

ADOLESCENTS, HPV & CANCER PREVENTION

HPV is a common virus that can infect both GIRLS and BOYS

Completion of the full HPV vaccination series protects against the virus and

90%
of the cancers it can cause.

HPV vaccination is SAFE & EFFECTIVE

Don't Wait – VACCINATE!



The Time Is Now: The American Cancer Society recommends that **GIRLS AND BOYS** get vaccinated against HPV between the **AGES OF 9 AND 12** to help prevent six types of cancer later in life.

13

Age Matters: HPV vaccination works best when given **BEFORE THE AGE OF 13**. It's important to know that **CANCER PROTECTION DECREASES** as age at vaccination increases.



"Series" Means Success: The HPV vaccine is administered and **ONLY EFFECTIVE** as a series of 2 or 3 vaccines, depending on age.




8 in 10 PEOPLE will get HPV at some point in their lives.

Vaccine: SCHEDULE & DOSING

	FIRST CHANCE	ON TIME	CRITICAL	LAST CHANCE
Age	9-10 years	11-12 years	13-14 years	15-26 years
# of Doses	2	2	2	3
Timing	6-12 months apart	6-12 months apart	6-12 months apart	Dose #1: at 1st visit Dose #2: 1-2 months later Dose #3: 6 months after 1st dose

Full human papillomavirus (HPV) vaccination can prevent most of these cancers:

 <p>GIRLS</p> <ul style="list-style-type: none"> • throat • cervical • anal • vaginal & vulva 	 <p>BOYS</p> <ul style="list-style-type: none"> • throat • anal • penile
---	---

HPV Vaccination Among NJ Adolescents

In New Jersey, vaccination completion among adolescents is alarmingly low.

Only **39.1%** of 13-15 year-old boys and girls completed the HPV vaccination series.

What This Means:

6 OUT OF 10 adolescents in NJ are **NOT FULLY PROTECTED** against HPV and HPV-related cancers.



What Parents Can Do: STRIVE FOR FIVE!

1

Schedule your child's initial HPV immunization early – AND their follow-up appointment at the same time – to ensure timely completion of the vaccine series.

Talk to your health care provider if you have questions or concerns.

3

4

Talk to your adolescent about HPV-prevention plans.

5

Follow recommendations for all screenings for the cancers caused by HPV.

Include the HPV vaccine in your adolescent's routine vaccination schedule.

2

- The **HPV VACCINE** is **1 of 3** vaccines that all pre-teens need. They are:
- ✓ Tdap (tetanus, diphtheria, pertussis) vaccine
 - ✓ MenACWY (meningitis) vaccine
 - ✓ HPV vaccine series

HPV Mythsbusters: **KNOW THE FACTS!**

HPV infection has no treatment, but vaccination can help prevent it. Know the facts:

MYTH: HPV vaccination is not safe.

FACT: The HPV vaccine is safe and doesn't contribute to any serious health issues.

Like any vaccine or medicine, the vaccine may cause mild reactions. The most common are pain or redness in the arm where the shot is given. Other typical side effects include low-grade fever, headache or feeling tired, nausea, or muscle or joint pain – all of which are temporary. Rarely, an allergic reaction can occur, and individuals should not get the vaccine if they are allergic to any of the components.

MYTH: HPV vaccination can lead to infertility.

FACT: Claims of HPV vaccine-induced infertility due to premature ovarian failure are anecdotal and not backed by research or clinical trials.

A recent study of over 200,000 women found **no association between the HPV vaccine and premature ovarian failure.** In fact, the HPV vaccine can actually help protect fertility by preventing gynecological problems related to the treatment of cervical cancer. It's possible that the treatment of cervical cancer could leave a woman unable to have children. It's also possible that treatment for cervical pre-cancer could put a woman at risk for problems with her cervix, which could cause preterm delivery or other complications.

MYTH: HPV vaccination is not effective at preventing cervical cancer.

FACT: In the studies that led to the approval of HPV vaccines, the vaccines provided **nearly 100% protection against persistent cervical infections** with HPV types 16 and 18, plus the pre-cancers that those persistent infections can cause.

MYTH: Only girls need to get the HPV vaccine; men and boys don't need it.

FACT: HPV affects both men and women. It can cause genital warts, penile, anal, and oral cancer in men.

MYTH: Getting the HPV vaccine will encourage adolescents to be more sexually promiscuous.

FACT: No research links the HPV vaccine to increases in sexual activity. In a recent article reviewing studies of over 500,000 individuals it found that there was no increase in sexual activity after HPV vaccination.


MYTH: The HPV vaccine doesn't protect against enough strains of human papillomavirus to be worth getting.

FACT: The current HPV vaccination protects against nine types of HPV. These nine have been linked to more than 90 percent of genital warts cases, 90 percent of cervical cancers, and 70 percent of anal cancer diagnoses. The HPV vaccine series is highly protective to prevent this very common viral infection and to help prevent genital warts and cancers.

SOURCES: <https://www.sbm.org/healthy-living/7-hpv-vaccine-myths>; www.cdc.gov/hpv; cancer.org/hpv



Visit us:

 <https://www.hunterdonhealth.org/services/hunterdon-mercer-chronic-disease-coalition>



Developed in cooperation with the New Jersey Immunization Network (www.njaap.org)

