

# HPV

(Human Papillomavirus)

## Common, Preventable, and Detectable



HPV causes most cervical, anal, penile, head and neck cancers



Approximately 75% of sexually active Canadians who aren't vaccinated against HPV will contract it in their lifetime

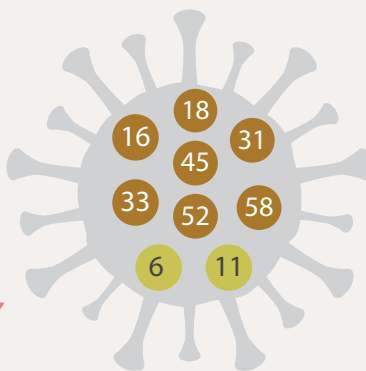
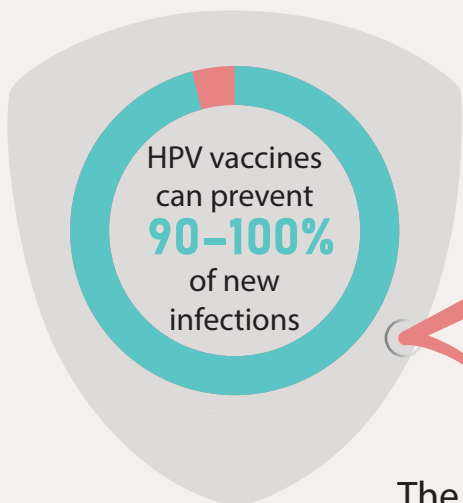


Up to 70% of new head and neck cancers are linked to HPV, occurring more often in men.

## Prevention Strategies

Combining strategies can reduce your risk of developing HPV related cancers.

### Get Vaccinated



● High risk HPV strains  
● Low risk HPV strains



The HPV vaccine is available to all CAF members



Speak to your primary care provider or community health staff to request the vaccine

The vaccine protects against HPV strains that can cause:

- cancer
- genital warts

### CDU Information

### Continue Cervical Cancer Screening



Screening is key to reducing your risk of developing cervical cancer.



Get screened regularly even if you've been vaccinated - vaccination protects against some high-risk strains, but not all strains

### Avoid Smoking

Smoking reduces your body's ability to get rid of the virus.



Quitting smoking can help reduce the chance of a persistent HPV infection

### Use Barrier Protection

HPV is spread through close skin-to-skin contact during sexual activity



Condoms and dental dams can help to reduce transmission of the virus

### Get Regular Dental Exams

Some throat cancers are caused by HPV



Dentists routinely screen for oral or throat cancer