

## HPV Vaccinations

March 4<sup>th</sup> is International HPV Awareness Day, and MVP Health Care® (MVP) is dedicated to increasing HPV vaccination rates. MVP is asking our valued providers to help raise awareness about the efficacy of the HPV vaccine to reduce the risk of HPV-related cancers as well as highlighting its safety. Provider recommendations have proven to be the most impactful reason parents choose to vaccinate their children.

Research shows that offering a presumptive, bundled recommendation to introduce the HPV vaccine and providing reassurance is highly effective and makes a tremendous difference in uptake. For example, try: *"Your child needs three vaccines today: Tdap, HPV, and meningococcal to prevent pertussis, HPV cancers, and meningitis."*

Additional information can be found at:

- <https://www.cdc.gov/hpv/hcp/schedules-recommendations.html>
- <https://aapca3.org/wp-content/uploads/2016/04/3-Fact-Sheet-for-hcp-tipsheet-hpv.pdf>

MVP also has educational materials available for practices to distribute to members. Examples of materials related to HPV can be found on the following two pages. Please contact your Professional Relations representative to order these brochures.

## Test your HPV Knowledge

### Test Your Human Papillomavirus (HPV) Knowledge

#### Correct Answers

**1. f) all of the above**

According to the CDC, every year in the U.S., more than 30,000 females and males get cancer caused by HPV. That's one person every 18 minutes of every day. Most of these cancers could be prevented by the HPV vaccine.

**2. False**

The HPV vaccination is recommended for preteen girls and boys, ages 11–12, to protect against cancer-causing HPV infections before they are exposed to the virus. The HPV vaccination provides the best protection when given at the recommended ages.

**3. True**

The CDC now recommends two doses of HPV vaccine for people starting the vaccination series *before* their 15th birthday. Three doses of HPV vaccine are recommended for people starting the series on or after their 15th birthday, and for people with certain health conditions. The CDC continues to recommend routine vaccination for girls and boys at age 11 or 12, but the series can be started as early as nine years of age.

**4. True**

Some have estimated that by the year 2020, more men will be dying from HPV-caused cancers than women.

**5. True**

Fewer young women are being diagnosed with cervical precancer caused by HPV infections. Every year in the U.S., thousands of women need testing and treatment for HPV-related changes in the cells of the cervix. Testing and treatment for these precancers can cause lasting problems that can lead to premature births, and even some forms of infertility. HPV vaccination protects against the types of the HPV virus that can cause the majority of cervical cancers and precancers.



Speak with your doctor about the HPV virus and vaccine, or visit [cdc.gov/hpv](http://cdc.gov/hpv) for more information.

## Test Your Human Papillomavirus (HPV) Knowledge

The HPV vaccine is critical to protecting the next generation against cancers caused by HPV infections. Do you know the answers to these questions? Be informed, test your knowledge!

1. The HPV vaccine is cancer prevention. It protects against HPV viruses that commonly cause which of the following cancers?

- a) cervical
- b) vaginal
- c) penile
- d) anal
- e) cancers of the back of the throat
- f) all of the above

2. True or False

The HPV vaccine is recommended for teenage girls and boys at the age they begin sexual activity.

3. True or False

The HPV vaccine is given in a series of two or three shots over a period of months, depending on the age of the child at the time of the first shot.

4. True or False

According to the Centers for Disease Control (CDC), most people are not aware that about 81% of HPV-caused throat cancers occur in males.

5. True or False

The HPV vaccine was first recommended in 2006. By 2010, the number of HPV infections among teenage girls in the U.S. dropped by more than half.

See the correct answers on the other side >



## What You Need to Know about Cervical Cancer

### What You Need to Know About Cervical Cancer

When cancer forms in the cervix, it is often slow-growing and may not show symptoms. Cervical cancer is almost always caused by human papillomavirus (HPV), a virus that can be passed on through sexual activity. HPV infections are the most common sexually transmitted infections in the United States.

More than 40 types of HPV can be easily spread through direct sexual contact from infected people to their partners, both male and female. They can be spread by vaginal, anal, and oral sex. The types of HPV that can lead to cancer are the "high-risk" HPVs. Two of these account for about 70% of all cervical cancer cases. The HPV vaccine protects against these two types of high risk HPV.

#### Get Screened for Cervical Cancer

Cervical cancer can be found with regular screenings. Screenings look for cancer before symptoms may appear. When cancer is found early, it may be easier to treat. A Pap test is the type of screening that is used to find cervical cancer. The only time to worry about cervical cancer is when you skip routine screenings.

#### HPV Vaccination

The HPV vaccine can greatly lower the risk of HPV infection and cancers caused by HPV. It is recommended for pre-teen boys and girls, ages 11-12, or before teens and pre-teens are sexually active. It can be given up to 26 years of age for anyone who has not received it earlier in life.

**With routine screenings, cervical cancer deaths are often preventable. Speak with your doctor about a cervical cancer screening, and to see if you are eligible for the HPV vaccine.**

Visit [mvphealthcare.com/preventivecare](http://mvphealthcare.com/preventivecare) for more information.

Sources: National Cancer Institute, American Cancer Society  
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## What You Need to Know About Cervical Cancer

Cervical cancer is one of the most common causes of cancer deaths for American women. But, it can be treated when found early. That's why it's important to be screened.

*Continued on other side* >

