WAYS TO REDUCE YOUR RISK OF GENITAL HPV INFECTION

- Refrain from genital contact with another individual
- For individuals who are sexually active:
  - Engage in a long term, mutually monogamous relationship with an uninfected partner.
  - Reduce the number of partners with which you engage in sexual activity.
  - While not always 100% effective, consistent, correct use of latex condoms has been shown to lower the risk of HPV-related diseases.

Adapted from:
http://www.webmd.com

WAYS TO PREVENT CERVICAL CANCER RESULTING FROM HIGH-RISK HPV INFECTION

- A vaccine, called Gardasil®, has been developed that when given before a woman is sexually active, can help protect her from developing a genital HPV infection from the four “high risk” viruses.
- Gardasil may also protect sexually active women from the four high risk viruses that lead to risk of cervical cancer if they have not yet been exposed.
- If a woman is already infected with one of the four “high risks” viruses, Gardasil® does not treat the infection.
- Gardasil® will not prevent genital HPV infection from any HPV types other than type 6, 11, 16, and 18.
- Gardasil® is given in a series of three injections; an initial injection, injection 2 months later, and 4 months after the second injection.

For further information about sexually transmitted diseases and Genital HPV infection visit www.cdc.gov/std

For further information about Gardasil® go to www.gardasil.com
• HPV or Human Papillomavirus is a virus of which there are over 100 different strains and types. Many strains of HPV cause benign warts, or papillomas that can grow on hands and feet. However, there are approximately 30 strains, transmitted through sexual contact that can cause Genital HPV infection.

• Genital areas of men and women that can be infected include the skin of the penis, vulva (area outside of vagina), anus, and linings of the vagina, cervix, or rectum.

• Because there may not be any signs and symptoms of infections, many people do not know they have a genital HPV infection and therefore it is difficult to assess if an individual is infected or not.

**HOW COMMON IS HPV?**

• Approximately 20 million people are currently affected with HPV. Fifty percent of those infected are between 15 and 25 years of age.

• Over 6 million Americans acquire a new genital HPV infection every year.

• An estimated 50-75% of sexually active men and women are infected with HPV at some point in their lives.


**HOW DO YOU KNOW YOU ARE INFECTED?**

For men, the only way to know they are infected with genital HPV is by seeing warts on the penis, testicles, groin or thigh area. Warts may be raised, flat or cauliflower shaped.

Women may have visible warts or Pap test abnormalities. Approximately 10 of the 30 genital HPV types can lead to development of cervical cancer, with four types being identified as “high-risk” (type 6, 11, 16 and 18) for causing cervical cancer. When an abnormal Pap is detected, the four high risk types are identified using further laboratory testing.

**HOW HPV IS TREATED?**

A medical provider can get rid of smaller warts by freezing them off through cryotherapy, burning them off with an acidic chemical, or removing them through laser surgery. Acid treatments can be performed by medical providers at Beu Health Services, and referrals will be given to women who need to be treated through cryotherapy or laser surgery. All three procedures may require multiple follow-up visits or treatments. Some patients with HPV are also able to use a cream at home to help treat the warts.

http://www.brown.edu/Student_Services/Hea