

Preventing HPV:¹

- Use latex condoms from start to finish. They do not completely protect you from HPV, but they are better than nothing.
- Limit the number of sexual partners you have.

THE HPV VACCINE :²

- There are 100's of different strains of the HPV virus. Around 30-40 strains are found on female genitals. Some strains cause warts, some may be linked to cancer, and some do not seem to do anything at all.
- Gardasil® is vaccine we give at Sustana Center for Women.
 - It protects you from 4 of the nearly 30-40 types of HPV that can infect you, but these are the most common 4:
 - 90% of warts are caused by HPV 6 and 11
 - 70% of cancers are associated with HPV 16 and 18
 - Gardasil ®does not make you completely immune from warts or cervical cancer - you still need to have your pap smear testing as recommended.
 - You need 3 vaccines:
 - The first one is given anytime; even if you have been tested positive for HPV. If you already have tested positive, the vaccine may help prevent re-infection.
 - The second dose is given two months after the first dose.
 - The third dose is given 6 months after the first dose.
 - Gardasil® works better if given before you have sex, and after you've had sex is okay, too.
 - You should not use Gardasil® if you are severely allergic to yeast!³
 - Other side effects include: pain, swelling, itching, bruising, and redness at the injection site; headache, fever, nausea, vomiting, and fainting (within the first 15-20 minutes usually).

¹ CDC – Genital HPV Infection Fact sheet, National Center for HIV/AIDS, viral hepatitis, STD, and TB prevention, Division of STD prevention, <http://www.cdc.gov/std/HPV/STDFact-HPV.htm>.

² Killackey, Maureen, MD, FACOG, FACS, "Human Papilloma Virus: HPV", Healthy Women, public presentation by obstetricians and gynecologists of New York state and reprinted by the American College of Obstetricians and Gynecologists, March, 2, 2007.

³ Gardasil® website: <http://www.gardasil.com/what-is-gardasil/information-on-gardasil/index.html#thirteen>