




Ano Ang Kailangan Mong Malaman Tungkol Sa HPV at ang Bakuna Para Sa HPV

*Ang Bakuna Para sa HPV ay Ginagamit Para
Makaiwas sa Ilang Uri ng Kanser*





UNIVERSITY OF GUAM
CANCER RESEARCH CENTER
Research for Healthier Tomorrows

**HPV and the HPV Vaccine:
What You Need to Know**

The HPV Vaccine is Cancer Prevention!

Talking points:

Today we are going to go over:

1. What is HPV and what the types of infections are and cancers the virus may cause.
2. Why you/your child needs the current HPV vaccine.

Notes:





Ano Ang Kailangan Mong Malaman Tungkol Sa HPV at ang Bakuna Para Sa HPV

*Ang Bakuna Para sa HPV ay Ginagamit Para
Makaiwas sa Ilang Uri ng Kanser*



WHY GET THE HPV VACCINE?

The vaccine is important for the prevention of some types of HPV cancers.

In the U.S., about 14 million people, including teens, become infected with HPV each year.

On Guam, 104 people became infected with HPV between 2014 to 2016.

1

Talking points:

1. HPV is the most common sexually transmitted infection.
2. Many people become infected.
3. Guam's HPV infection rate averages 35 people per year.

Notes:

Cancer prevention is the main concern. The reason for low HPV vaccination rates may be due to the HPV vaccine not being a requirement for school.

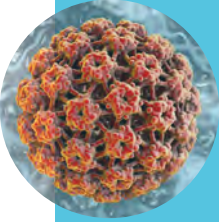
1

BAKIT KAILANGANG MAGPABAKUNA PARA SA HPV?

- Mahalaga ang bakuna para sa HPV para hadlangan ang impeksyon na naiuugnay sa ilang uri ng kanser.
- Sa Estados Unidos, mga labing-apat (14) na milyong katao, kabilang na ang mga kabataan, ang nagkakaroon ng HPV bawat taon.
- Sa Guam, mga isang daan at apat (104) na katao ang nagkaroon ng HPV mula 2014 hanggang 2016.



HPV INFECTION & DISEASE



HPV is short for **H**uman **P**apillomav**irus**

Some types of this virus cause certain cancers and infections, like genital warts in males and females.

There is no cure for this virus.

But there are vaccines that can prevent most of the infections and cancers that it causes.

2

Talking points:

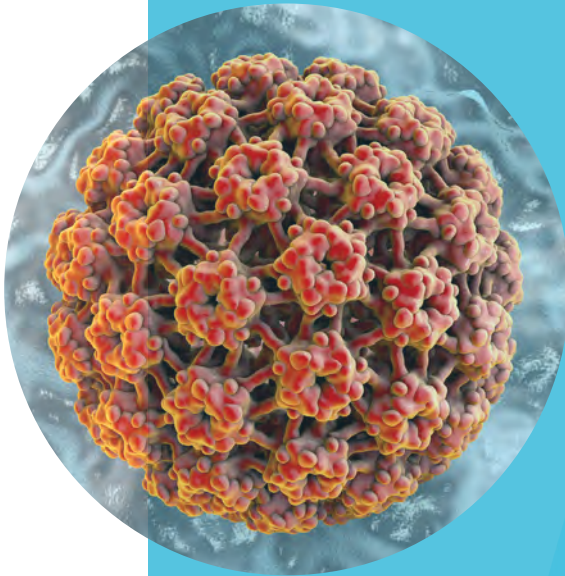
1. HPV is a different virus than HIV and HSV (herpes).
2. There are many different types of HPV.
3. Some types of this virus cause certain cancers and infections, like genital warts in males and females.
4. There is no cure for the virus.
5. But there are vaccines that can prevent most of the infections and cancers that it causes.

Notes:

If your patient already knows about HPV and the health problems it can cause, you can advance ahead to the section on the HPV vaccines.

