

WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health, and prosperity.



HPV Vaccine

- Only Gardasil-9 is distributed in the US.
- Recommended for everyone at ages 11-12 years of age through age 26 years, select adults over the age of 26
- Gardasil-9 is a 2 or 3 dose series depending on age.
- HPV infections have decreased by 80% since 2006

If you would like to know if the HPV vaccine is right for you, contact your healthcare provider.

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References:

<https://www.askabouthpv.org/hpv-facts/hpv-facts-for-everyone>



Human Papillomavirus (HPV)

On March 4th we observed HPV Awareness Day. Here's how to keep yourself and your partners safe.

What is HPV and how do I get it?

- HPV is caused by the very common virus, Human Papillomavirus
- Some types of HPV cause cancer (cervical, anal, head and neck, vulvar, vaginal, and penile) while others can cause warts.
- Warts can be present to hands, feet, anal and genital areas.
- Mostly spread through sexual contact.

What are the symptoms of HPV?

- Most people will get HPV at some point without knowing.
- The types of HPV that cause cancer usually don't have symptoms.

What happens if I get HPV?

- For most people, nothing happens. The immune system usually can get rid of the virus within 2 years, without causing harm.
- For some people, the immune system cannot get rid of HPV. Over time, HPV causes changes to cells. This can eventually lead to cancer if left untreated. It usually takes many years for cancer to develop.
- Sometimes the immune system will control HPV but not get rid of the virus. HPV can be present without causing changes to the cells.
- For some people HPV can become active again later in life.

How do I prevent HPV?

- There is no cure for HPV, but it can be prevented:
 - HPV vaccine
 - Consistent condom use
 - Barrier method such as a dental dam during oral sex