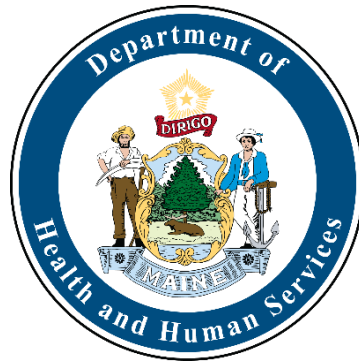


MAINE IMMUNIZATION PROGRAM

PROGRAM



HPV Dental Toolkit



TOOLKIT GUIDE

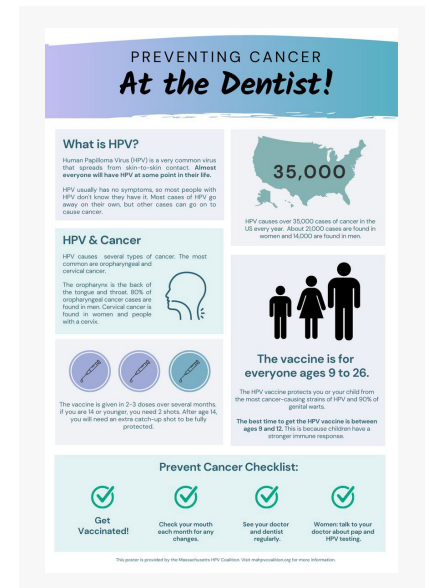
Patient Materials

Preventing Cancer at the Dentist! Poster

Our Preventing Cancer posters provide general information on HPV-related cancers and the HPV vaccine. The Toolkit includes posters of 2 different sizes for use in high traffic patient areas such as the waiting room, or in patient bathrooms or operatories.

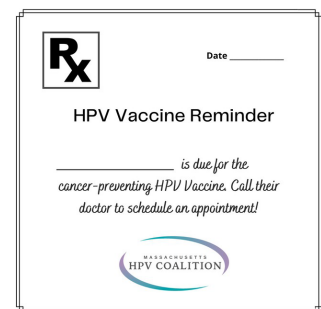
QR Code

The Preventing Cancer poster uses a QR code to link to an interactive HPV education page on our website. This offers a hands-free and paper-free option for both patients and providers. To use the code, patients simply open the camera app on their smart phone and hover over the black square. Their phone will automatically bring them to the HPV education quiz on our website.



Vaccine "Prescription" Reminder Card

Providers or receptionists should provide this reminder card to all parents of patients between the age of 9 and 14. This card works best when paired with a conversation with the provider, and/or our Preventing Cancer at the Dentist! Brochure. You may also provide the card and brochure to patients who are not fully vaccinated.



Preventing Cancer at the Dentist! Brochure

This brochure provides general HPV vaccine and oropharyngeal cancer information for adults, parents, and teens. Our Oral HPV Task Force revised the brochure from our 2016 Dental Toolkit to reflect the most recent facts, figures, and recommendations. We recommend handing this brochure directly to parents and patients with the vaccine prescription card or including the brochure with the end-of-visit goodie bags. We also suggest leaving brochures in the waiting room for patients and parents to read.



Provider Materials

Talking Tips

Our Talking Tips pages review frequently asked questions you may hear from parents and patients. We have also broken the content down by audience age. If you aren't sure how to answer a question, tell patients to talk to their doctor. Starting the discussion and referring them to their doctor is a huge first step in preventing cancer!

Background Research

We have included the following publications on the HPV vaccine for your reference. Please feel free to review and share with coworkers, patients, and others who may have detailed questions about HPV vaccine research, safety, and effectiveness.

- Policy on Human Papilloma Virus Vaccinations (American Academy of Pediatric Dentistry, 2020).
- Summary of the evidence on the safety, efficacy, and effectiveness of human papillomavirus vaccines (Journal of the American Dental Association, 2020).
- Near Real-Time Surveillance to Assess the Safety of the 9-Valent Human Papillomavirus Vaccine (American Academy of Pediatrics, 2019).

Want to get involved?

Join the Massachusetts HPV Coalition!

The MA HPV Coalition was founded in 2015 to collaborate on education, outreach, and other HPV-related cancer prevention activities. We have three active work groups that meet quarterly: the Oral HPV Task Force, Cervical Cancer Work Group, and Health Equity Work Group.

Membership is free and open to any person, organization, non-profit, or institution interested in work surrounding HPV. To learn more, visit mahpvcoalition.org or email us at hpvcoalition@gmail.com.

PREVENTING CANCER *At the Dentist!*

What is HPV?

Human Papillomavirus (HPV) is a very common virus that spreads from skin-to-skin contact. Almost everyone will have HPV at some point in their life.

HPV usually has no symptoms, so most people with HPV don't know they have it. Most cases of HPV go away on their own, but other cases can go on to cause cancer.