IMPEKSYON AT SAKIT MULA SA HPV

Ang kahulugan ng **HPV** ay Human Papillomavirus.



May mga HPV virus na nagdudulot ng iba't ibang uri ng kanser at impeksyon, katulad ng kulugo sa ari, maging babae man o lalaki.

Walang lunas para sa virus na ito.


Ngunit may mga bakuna na humahadlang sa iba't ibang uri ng impeksyon at mga kanser na idinudulot ng virus.



HOW IS HPV SPREAD?

One can get HPV by having skin-to-skin contact during sex with someone who has the virus.

HPV can be passed even when an infected person has no signs or symptoms.



Talking points:

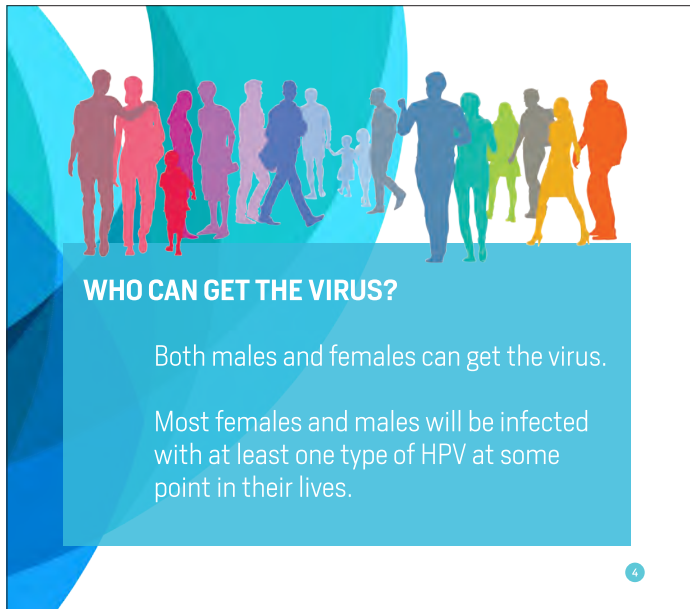
1. You can get it through vaginal, oral, or anal sex with someone who has the same virus.
2. HPV can be passed even if the infected person has no outward signs or symptoms.
3. Anyone who is sexually active can get HPV.
4. You can develop symptoms years after you have sex with an infected person.

Notes:

If your patient already knows about HPV and the health problems it can cause, you can advance ahead to the section on the HPV vaccine.

PAANO NAIPAPAKALAT ANG HPV?

- Ang HPV ay karaniwang naipapasa sa pakikipagtalik sa isang indibidwal na may virus.
- Maaaring maipasa ang HPV kahit walang sintomas o palantandaan ng virus sa isang tao.



WHO CAN GET THE VIRUS?

Both males and females can get the virus.

Most females and males will be infected with at least one type of HPV at some point in their lives.

4

Talking points:

1. Both sexes can get the HPV virus.

Notes:

Reference: “Genital HPV infection - CDC Fact Sheet”





SINO ANG MAAARING MAKAKUHA NG HPV?

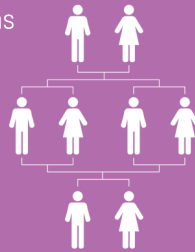
- Maaaring makakuha or makapasa ng virus ang kapwa lalaki o babae.
- Magkakaroon ng isang uri ng HPV ang karamihan sa mga babae o lalaki sa anumang yugto ng kanilang buhay.

YOU COULD HAVE THE VIRUS AND NOT EVEN KNOW.

A person can have the virus and not show symptoms

If the person gets the virus, he/she can pass it on to someone else.

Most people will never know that they have been infected.



5

Talking points:

1. Some people find out they have HPV when they get genital warts.
2. Women find out when they get an abnormal Pap Test result.
3. Others when they develop more serious problems like cancer.

