



# 5

## THINGS YOU SHOULD KNOW ABOUT **HPV**

The more we learn about the health risks associated with HPV infection the more we can do to help protect ourselves. It's important to get the facts about Human Papillomavirus (HPV). Take action today and talk to your doctor, nurse or pharmacist about HPV prevention and treatment.

**1**

HPV stands for **Human papillomavirus**.

It is a group of very common viruses. Nearly everyone will get HPV at some point in their lifetime.<sup>1</sup>

**2**

HPV can cause **genital warts** and certain **pre-cancers** and **cancers**.<sup>2</sup>

Cancer usually takes years to develop after a person gets HPV. There is no way to know who will develop cancer or other health problems from HPV.<sup>3</sup>

**3**

Both **males and females** can get an HPV infection.<sup>3</sup>

Most HPV infections go away by themselves within 2 years.<sup>1</sup> But sometimes, HPV infections will last longer and can cause certain types of HPV related cancers.

HPV infections can cause cancers of the:<sup>1</sup>

- Cervix
- Penis
- Anus
- Vagina
- Vulva

**4**

HPV is spread through **intimate skin to skin contact**.<sup>1</sup>

You can get HPV by having vaginal, anal, or oral sex with someone who has the infection, even if they don't have any signs or symptoms.<sup>1</sup>

**5**

If you are **sexually active** you can get HPV, even if you've only had sex with one person.<sup>2</sup>

You can't always tell if a person has HPV as most HPV infections don't have signs or symptoms.<sup>2</sup> However, you can develop symptoms years after having sex with someone who has the infection.<sup>2</sup> HPV that persists can cause health problems such as genital warts and cancer.<sup>2</sup>

# Protect yourself against certain HPV-related cancers and diseases later in life.



HPV is so common that almost everyone who is sexually active will get HPV infections at some point in their lifetime.<sup>1</sup>

HPV causes **99%** of cervical cancer cases<sup>5</sup>

Every year there are over **1,000** cases of genital warts in Ireland<sup>7</sup>

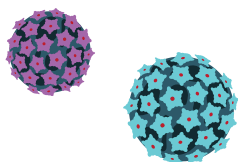
Each year in Ireland approximately **6,500** women require treatment for pre-cancer of the cervix.<sup>6</sup>



**Over 150 people** in Ireland die each year from HPV-related cancers<sup>4</sup>



HPV infection is spread through intimate skin-to-skin contact.<sup>1</sup>

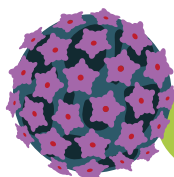


HPV infection usually clears up by itself but if it doesn't it can lead to cancer.<sup>1</sup>

There is no treatment for the virus itself. However, there are some prevention methods and treatment options for the health problems that HPV can cause.<sup>2</sup>



Each September the HPV National Immunisation Programme offers vaccination to first year boys and girls in secondary school. HPV immunisation is most effective before a person becomes sexually active.



Empower yourself with knowledge about HPV and make informed decisions to protect your health.

## REFERENCES

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