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HPV Education and Prevention Amongst Danbury High School Students

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HPV

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Family Medicine Rotation #1

Danbury, CT

Topics of Discussion

- ▶ Why is HPV important to you?
- ▶ What is HPV?
- ▶ What are complications of unresolved HPV infections?
- ▶ How can you reduce the spread of HPV?
- ▶ HPV vaccines
- ▶ HPV testing
- ▶ HPV treatment
- ▶ HPV and Danbury High School

Why is HPV important to me?

- ▶ **#1 sexually transmitted infection in the US**
- ▶ **75-80% of sexually active adults** will have a genital HPV infection by 50y/o.
- ▶ **79 million people** in the US infected (US population is 318.9million, Danbury ~84,000)
- ▶ **14 million people** in the US are newly infected each year.
- ▶ **45% of females 20-24**
- ▶ **64% of males 18-89** who are HIV negative and have sex with males
- ▶ **53% of heterosexual males** of any age group
- ▶ **15-25 y/o**
 - ▶ is when the majority of people have first infection.

What is Human Papillomavirus??

- Virus that can be transmitted via vaginal, anal, or oral sex, and genital contact.
- More than 150 strains, 40 of which are sexually transmitted
- **High Risk Strains**
 - Cancer-inducing and are strongly associated with cervical cancer, anal cancer, vaginal cancer, vulvar cancer, and penile cancer
 - **16, 18** : which together cause **70% of cervical cancers and 70% anal cancers**
 - **31, 33, 35, 39, 45, 51, 52, 56, 58, 59, 68, 69, 73, 82**
- **Low Risk Strains:**
 - associated with genital warts, recurrent respiratory papillomatosis (small benign tumors that can obstruct larynx),
 - **6 and 11**: which cause **90% of genital warts** in females and males

What can HPV cause?

- ▶ Most infections resolve on own within 2 years, but in 10-20% of women the infection persists...
- ▶ Non-genital warts
- ▶ Genital warts (HPV 6 and 11 cause ~90%)
- ▶ Anal cancer (HPV accounts for 91%)
- ▶ Cervical Cancer (HPV accounts for 90%)
- ▶ Cancer of external genitalia (63% of penile, 69% of vulvar, and 75% of vaginal cancers)
- ▶ Oropharyngeal cancer (HPV accounts for ~72%)
- ▶ Recurrent respiratory papillomatosis (small benign tumors that can obstruct larynx)

What can reduce HPV transmission?

- ▶ Most effective way to not contract HPV is to not be sexually active
- ▶ Limiting lifetime number of sexual partners
- ▶ Male condoms - will not fully protect because HPV can be found places other than on the penis such as the inner thigh, scrotum, and anus
- ▶ Vaccine
- ▶ Even if you are not currently showing signs of being infected, you can still spread the virus!
 - ▶ Most people who are infected with HPV, have no idea!

Vaccinate!!

When: best if all doses are administered before person is sexually active, but anytime before 26!

	Gardasil-9	Gardasil	Cervarix
Which strains?	HPV 6, 11, 16, 18, 31, 33, 45, 52 and 58	HPV 6, 11, 16 and 18	HPV 16 and 18
Timeline?	3 injections over 6 months	3 injections over 6 months	3 injections over 6 months
Who can get vaccinated?	Females ages 9-26 Males ages 9-15	Females ages 9-26 Males 9-21 and in some cases 26	Females age 9-25
What does it help protect against?	Helps protect against: cervical cancer, Vulvar cancer, vaginal cancer, anal cancer, oropharyngeal cancer, genital warts and recurrent respiratory papillomatosis	Helps protect against: cervical cancer, Vulvar cancer, vaginal cancer, anal cancer, oropharyngeal cancer, genital warts and recurrent respiratory papillomatosis	Helps protect against: Cervical cancer, Vulvar cancer, vaginal cancer, anal cancer, and oropharyngeal cancer.

Is the vaccine all you need?

- ▶ NO!!
- ▶ Only helps your body protect itself from the strains in the vaccine...
- ▶ Remember that there are over 16 high risk strains and Gardasil 9 only protects against 7 of them!
- ▶ Still need to practice safe sex and wear condoms...and even that is not 100% effective!

Can you test for HPV?

- ▶ Females
 - ▶ Regular gynecological exams
 - ▶ pap smear starting at 21y/o and every 3 years after,
 - ▶ if 30 y/o and have an abnormal pap then have an HPV test
- ▶ Males
 - ▶ No test for HPV
 - ▶ If you have genital warts, see a physician.

Can you treat HPV?

- ▶ NO! you cannot treat the actual HPV infection
- ▶ However, you can treat the complications associated with HPV infection
 - ▶ Cervical cell changes (pre-cancerous)
 - ▶ Cervical cancer
 - ▶ Genital warts

HPV and Danbury High School

- ▶ CT has an estimated 37.7-44.9% vaccination rate in females ages 13-17 as of 2013
- ▶ HPV vaccination is not a mandated vaccine for school.
- ▶ Danbury High School student body: 3,000
- ▶ Reminder: recommended age of first dose for males and females is 11-12 years old.

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