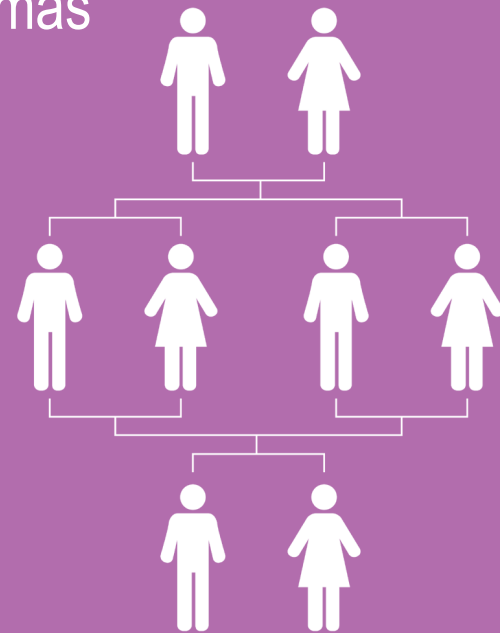
Notes:

Reference: "Genital HPV Infection - CDC Fact Sheet," dated July 2017; Genital HPV - CDC brochure dated 2017

https://www.cdc.gov/std/hpv/the-facts/genital_hpv_bro508-2017.pdf

MAAARING MAYROON KA NANG VIRUS KAHIT WALANG PALATANDAAN O NARARAMDAMANG SINTOMAS

- Maaaring magdala ng virus ang isang tao kahit walang sintomas o palatandaan.
- Kapag mayroong HPV ang isang tao, maaari niyang maipasa ang virus sa iba.
- Maraming tao ang hindi nakakaalam na nahawaan na sila ng virus.



DOES HPV CAUSE HEALTH PROBLEMS?

In most cases, HPV goes away on its own and does not cause any health problems.

However, if HPV does not go away, it **can** cause **genital warts** and **cancer**.

6

Talking points:

1. There are many types of HPV. All HPV infections are either low-risk or high-risk. HPV usually goes away on its own.
2. If not, it can cause genital warts and cancer.
3. Low-risk HPV infections can cause genital warts. The warts are usually painless and not a serious problem. They can be flat or raised, single or in groups, and small or large. Without treatment, genital warts may go away, stay the same, or grow in size or number. Women with HPV might have warts on the vagina, vulva, or cervix. Men with HPV might have warts on the penis, scrotum, or groin. Both men and women can have genital warts on the anus or thigh.
4. High risk HPV infections can sometimes develop into cancer of the cervix (the opening of the womb). These infections may also lead to other cancers, such as anal cancer. In some people, high-risk HPV infections can persist and cause cell changes. If these cell changes are not treated, they may lead to cancer over time.

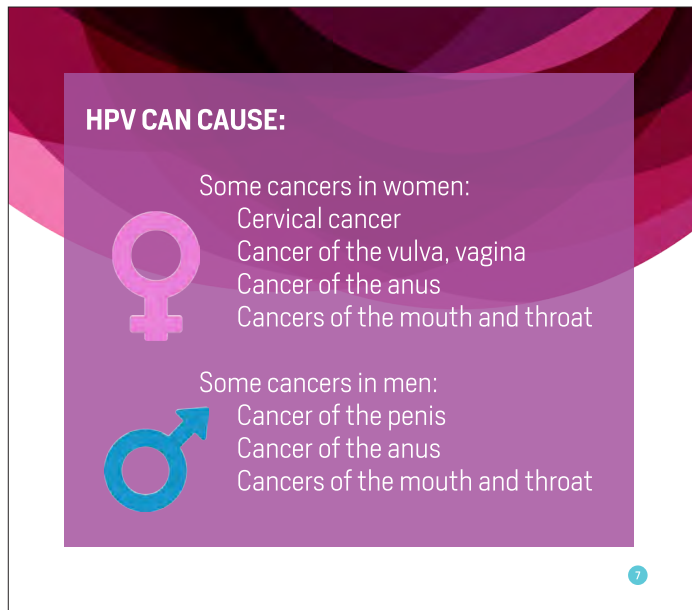
Notes:

Reference: "Genital HPV Infection - CDC Fact Sheet" dated July 2017; Genital HPV - CDC brochure dated 2017

https://www.cdc.gov/std/hpv/the-facts/genital_hpv_bro508-2017.pdf

ANONG PROBLEMANG PANGKALUSUGAN ANG NAIDUDULOT NG HPV?

