



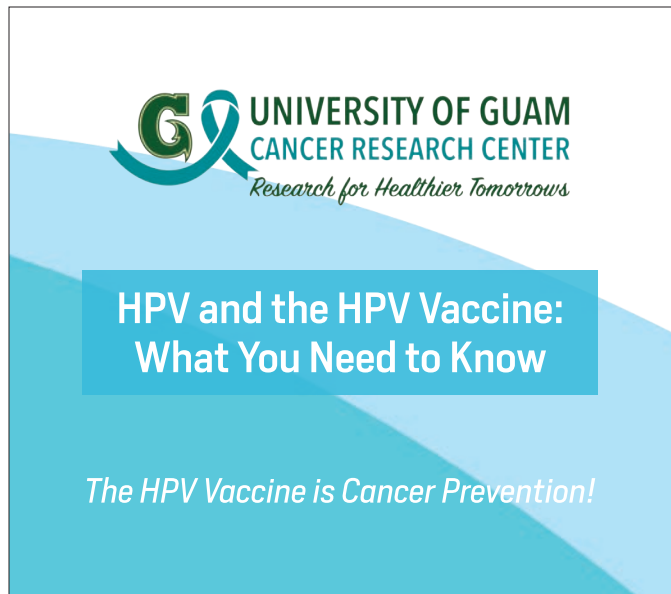
**UNIVERSITY OF GUAM**  
**CANCER RESEARCH CENTER**

*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:





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

*The HPV Vaccine is Cancer Prevention!*



### 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.

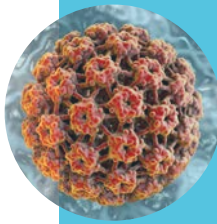
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- In the U.S., about 14 million people, including teens, become infected with HPV each year.
- On Guam, 104 people became infected with HPV between 2014 to 2016.



**HPV INFECTION & DISEASE**



**HPV** is short for **H**uman **P**apillomavirus

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:

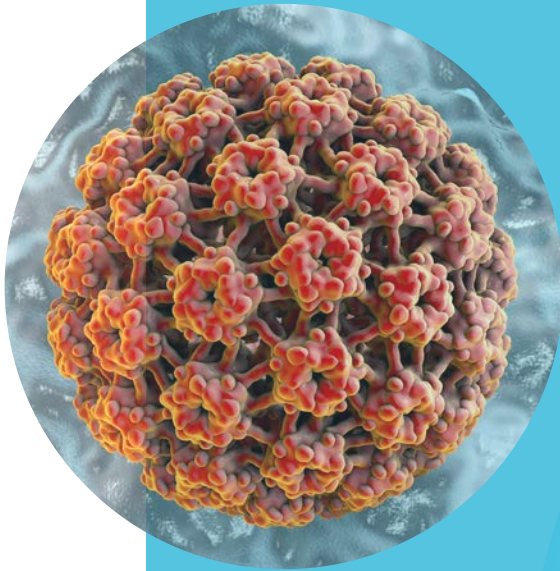
1. HPV is a different virus than HIV and HSV (herpes)
2. There are many different types of HPV.
3. Some types of this virus cause certain cancers and infections, like genital warts in males and females.
4. There is no cure for the virus.
5. But there are vaccines that can prevent most of the infections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



# HPV INFECTION & DISEASE



**HPV** is short for **H**uman  
**P**apilloma**v**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.



### 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.



## 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.



**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"





## 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.



**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:

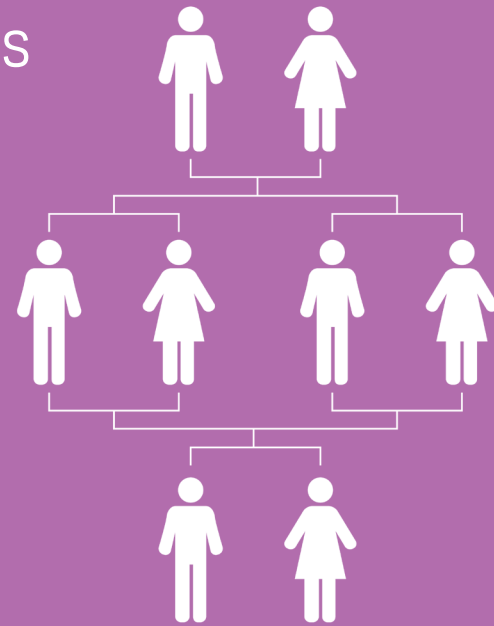
Reference: "Genital HPV Infection - CDC Fact Sheet", dated July 2017; Genital HPV - CDC brochure dated 2017

[https://www.cdc.gov/std/hpv/the-facts/genital\\_hpv\\_bro508-2017.pdf](https://www.cdc.gov/std/hpv/the-facts/genital_hpv_bro508-2017.pdf)



# 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.



## 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](https://www.cdc.gov/std/hpv/the-facts/genital_hpv_bro508-2017.pdf)

## 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.



**HPV CAN CAUSE:**

Some cancers in women:

- Cervical cancer
- Cancer of the vulva, vagina
- Cancer of the anus
- Cancers of the mouth and throat

Some cancers in men:

- Cancer of the penis
- Cancer of the anus
- Cancers of the mouth and throat

7

## 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](https://www.cdc.gov/std/hpv/the-facts/genital_hpv_bro508-2017.pdf)

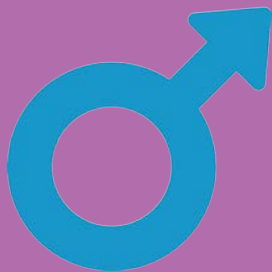




## HPV CAN CAUSE:



- Some cancers in women:  
Cervical cancer  
Cancer of the vulva, vagina  
Cancer of the anus  
Cancers of the mouth and throat



- Some cancers in men:  
Cancer of the penis  
Cancer of the anus  
Cancers of the mouth and throat

## 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.

8

## 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.]

## HPV & CERVICAL CANCER

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

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



### 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”

## 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.



**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>



## 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.



### 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.



## WHAT ABOUT TEENS AND YOUNG ADULTS?

- The HPV vaccine is also recommended for:
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### 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.



## 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.



### 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](http://www.cdc.gov/HPV)

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## 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:

Reference: CDC's information on "HPV (Human Papillomavirus) Vaccine: What You Need to Know"; Link: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/hpv.html>

## 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.



**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 her/him from HPV cancers. Let's do that before you leave the clinic."*

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





## 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?



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."

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

**FAMILY**



**SUNSET ON CETTI BAY**



**FRIENDS**



**FAMILY GATHERINGS**





*Si Yu'os ma'ase!*  
**THANK YOU!**





## Acknowledgement

University of Guam Cancer Research Center

### Resources:

CDC - [www.cdc.gov/HPV](http://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

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