



## Human Papilloma Virus (HPV9) Vaccine

### What is HPV?

HPV is an extremely common virus worldwide. There are many types of HPV. Some types can cause cancer of the cervix in women, penile cancer in men, and several other types of cancers (anal, genital, mouth, and throat) in both men and women. The virus is spread by intimate skin-to-skin contact. It is estimated that 75% of Canadians will get HPV in their lifetime.

### Why should I be worried about HPV infection?

Many people who have HPV do not show any signs or symptoms. This means that they can pass the virus to others and not know it.

In 2016, nearly 4,400 Canadians were diagnosed with HPV-related cancer and about 1,200 Canadians died from cancer related to HPV.

### How can I protect myself from HPV?

Most HPV infections and related cancers can be prevented with the HPV immunization. This immunization series is almost 100% effective against the nine types of HPV that it protects against.

Research shows that younger immune systems respond better to HPV immunization. Getting the HPV immunization now will help keep you safe from HPV-related cancer and genital warts in the future.

**The HPV Vaccine is for everyone and is safe.** HPV vaccines have been approved by Health Canada and are recommended for use by the National Advisory Committee on Immunization. Before obtaining approval for use in Canada, the immunization went through rigorous testing and evaluation. **The HPV immunization is approved for use in over 100 countries, and over 270 million doses have been given worldwide since 2006.**

After an immunization is approved for use, ongoing monitoring is conducted to ensure its continued safety.

It is not possible to become infected with HPV from the immunization.

### What if I choose not to get protected against HPV?






If you choose not to receive the immunization, you are at risk of getting HPV and the cancers associated with HPV.

The HPV immunization is not required to attend school, however, it is strongly recommended that all students receive the immunization. Public health has been providing the HPV vaccine since 2007 in Ontario. The immunization is provided by Public Health at school clinics at no cost.

### What are the side effects of the immunization?

This immunization has side effects similar to all other injections, such as redness, tenderness, and swelling at the injection site. Less commonly, dizziness, nausea, headache, and fever may occur. Severe allergic reactions are extremely rare. Nurses give the immunizations and monitor students for any reactions.

### How can I get ready for the clinic?

-  **Talk about the vaccine with your parents.**
-  **Complete and return the consent form.**
-  **Review helpful ways to deal with fear or anxiety (count to ten, look away from needle, focus on breathing).**
-  **Eat a healthy breakfast and lunch.**
-  **Wear short sleeves or a loose fitting top.**

Public Health will be in the schools several times per school year. If you missed the vaccine, you could get it at the next school clinic.

**Adapted from HPVandme.org article By Pamela Tom**

It's been several years since actor Michael Douglas announced that he believed that his oral cancer was HPV-related. Headlines fade, but the epidemic continues to grow.

Did you know that the HPV head and neck cancers in the U.S. will surpass the number of cervical cancer cases by 2020? That what the American Society of Clinical Oncologists predicted in its 2011 study, yet the public is largely unaware of this growing epidemic.

You might think that's unfortunate but it's unlikely that HPV oropharyngeal cancer would affect you or someone you know. Think again. A growing number of middle-aged, non-smokers are being diagnosed with HPV cancer of the mouth, tonsils, or throat. My husband, Jeff, said he was having difficulty swallowing and it felt like there was a lump in his throat. When our family doctor had no answers after three visits, I insisted that Jeff go to a head and neck specialist who immediately spotted a large tumor at the base of his tongue – a place that's undetectable by ordinary oral examination.

Jeff's cancer journey through simultaneous radiation and chemotherapy took seven weeks, but it put us on a life-changing path. He still lives with many side effects from the treatment but...he lives. I was surprised to learn that parents didn't know the Centers for Disease Control (CDC) recommends the HPV vaccine for their sons, as well as daughters. I was surprised that many folks think HPV is the same thing as herpes.

In the 21<sup>st</sup> century, so many people are still uncomfortable talking about sexually transmitted viruses. No one wanted to talk about AIDS in its infancy either. Remember when women didn't talk about breast cancer? A social stigma prevents progress; we must get over it. While most people's bodies clear the virus after a couple of years, some people's immune systems don't recognize the virus to fight it off. Jeff's head and neck doctor said it's likely that Jeff was infected by HPV decades ago in his early 20s and that the virus sat dormant in his body until it became cancer.

<b>HPV Immunization contents:</b>	<b>Where else are they found?</b>
Yeast	Naturally found in human body, bread, bagels
Sodium chloride	Naturally found in human body, table salt
Aluminum	Vegetables, cereal, deodorant
L-histidine	Naturally found in human body, beans, fish, milk
Polysorbate 80	Ice cream, cottage cheese
Sodium borate	Water, soil



For any questions, contact the Grey Bruce Public Health:  
519-376-9420, press '2' or 1-800-263-3456, press '2'  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

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