- Madalas, kusang nawawala ang HPV nang hindi nagdudulot ng anumang problema sa kalusugan.
- Ngunit, kapag hindi ito nawala, maaari itong magdulot ng kulugo sa ari at kanser.



Talking points:

1. 70% of cervical cancers are caused by high risk HPV.
2. There is no way to know which people who have HPV will develop cancer or other health problems.
3. Cancer takes years to develop.
4. The types of HPV that can cause genital warts are NOT the same as the types of HPV that can cause cancer.

Notes:

Reference: "Genital HPV Infection - CDC Fact Sheet," dated July 2017; Genital HPV - CDC brochure dated 2017

https://www.cdc.gov/std/hpv/the-facts/genital_hpv_bro508-2017.pdf

ANG HPV AY MAAARING MAGDULOT NG:

- Kanser sa kababaihan:



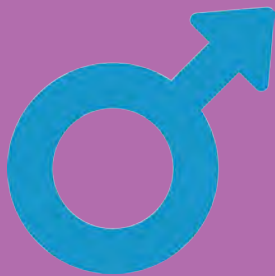
Kanser sa cervix

Kanser sa puwerta at panlabas na bahagi ng puwerta

Kanser sa puwet

Kanser sa bibig at lalamunan

- Kanser sa kalalakihan:



Kanser sa ari

Kanser sa puwet

Kanser sa bibig at lalamunan

HPV & CERVICAL CANCER

Cervical cancer is the most common HPV associated cancer among women.

Every year an average of 26 women on Guam will be told they have cervical cancer.

Chamorro and the *'other Micronesian'* women have **higher** cervical cancer rates than women belonging to other ethnic groups.

On average, **2 Guam women die** every year from cervical cancer.

Talking points:

1. Guam women have 2x the cervical cancer incidence (new cases) rate compared to US women.
2. Chamorro women have 2x and Micronesian women 5x the US rates for cervical cancer.
3. 130 Guam women were diagnosed with cervical cancer, and 9 women died of it.(CY 2008-2012)
4. Guam's women overall had nearly two times the cervical cancer (invasive cases only) incidence rate (13.4) compared to the U.S. (7.6).

Notes:

Guam's women overall had nearly two times the cervical cancer (invasive cases only) incidence rate (13.4) compared to the U.S. (7.6).

Data from the Guam Cancer Facts and Figures 2008-2012 showed that invasive cervical cancer incidence (new cases) rates for Micronesian women (39.8 per 100,000) was five times higher, and for Chamorro women (14.34 per 100,000) two times higher than the U.S. rate (7.6 per 100,000). [Data Source: Guam Cancer Registry data from 2008-2012, as of Sept. 15, 2014.]

ANG HPV AT KANSER SA CERVIX

Ang kanser sa cervix ay ang pinakapangkaraniwang uri ng kanser na dulot ng HPV sa kababaihan.

- Bawat taon, karaniwang mga dalawampu't anim (26) na kababaihan sa Guam ang nagkakaroon ng kanser sa cervix.
- Mga kababaihang CHamoru at iba pang kababaihang Mikronesyan ang may mataas na bilang ng may kanser sa cervix kapag ikumpara sa iba pang pangkat-etniko.
- Mga karaniwang dalawang (2) babae sa Guam ang namamatay bawat taon mula sa kanser sa cervix.

HOW CAN I AVOID HPV AND HEALTH PROBLEMS IT CAN CAUSE?

Get vaccinated against HPV.

