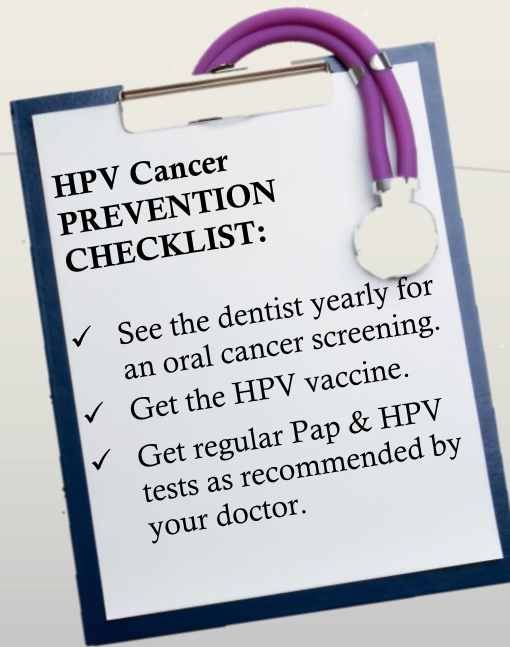


You should do an oral cancer self-exam each month. Here's how:

- Right after a dental exam, do a self-exam to see what is “normal” for you.
- Feel your neck for any lumps.
- Look at your lips, cheeks, and gums.
- Use a flashlight to look at the top, sides, underneath your tongue, the back of your throat, and roof of your mouth.
- Be aware of changes in color, texture, or lumps.



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HPV prevention is just one part of good oral health.

You should also:

- Brush and floss every day.
- See your dentist for cleanings and exams.
- Do not smoke and drink alcohol.

Contact us at:

OICP@doh.wa.gov or

www.doh.wa.gov/immunization

Adapted with permission



www.TeamMaureen.org



DOH 348-NonDOH April 2020

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Understanding HPV & Cancer at the Dentist



HPV

Human Papillomavirus and Reducing Your Cancer Risk



What is HPV?

- HPV (human papillomavirus) is a common virus spread by intimate skin-to-skin contact.
- In the US, nearly 79 million people are infected with HPV. Eight out of ten people will get it in their lifetime.
- Most HPV infections have no symptoms and do not need treatment.
- Some types of HPV cause warts on the skin that look like flesh-colored bumps. Some types of HPV can also cause certain cancers.

See your doctor if you have any of these signs of oral cancers:

- Sore throat.
- Earache or swollen lymph nodes of the neck.
- Trouble swallowing.
- Unexplained weight loss.



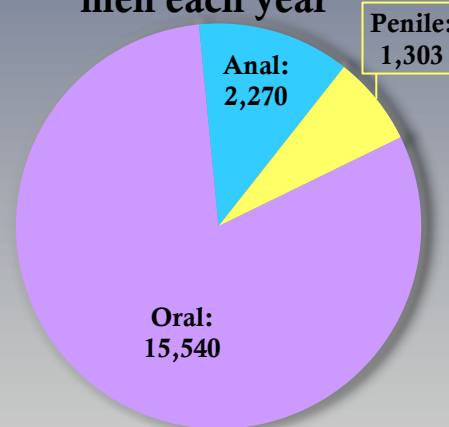
You can further reduce your oral cancer risk by not using alcohol and tobacco.



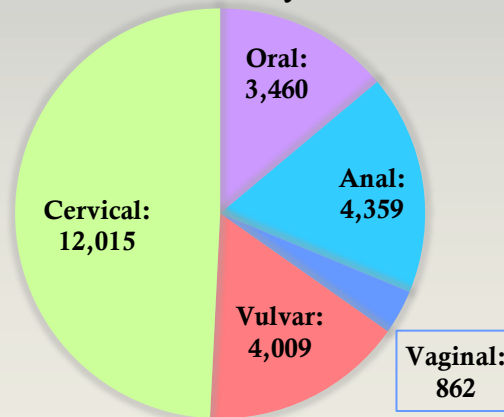
The HPV Cancer Connection

Some types of HPV can cause cancer of the tongue, tonsils, throat, cervix, vulva, vagina, penis, and anus.

Cases of HPV-related* cancers in men each year



Cases of HPV-related* cancers in women each year



Source: CDC: USCS Data Brief: No. 10, Aug 2019
 *HPV-related: Defined as cancer that occurs in parts of the body where HPV is often found.



HPV Vaccine

Who should be vaccinated?

- Everyone age 9-26 years.
- Recommended at age 11-12, but can be given as early as age 9.
- If the vaccine is started before age 15 years, only two doses are required. Three doses are required if the first dose is given at age 15 and older.
- Adults age 27-45 may choose to be vaccinated after talking with their doctor.

HPV vaccine is safe and effective

- Over 270 million doses of the HPV vaccine have been given worldwide. No serious safety concerns have been identified.
- The HPV vaccine protects against the majority of cervical and anal cancers, and up to 90% of genital warts.
- Research suggests that oral cancers can be prevented with the HPV vaccine.

Behavior changes

- Studies have shown that HPV vaccine does not start or change sexual behavior.

Insurance

- Like other childhood vaccines in Washington, the HPV vaccine is available at no cost through age 18 regardless of insurance status.