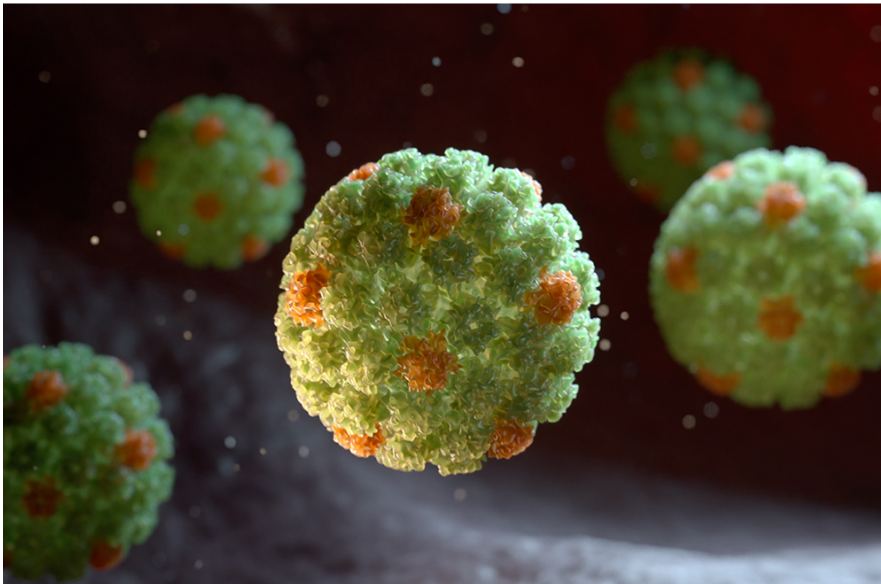




## HPV Vaccine



### Overview

This vaccine protects against some forms of human papillomavirus (which we call "HPV"). This very common virus spreads through sexual activity. It can cause genital warts and cancer. In women, it's the main cause of cervical cancer. HPV can also cause cancer in the genitals, anus, mouth and throat of males and females. The vaccine helps stop the spread of HPV. It lowers your risk for some cancers.

### Who should get it?

Who should get the HPV vaccine? Well, it offers the most protection for people who have not yet been exposed to HPV. So ideally we want to give it to young people before they become sexually active. It's recommended for girls and boys age 9 to 14. If you're between 15 and 26 years old, it may still protect you. For people over age 26, it may not be as effective. But some people age 27 to 45 may still benefit from the vaccine. Your doctor can tell you if it's right for you.

### Other steps

Keep in mind that the vaccine does not protect against all forms of HPV. This includes some of the forms that cause cancer. So even if you're vaccinated, you need to take steps to protect yourself during sexual activity. The best way is to use an appropriate barrier (such as a condom or dental dam) every time you have sex. These help protect you from other types of sexually transmitted infections, too.

### Conclusion

For more info about the HPV vaccine, talk to your doctor.