If you're a woman, get screened for cervical cancer.

If you're sexually active, use latex condoms the right way every time you have sex.

9

Talking points:

1. Get vaccinated against HPV.
2. Women ages 21 – 65 years should be screened for cervical cancer. Routine screening can prevent cervical cancer.
3. If sexually active:
 - Use latex condoms [this can lower your chances of getting HPV but it can infect areas that are not covered by a condom –so you may not have full protection.]
4. Be in a monogamous relationship – or have sex only with someone who only has sex with you.

Notes:

Reference: “Genital HPV Infection – CDC Fact Sheet”

PAAANO KO MAIIWASAN ANG HPV AT ANG MGA PROBLEMANG PANGKALUSUGAN NA DULOT NITO?

- Magpabakuna laban sa HPV.
- Para sa mga kababaihan, magpasuri para sa kanser sa cervix.
- Kapag madalas makipagtalik, gamitin ng nararapat ang latex kondom tuwing nakikipagtalik.



WHO SHOULD GET VACCINATED?


Girls and boys who are **11-12 years old** should get the recommended series of the HPV vaccine.

The vaccine can be started at 9 years of age.

HPV vaccine produces a **higher immune response** in preteens than in older adolescents.

Under the age of 15, two (2) doses are given. The second dose is given 6-12 months after the first dose.

Preteens should finish HPV vaccine series *before* their 15th birthday.



10

Talking points:

1. CDC recommends all girls and boys ages 11-12 should get vaccinated.
2. Under the age of 15: CDC recommends 2 doses of HPV vaccine to protect against cancers caused by HPV. The second dose is given 6-12 months after the first dose.
3. Preteens should finish HPV vaccine series before their 15th birthday.

Notes:

Reference: See CDC's "Who should get vaccinated" at: <https://www.cdc.gov/hpv/parents/questions-answers.html>

SINO ANG MAAARING MAGPABAKUNA?

- Mga batang babae at lalaki na nasa edad na labing-isa (11) hanggang labing-dalawa (12) ay maaaring magpabakuna para sa nirerekomendang serye ng bakuna para sa HPV.
- Ang bakuna ay maaaring simulan sa edad na siyam (9).
- Ang bakuna para sa HPV ay nagdudulot ng mataas na reaksiyon sa mga dalagita at binatilyo kapag ikumpara ito sa mga nakakatandang edad.
- Sa mga kabataang nasa ilalim ng edad na labing-lima (15), binibigyan sila ng dalawang dosis. Ang pangalawang dosis ay ibinibigay pagkaraan ng anim hanggang labing-dalawang (6-12) buwan pagkatapos ng unang dosis.
- Dapat tapusin ang serye ng bakuna para sa mga binatilyo at dalagita bago dumating ang kanilang ika-labing-limang (15) kaarawan.





WHAT ABOUT TEENS AND YOUNG ADULTS?

The HPV vaccine is also recommended for:

- Girls who are 13 to 26 years of age.
- Boys who are 13 to 21 years of age.

For those ages 15 to 26:
Three (3) doses of the vaccine are given.

- Dose 2 is given 1-2 months after the first dose.
- Dose 3 is given six months after the first dose.



11

Talking points:

1. Plus girls 13-26 years old who haven't started or finished HPV vaccine series.
2. Plus boys 13-21 years old who haven't started or finished HPV vaccine series.

Notes:

Preteens should finish HPV vaccine series by 15th birthday.



BAKIT KAILANGANG MAGPABAKUNA ANG MGA KABATAAN AT MGA NASA HUSTONG GULANG?

