oral HPV?

Studies in the U.S. have found that about 7% of people have oral HPV. But only 1% of people have the type of oral HPV that is found in oropharyngeal cancers (HPV type 16). Oral HPV is about three times more common in men than in women.

## How common are cancers of the oropharynx?

Each year, in the U.S., about 9,000 people are diagnosed with cancers of the oropharynx that may be caused by HPV. Cancers of the oropharynx are about four times more common in men than women.

## How do people get oral HPV?

Only a few studies have looked at how people get oral HPV, and some of these studies show conflicting results. Some studies suggest that oral HPV may be passed on during oral sex (from mouth-to-genital or mouth-to-anus contact) or open-mouthed (“French”) kissing, others have not. The likelihood of getting HPV from kissing or having oral sex with someone who has HPV is not known. We do know that partners who have been together a long time tend to share genital HPV—meaning they both may have it. More research is needed to understand exactly how people get and give oral HPV infections.

## How can I lower my risk of giving or getting oral HPV?

At this time no studies have explored how oral HPV can be prevented. However, it is likely that condoms and dental dams, when used consistently and correctly, will lower the chances of giving or getting oral HPV during oral sex, since they serve as barriers, and can stop the transmission of HPV from person to person. More research is needed to understand how oral HPV is passed on, how it can be prevented, and who is most likely to develop health problems from an oral HPV infection.

## Is there a test for me to find out if I have oral HPV?

There is no FDA-approved test to diagnose HPV in the mouth or throat. Medical and dental organizations do not recommend screening for oral HPV. More research is needed to find out if screening for oropharyngeal cancers will have health benefits. Talk to your dentist about any symptoms that could suggest early signs of oropharyngeal cancer.

## Can the HPV vaccine prevent oral HPV and oropharyngeal cancers?

The HPV vaccine that is now on the market was developed to prevent cervical and other less common genital cancers. It is possible that the HPV vaccine might also prevent oropharyngeal cancers, since the vaccine prevents an initial infection with HPV types that can cause oropharyngeal cancers, but studies have not yet been done to determine if the HPV vaccine will prevent oropharyngeal cancers.

## Where can I get more information?

### STD information

<https://www.cdc.gov/std/>

### HPV Information

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

### HPV Vaccination

<https://www.cdc.gov/vaccines/vpd-vac/hpv/>

### Cancer Information

<https://www.cdc.gov/cancer/>

### Cervical Cancer Screening

[https://www.cdc.gov/cancer/cervical/basic\\_info/screening.htm](https://www.cdc.gov/cancer/cervical/basic_info/screening.htm)

### CDC’s National Breast and Cervical Cancer Early Detection Program

<https://www.cdc.gov/cancer/nbccedp/>

### CDC National Prevention Information Network (NPIN)

<https://npin.cdc.gov/disease/stds>

P.O. Box 6003

Rockville, MD 20849-6003

E-mail: [npin-info@cdc.gov](mailto:npin-info@cdc.gov)

### National HPV and Cervical Cancer Prevention Resource Center American Sexual Health Association (ASHA)

<http://www.ashasexualhealth.org/stdsstis/hpv/>

P. O. Box 13827

Research Triangle Park, NC

27709-3827

1-800-783-9877

### CDC-INFO Contact Center

1-800-CDC-INFO (1-800-232-4636)

TTY: (888) 232-6348

Contact CDC-INFO

<https://www.cdc.gov/dcs/ContactUs/Form>