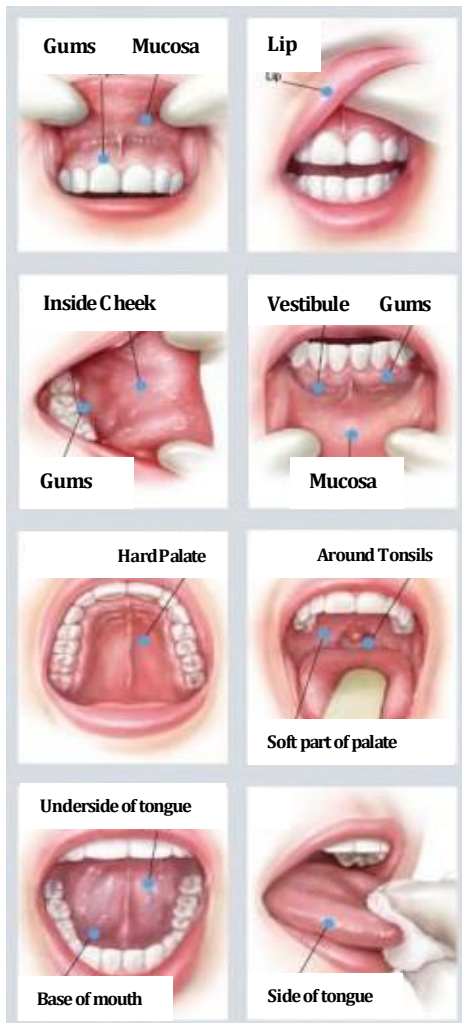
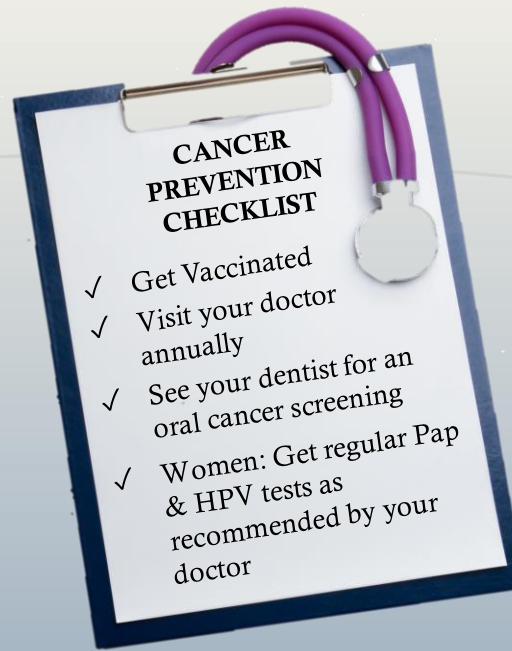


You should perform an oral cancer self-exam each month. Here's how:

- Immediately after a dental exam, do a thorough self-exam to see what is "normal" for you.
- Feel your neck for any lumps
- Examine your lips, cheeks, and gums
- Use a flashlight to examine the top, sides, and underneath your tongue, the back of your throat and roof of your mouth.
- Be aware of changes in color, texture, or lumps.



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Understanding HPV & Cancer at the dentist



HPV Prevention is just one part of oral health.

You should also:
Brush and floss regularly.
See your dentist regularly for an oral cancer screening during your exam.



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HPV

Human Papillomavirus and Reducing Your Cancer Risk

What is HPV?

- HPV (Human Papillomavirus) is a common virus spread by intimate skin-to-skin contact.
- In the USA, nearly 79 million people are infected with HPV, and eight out of ten people will have it in their lifetime.
- Majority of HPV infections have no symptoms and require no treatment.
- Some types of HPV cause warts on skin that look like flesh colored bumps.

See your doctor if you have any of these symptoms of oral cancers:

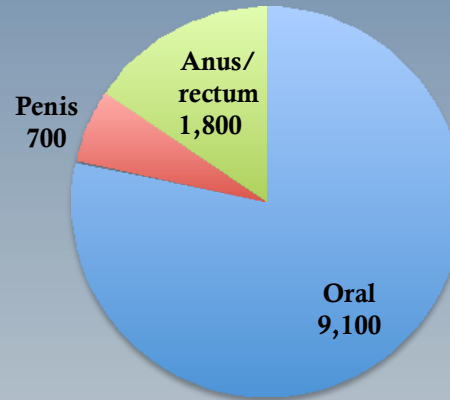
- Persistent hoarseness or sore throat
- Earaches or enlarged lymph nodes of the neck
- Difficulty swallowing
- Unexplained weight loss
- You can further reduce your oral cancer risk by avoiding alcohol and tobacco



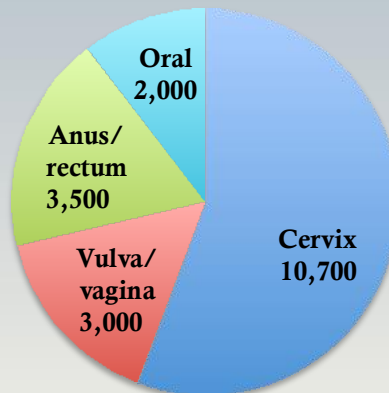
The HPV Cancer Connection

Some types of HPV can infect parts of your body and cause cancer of the tongue, tonsils, throat, cervix, vulva, vagina, and penis.

Cases of HPV-Related Cancers in Men each year



Cases of HPV-Related Cancers in Women each year



The HPV Vaccine



The HPV vaccine is given in a series over 6 months.

WHO SHOULD BE VACCINATED?

- **Girls:** age 9-26; **Boys:** age 9-21 (up to age 26 in some cases)
- Recommended at age 11-12 to be most effective.

SAFE & EFFECTIVE?

- Over 170 million doses of the HPV vaccine have been given and no serious safety concerns identified.
- Majority of cervical and anal cancers and up to 90% of genital warts can be prevented with the vaccine.

BEHAVIOR CHANGES?

- Scientific studies have shown that it does not change sexual behavior or onset of first sexual experience.

INSURANCE?

- The vaccine series is covered by most health insurance plans.
- Like other vaccines in Massachusetts, the HPV vaccine series is universally covered.