- Ang bakuna para sa HPV ay inirerekomenda din para sa:
 - Mga kababaihan na nasa edad labing-tatlo hanggang dalawampu't anim (13-26).
 - Mga kalalakihan na nasa edad labing-tatlo hanggang dalawampu't isa (13-21).
- Para sa mga indibidwal na nasa edad labing-tatlo hanggang dalawampu't anim (13-26), tatlong dosis ng bakuna ang ibinibigay.
 - Ang pangalawang dosis ay ibinibigay pagkaraan ng isa hanggang dalawang (1-2) buwan mula sa unang dosis.
 - Ang pangatlong dosis ay ibinibigay pagkaraan ng anim (6) na buwan mula sa unang dosis.





HOW DOES THE VACCINE WORK?

Like any other vaccine, the HPV vaccine works by helping one's body to fight against the virus.

The current vaccine (the Gardasil 9-valent vaccine) provides defense against 9 types of HPV that are known to cause cancer or genital warts.



12

Talking points:

1. The 9-valent HPV vaccine targets the same 4 types as the quadrivalent and 5 additional cancer-causing types that cause approximately 70% of cervical cancers.

PAANO GUMAGANA ANG BAKUNA?

- Katulad ng ibang bakuna, tinutulungan ng bakuna para sa HPV ang katawan para labanan ang virus.
- Ang bakuna laban sa HPV (ang Gardasil 9-valent vaccine) ay nagbibigay ng depensa laban sa siyam (9) na uri ng HPV na nagdudulot ng kanser o kaya'y kulugo sa ari.



IS THE VACCINE SAFE?

Yes. CDC and FDA continue to monitor the vaccine and only mild effects similar to other vaccines have been reported.

Possible side effects:

- Mild pain in the arm where the vaccine was given.
- Sometimes a slight fever, dizziness, or nausea may also occur.

13

Talking points:

1. In the US, over 80 million doses have been given, and some mild effects have been reported.
2. HPV vaccines have been studied very carefully. These studies showed no serious safety concerns.
3. Some preteens and teens might faint after getting the HPV vaccine or any shot. Preteens and teens should sit or lie down when they get a shot and stay like that for about 15 minutes after the shot. This can help prevent fainting and any injury that could happen while fainting.

Notes:

You can find out more about these vaccines at www.cdc.gov/HPV

LIGTAS BA ANG BAKUNA PARA SA HPV?

- Oo. Patuloy pa rin ang pagsusubaybay ng CDC at FDA sa bakunang ito. Sa kanilang pagsusubaybay, hindi gaanong matindi ang epektong idinudulot ng bakuna kapag ihambing ito sa iba pang uri ng mga bakuna.
- Maaaring epekto ng bakuna:
 - Hindi gaanong sakit sa braso kung saan itinurok ang bakuna.
 - Minsan nagdudulot din ito ng sinat, pagkahilo o pagduduwal.



WHAT IF YOU HAVE SEVERE ALLERGIES OR ARE PREGNANT?

It is important to tell the doctor or nurse if your child has any severe allergies, including an allergy to latex or yeast.

HPV vaccine is not recommended for anyone who is pregnant.

14

Talking points:

Some people should not get this vaccine.

- a. Anyone who has had a severe (life-threatening) allergic reaction to a dose of HPV vaccine should not get another dose.
 - b. Anyone who has a severe (life threatening) allergy to any component of HPV vaccine should not get the vaccine.
1. Tell your doctor if you have any severe allergies that you know of, including severe allergy to yeast.
 2. HPV vaccine is not recommended for pregnant women. If you learn that you were pregnant when you were vaccinated, there is no reason to expect any problems for you or your baby. Any woman who learns she was pregnant when she got HPV vaccine is encouraged to contact the manufacturer's registry for HPV vaccination during pregnancy at 1-800-986-8999. Women who are breastfeeding may be vaccinated.
 3. If you have a mild illness, such as a cold, you can probably get the vaccine today. If you are moderately or severely ill, you should probably wait until you recover. Your doctor can advise you.

