

Reduce your risk.

You can take steps to help protect yourself from HPV.
If you have HPV, you can prevent cancer.

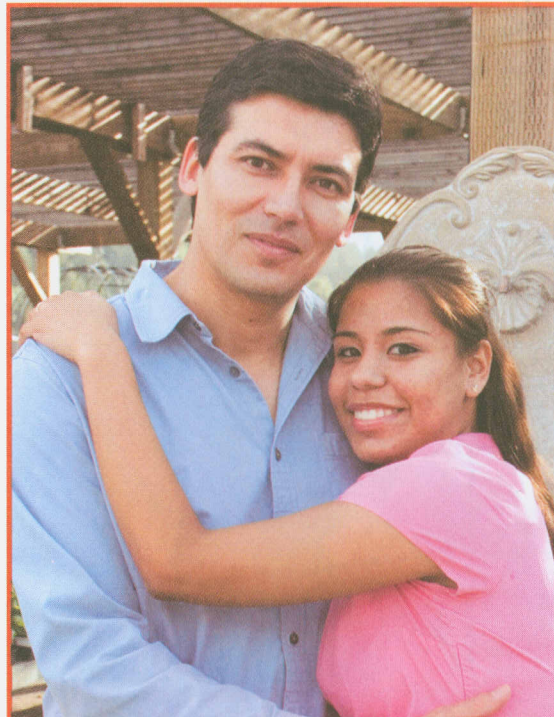
Reduce your risk of getting HPV.

- **Don't have sex. This includes any genital touching.** This will eliminate your risk.
- **Use condoms every time you have sex.** Male or female condoms may reduce your risk. (But if the condom doesn't cover skin that contains the virus, you can still get HPV.)
- **Have sex with only one partner who only has sex with you.** The more partners you have sex with, the higher your risk of getting HPV.

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A person can have HPV without knowing it and pass it on to you.

Reduce your risk of getting cervical cancer.

- **Get regular Pap tests.** About half of the women who learn they have cervical cancer have never had a Pap test. Ten percent haven't been tested in the past 5 years.
- **Get checked by a health care provider** if you have any unusual growths in the genital area or the anal area.



**Condoms help protect us.
We don't have sex without one.**

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**It's important to
get checked for
cervical cancer.**
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To Learn More

CDC-INFO

1-800-232-4636

Professional models were used in all photos.

This brochure is not intended as a substitute for your health professional's opinion or care.

Written by Kay Clark.

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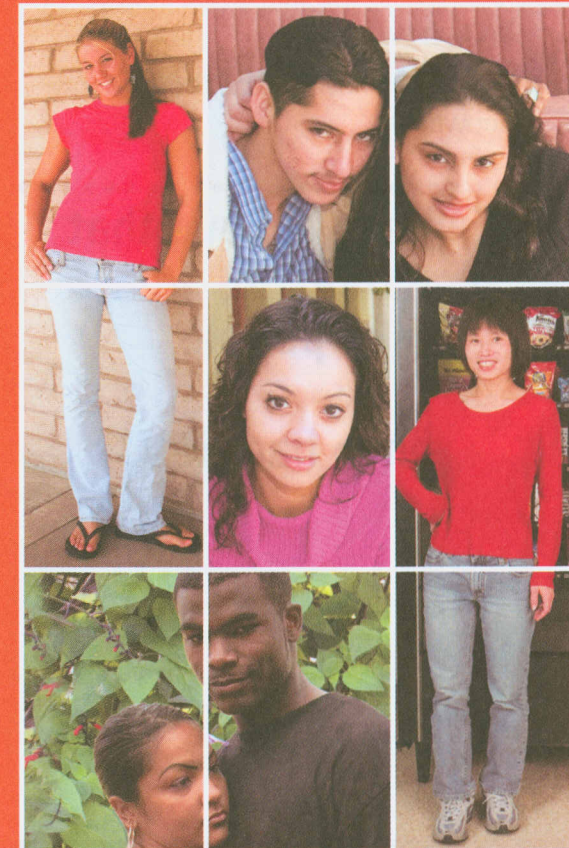
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HPV & Cervical Cancer



What is HPV?

HPV (human papillomavirus) is a virus with over 100 different types.

Many types of HPV can be passed by close physical contact during sex.

This includes vaginal and anal sex, and even genital touching. HPV can also be passed during oral sex, but this is rare.

Some types of HPV can cause warts in the genital area. Others cause no symptoms.

HPV is easy to transmit because:

- HPV lives in the skin and is found on skin surfaces.
- People can have HPV without knowing it.

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Experts believe that over 50% of people who have had sex have had HPV.

What are the symptoms?

HPV has different effects on different people.

- **No symptoms.** Most people with HPV don't ever know they have it. They never have symptoms or other problems.
- **Genital warts.** Some people with HPV get warts. These are small, flat or round bumps on, around or inside the sex organs of both men and women.
- **Cell changes.** HPV can cause cell changes in the cervix, penis or anus. Sometimes these cell changes lead to cancer.

No one can say who will have symptoms or problems and who will not.

If You Have Genital Warts

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Warts caused by HPV may be too small to see. Or they can become large and worrisome to the person who has them.

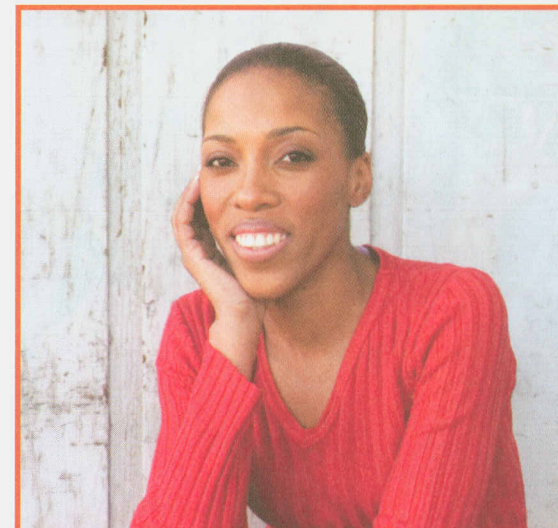
Except for their appearance, genital warts aren't a big problem. Warts may go away on their own. Or they can be treated by a health care provider.

Once warts are gone, you may no longer have HPV in your body. But sometimes HPV stays in the body and causes more warts later on.

Is HPV serious?

Some types of HPV are more serious than others.

- **Low-risk types** are not associated with cancer. They may cause genital warts or noncancerous changes on the cervix. Or they may cause no symptoms.
- **High-risk types** don't cause warts or other symptoms. But they can cause cell changes on the cervix that can become cancer and may need to be treated.
- **High-risk types** of HPV are also linked to cancer of the vulva (the area outside the vagina) in women, cancer of the penis in men, and cancer of the anus in men and women.



I see my doctor regularly for Pap tests. They help protect me from cervical cancer.

What about cervical cancer?

The changes caused by HPV show up on a woman's Pap test.

- **All women** should have regular Pap tests every 1–3 years.
- **Women with an abnormal Pap result** may be tested for HPV to see if they have a high-risk type.
- **Most women with high-risk HPV won't get cervical cancer.** But it's impossible to predict who will.
- **Cervical changes can be watched and treated** before they become cancer.
- **In some cases,** women with high-risk HPV will need to have Pap tests more often, depending on how serious the infection is.

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Cervical cancer is easy to treat and cure if it's found early.