HPV & Cancer

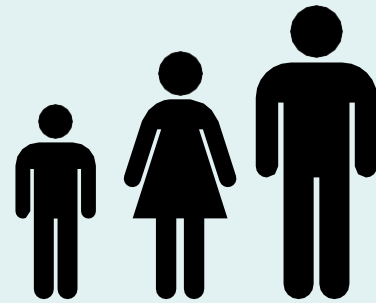
HPV causes 6 types of cancer. The most common are oropharyngeal and cervical cancer. The oropharynx is the area in the back of the tongue and throat.



80% of oropharyngeal cancer cases are found in men. Cervical cancer is found in women and people with a cervix.



The vaccine is given in 2 or 3 doses over several months. If you are 14 or younger, you need 2 shots. After age 14, you will need an extra catch-up shot to be fully protected.



The vaccine is for everyone ages 9 to 26.

The HPV vaccine protects you or your child from the most cancer-causing strains of HPV and 90% of genital warts.

The best time to get the HPV vaccine is between ages 9 and 12. This is because children have a stronger immune response.

How much do YOU know about HPV?



Scan the QR Code with your phone to take our HPV quiz!

HPV AT THE DENTIST

Parent Talking Tips

Start the Conversation: "Is your child up to date on the HPV vaccine? It prevents 6 types of cancer, including oropharyngeal cancer. Make sure to ask your child's doctor at your next visit."

Parents May Ask

Your Answer

Why does my child need the HPV vaccine?

HPV is extremely common - **most people will have HPV during their life.** By vaccinating your child, you can protect them from several types of cancer.

Can't we wait until they are older?

The best time to get the HPV vaccine is between ages 9 and 12. This is because children have a stronger immune response. After age 14, they will need an extra catch-up shot to be fully protected.

Does the vaccine really work?

Yes, studies continue to prove the HPV vaccine works extremely well. We have seen a significant decrease in the number of infections and cervical precancer in young people since the vaccine was introduced in 2006.

I thought the HPV vaccine was only for girls?

The vaccine was first recommended for girls but is now recommended for all children. The vaccine prevents both cervical and oropharyngeal (throat/back of tongue) cancer. In fact, oropharyngeal cancer is now more common than cervical cancer and is more likely to impact men.

How much does the vaccine cost?

Like other childhood vaccines in Maine, the HPV vaccine is free. Talk to your doctor or call your health insurance to find a provider.

I'm worried about the safety of the vaccine. Do you think it is safe?

Yes, the HPV vaccination is very safe. Like any other shot, the most common side effect is soreness at the injection site. Over 120 million doses of the HPV vaccine have been given and no serious safety concerns have been found. **Talk to your doctor if you still have questions.**

HPV AT THE DENTIST

Age 18-26 Talking Tips

Start the Conversation: "Have you gotten the HPV vaccine? It prevents 6 types of cancer, including oropharyngeal cancer. Ask your doctor about the vaccine at your next visit."

Parents May Ask

Your Answer

What is Human Papilloma Virus (HPV)?

HPV is an extremely common virus that spreads through sexual and intimate contact. **Most of us will have HPV at some point in our lives.** HPV can cause genital warts and 6 types of cancer, including oropharyngeal cancer.

Am I too old for the HPV vaccine?

It is most effective when given between the ages 9-12 but the vaccine is recommended for everyone up to age 26.

Can I still get the vaccine if I already have HPV?

Yes. The vaccine can protect you from other types in the future.

Can I still get HPV if I am vaccinated?

Unfortunately, yes. There are over 100 different strains, or types, of HPV. The vaccine protects you from 9 strains that are responsible for about 90% of genital warts and HPV-related cancers.

Is there a way to test for oral HPV?

Not yet. Researchers are working on developing a test, but so far they are unreliable.

I'm worried about the safety of the vaccine. Do you think it is safe?

Yes, the HPV vaccination is very safe. Soreness at the injection site is common, but over 120 million doses of the HPV vaccine have been given and no serious safety concerns have been found. **Talk to your doctor if you still have questions.**

HPV AT THE DENTIST

Age 27+ Talking Tips

Start the Conversation: "Did you get the HPV vaccine as a child or young adult? It prevents 6 types of cancer including oropharyngeal cancer."

Parents May Ask

Your Answer

Am I too old for the HPV vaccine?

Talk to your doctor to see if you would benefit from getting vaccinated. The vaccine is approved up to age 45, but it is not usually recommended after age 26 because most adults have already been exposed to HPV by this time.

What is oropharyngeal cancer?

The oropharynx is the area at the back of your throat. It includes your tonsils, the base of your tongue and the back of the roof of your mouth. **Cancer in this area is usually caused by HPV.**

How common is HPV-related oropharyngeal cancer?