Notes:

References:

- "HPV (Human Papillomavirus) Vaccine: What You Need to Know" at <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/hpv.htm>
- "Information for Parents - HPV Vaccines are Safe for Your Child" at <https://www.cdc.gov/vaccinesafety/pdf/parents-hpv-vaccine-is-safe.pdf>
- "Screening Checklist for Contraindications to HPV, MenACWY, MenB, and Tdap Vaccines for Teens" at <https://www.immunize.org/catg.d/p4062.pdf>



PAANO KUNG ANG ISANG TAO'Y MAY MALUBHANG ALLERGY O NAGDADALANTAO?



- Mahalagang sabihin sa doktor o nars kapag may malubhang allergy o may reaksiyon sa latex o yeast ang nagpapabakuna.
- Ang bakuna para sa HPV ay hindi inirerekomenda sa mga nagdadalantao.



ASK YOUR DOCTOR OR HEALTH PROVIDER:

How much will the vaccine cost me?

Are we able to get the vaccine during our visit?

Where may we get the vaccine?

What do I need to do?



15

Talking points:

1. Most health insurances cover the cost of the vaccine.
2. Is there anything else I can answer for you today?

Notes:

Those without health insurance may be eligible for the Vaccines for Children program (Public Health Immunization Program) that provides the vaccine at low to no cost for children (9-18 years of age).
Phone: 735-7143.

If they don't have any questions, and you have completed the educational session, it is your opportunity to use the following prompt:

"The doctor recommends that we vaccinate your child today to protect him/her from HPV cancers. Would you like to do that today before you leave the clinic?"

"We will also schedule your child's return appointment for the next dose before you leave."



ITANONG SA DOKTOR O SINUMANG TAGAPANGALAGA SA IYONG KALUSUGAN:

- Magkano ang bayad ng pagpapabakuna?
- Maaari na bang magpabakuna sa unang dalaw?
- Saan maaaring makakuha ng bakuna para sa HPV?
- Ano ang kailangan kong gawin?



THESE ARE IMPORTANT REASONS TO STRIVE FOR HEALTHIER TOMORROWS WITH THE HPV VACCINE

FAMILY



SUNSET ON CETTI BAY



FRIENDS



FAMILY GATHERINGS



16

Talking points:

QUESTIONS?

- If there are no questions: “We can have your son/daughter/children vaccinated against HPV at today’s appointment. We can also make the appointment for the next dose.

If you have any questions after you leave, please call: (NAME) at (PHONE NO.) during business hours.”

MGA MAHAHALAGANG DAHILAN PARA MAASAM ANG MALUSOG NA KINABUKASAN SA PAMAMAGITAN NG BAKUNA PARA SA HPV

PAMILYA / MAG-ANAK



PAGLUBOG NG ARAW SA CETTI BAY



MGA KAIBIGAN



MGA PAGTITIPON NG PAMILYA





MARAMING SALAMAT!





Acknowledgement

University of Guam Cancer Research Center

Resources:

CDC - www.cdc.gov/HPV
"Genital HPV Infection – CDC Fact Sheet"
<<https://www.cdc.gov/std/hpv/HPV-FS-July-2017.pdf>>

"Who should get vaccinated"
<<https://www.cdc.gov/hpv/parents/questions-answers.html>>

CDC – Advisory Committee on Immunization Practices

U.S. Preventive Services Task Force Recommendations

"Guam Cancer Facts and Figures 2008-2012";
Department of Public Health and Social Services, Sept. 2014

Credits:

This educational product was prepared by the University of Guam Cancer Research Center Community Outreach Core. It was supported by Grant Number U54CA143728 from the National Cancer Institute's Center to Reduce Cancer Health Disparities, and funded by the Guam Cancer Trust Fund. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the National Cancer Institute's Center to Reduce Cancer Health Disparities. Issued: August 2017

The University of Guam is an equal opportunity employer.

Community Outreach Core Team:

Angelina G. Mummert, MPA
Community Healthy Educator

Lilnabeth P. Somera, PhD
Co-Leader

Ana Joy Mendez, PhD, RN
Co- Investigator

Jiana Salas, BS
Research Associate I