

# Recommendations\*\* on HPV Vaccination Summary

Based on CDC Advisory Committee on Immunization Practices

- Females aged 11 to 12 years: Routine vaccination recommended with bivalent or quadravalent HPV vaccine\*; can be started at age 9 years
- Females aged 13 to 26 years: catch up missed vaccines or initiate series if not done earlier; ideally started before sexual activity
- Males 9-26 years: Vaccination with quadravalent HPV vaccine may be used to reduce risk of genital warts; ideally started before sexual activity
- Three doses required, second dose 1 -2 months (minimum interval 4 weeks), third dose 6 months (minimum 12 weeks) after first dose
- \*See full provisional recommendations October, 2009 at <http://www.cdc.gov/vaccines/recs/provisional/default.htm#acip>

**Screening should continue** for cervical cell changes that are pre-cancers and cancer (with Pap tests and other tests) in both vaccinated and unvaccinated women according to current early detection guidelines.

## Patient Education Points

- HPV is a very common virus. Most men and women who have ever had sex will get HPV at some time in their life.
- Having HPV does NOT mean you will get cancer. Most of the time the HPV virus goes away by itself.
- Sometimes HPV can cause cervical cells to become abnormal, precancer or cancer over time.
- Having the HPV test will NOT tell you if you have cervical cancer. The Pap test is the best test for finding cervical cancer or changes in the cervix.
- There is no treatment for HPV. There are treatments for changes in the cervix that may be caused by HPV.
- Quitting smoking is one way to help your body clear HPV infection and abnormal cell changes.
- Some women over age 30 may choose to be tested for HPV as a part of their normal health visit.
- Women who get an HPV test with their Pap test and both tests are normal do not need to get tested again for 3 years.
- HPV is associated with penile, anal, and oral cancer in men. A recent study shows increased risk of oral cancer with higher numbers of vaginal and oral sex partners.
- Two vaccines are available: bivalent vaccine (prevents cervical cancer and pre-cancer) or quadravalent vaccine (also prevents vulvar and vaginal cancers and genital warts in females); quadravalent vaccine prevents most genital warts in males.
- The vaccine protects against most (70%) of HPV that cause cervical cancers and doesn't protect against all cancer-causing types of HPV
- Even in women who have been vaccinated, cervical cancer is still possible
- Use same type for complete series if possible. If series interrupted, does not need restarting. Can give with other inactivated vaccines.
- Pregnancy: not recommended when pregnant but pregnancy test not required before vaccination. Report inadvertent use in pregnancy.
- Caution: Syncope or anaphylaxis may occur after vaccination.  
Consider vaccination in prone position and at least 15 min. observation.



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# Common Patient Questions

## **If I test positive for HPV, what does this mean for me?**

If you have HPV and an abnormal Pap test, your doctor or nurse will explain what other tests you might need. If you have HPV and a normal Pap test, this means only that you have the HPV virus. You will most likely be tested again in 6 to 12 months to see if the virus has gone away. If the virus is still present, you may have other tests.

## **If I test positive for HPV, how did I get it?**

HPV is spread by skin-to-skin contact during sex. It can be spread by all forms of sex -- vaginal, oral, and anal.

## **If I test positive for HPV, when did I get it?**

It is usually not possible to know when a person got HPV or who gave it to them. HPV may be found right away or not until many years later. Most men and women do not know they have it.

## **If I have HPV and it goes away, can I get it again?**

There are many types of HPV. You may have one type that goes away, and you will not get that type again. But you can still get a different type. Other types of HPV can cause genital warts. The HPV test only tells you if you have HPV types that can lead to cancer.

## **How is HPV treated?**

There is no treatment for HPV. There are treatments for the cell changes in the cervix that HPV can cause. If your Pap test shows cell changes, your doctor or nurse will discuss these treatments with you if you need them.

## **Will I always have the HPV virus?**

We do not know. We do know that HPV usually goes away, or cannot be found, within 1 to 2 years. This happens in about 9 out of every 10 women.

## **How common is HPV?**

At least 8 out of every 10 women who have ever had sex will get HPV at some time in their lives. HPV is most common in young women who are in their late teens or early 20s.

## **Can my husband or boyfriend be tested for HPV?**

There is no HPV test for men.

## **Is there anything I can do if already have HPV?**

If you smoke, quit smoking. Smoking increases the risk of cervical precancers and cancers. Smoking also makes it harder for your body to clear HPV.

## **Does insurance cover the cost of the vaccination?**

Most large insurance plans will cover the costs of the HPV vaccine. The Vaccines for Children (VFC) program will cover the cost of the vaccination. The VFC program also allows children and teens to get vaccines through Federally Qualified Health Centers or Rural Health Centers, if their private health insurance does not cover the vaccine.

## **References**

Saslow D, Castle PE, Cox JT, et al. American Cancer Society guideline for human papillomavirus (HPV) vaccine use to prevent cervical cancer and its precursors. *CA Cancer J Clin.* 2007;57:7-28.

FAQs adapted from American Cancer Society Recommendations for Human Papillomavirus (HPV) Vaccine Use to Prevent Cervical Cancer and Pre-Cancers, [www.cancer.org](http://www.cancer.org). Frequently Asked Questions About HPV Vaccines, Revised 12/04/07.

D'Souza G, Kreimer AR, Viscidi R, et al. Case-control study of human papillomavirus and oropharyngeal cancer. *N Engl J Med.* 2007 May 10;356(19):1944-562