HPV causes almost 20,000 cases of oropharyngeal cancer every year and the number of cases is increasing each year. Oropharyngeal cancer is now the most common HPV-related cancer.

What are the symptoms of oropharyngeal cancer?

Symptoms include hoarseness, pain or difficulty swallowing, pain while chewing, a lump in the neck, a feeling of a persistent lump in the throat, change in voice, or non-healing sores on the neck.

Who is at risk of HPV-related oropharyngeal cancer?

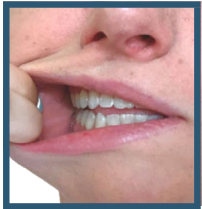
Anyone can get oropharyngeal cancer, but it is more common in men than women. It is usually transmitted through oral sex. Having multiple sex partners can increase your risk. Smoking and drinking may also increase your risk of oropharyngeal cancer.

How serious is HPV-related oropharyngeal cancer?

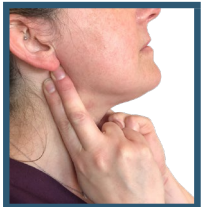
Oropharyngeal cancer is usually treated with a combination of chemotherapy, radiation, and surgery. **The 5-year survival rate is 85-90%.** This is much higher than oropharyngeal cancers that aren't caused by HPV.

ORAL, HEAD & NECK SELF EXAM GUIDE

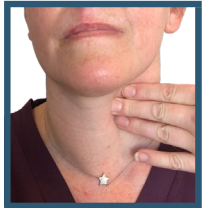
Check your mouth and neck each month.
Talk to your dentist or doctor if you notice a lump or have any other changes that last over 2 weeks.



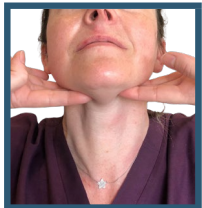
Use a mirror or flashlight to look at your cheeks, tongue, gums, back of the throat, and the roof of your mouth.



Feel for lumps behind your ears and down to your neck on both sides.



Feel along your neck all the way down to your collarbone.



Lift your chin and feel upward to check underneath your jaw.



PREVENT CANCER CHECKLIST

- Get Vaccinated!*
- See your doctor and dentist regularly
- Check your mouth each month for any changes
- Stop smoking & limit drinking
- Talk to your doctor about cervical cancer screening

For more information on HPV, visit: [cdc.gov/hpv](https://www.cdc.gov/hpv).

For more information about HPV-related cancers and cancer prevention, contact Team Maureen at [teammaureen.org](https://www.teammaureen.org).



Adapted with permission from the Massachusetts HPV Coalition and Team Maureen. Visit [mahpvcoalition.org](https://www.mahpvcoalition.org) for more information.

PREVENTING CANCER

at the Dentist!



Stop Cancer Before it Starts

Talk to your dentist or dental hygienist about the HPV vaccine today.



Maine Department of Health and Human Services

Maine CDC

Maine Center for Disease Control and Prevention



THE CANCER-PREVENTING VACCINE

The HPV vaccine provides protection from the most cancer-causing types of HPV. It is recommended for everyone between the ages of 9 to 26.

The best time to get the HPV vaccine is between ages 9 and 12. This is because children have a stronger immune response.

The vaccine is given in 2 or 3 doses over several months. Children age 14 or younger need 2 shots. After age 14, an extra catch-up shot is needed to be fully protected.

The HPV vaccine is very safe. Over 120 million doses of the HPV vaccine have been given since 2006. Like any other vaccine, the most common side effect is soreness at the injection site. Talk to your doctor if you have any severe allergies.

WHAT IS HUMAN PAPILOMAVIRUS (HPV)?

Human Papillomavirus (HPV) is a very common virus that spreads from skin-to-skin contact. Almost everyone will have HPV at some point in their life. HPV usually has no symptoms, so most people with HPV don't know they have it. Most cases of HPV go away on their own, but other cases can go on to cause cancer.

HPV can cause several types of cancer, including cervical and oropharyngeal cancer. While cervical cancer impacts women or people with a cervix, over 80% of oropharyngeal cancer cases are in men.

The oropharynx is the back of the tongue and throat. Symptoms of oropharyngeal cancer include:

- Hoarseness or change of voice
- Sore throat that won't go away
- Earaches
- Swelling or lump in the neck
- Pain or difficulty swallowing
- Unexpected weight loss
- Sores or bumps in the mouth that last over 2 weeks



The oropharynx is the area in blue at the back of the tongue and throat.



The HPV vaccine is for **everyone**.



Date _____

HPV Vaccine Reminder

_____ is due for the
cancer-preventing HPV Vaccine. Call their
doctor to schedule an appointment!



Adapted with permission from the Massachusetts HPV Coalition and Team Maureen.

www.MAHPVcoalition.org

www.TeamMaureen.org