

How can I prevent a HPV infection?

- ≈ Practice safer sex (use barriers).
- ≈ HPV vaccine (this is a preventative measure you should talk to your doctor about).
- ≈ Not having sex.

What are some important facts I should remember about HPV?

- ≈ Routine pap tests are a person's best protection against developing cervical cancer from an HPV infection.
- ≈ Most sexually active people will have one HPV infection at some time in their life that goes away on its own without causing any health problems.
- ≈ Most sexually active people infected with HPV won't know they have it (no symptoms) and can pass it on to others.
- ≈ The most serious consequence of HPV is cervical cancer. Most people who develop cervical cancer have NOT had routine pap tests.
- ≈ Talk to your family doctor or health care provider about how often to get pap tests, and about any concerns you may have about HPV, genital warts, and abnormal pap tests.

This is an informational handout only, if you have any questions or concerns contact Planned Parenthood Regina or your family doctor

Planned Parenthood Regina
1920 B Francis St.
Regina, SK

Hours of Operation

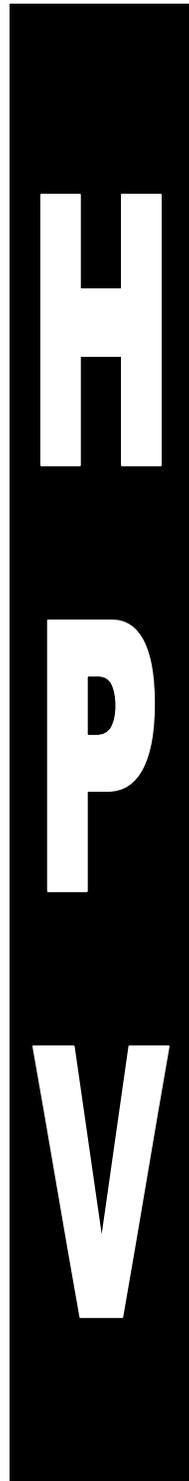
Monday, Wednesday & Friday
9 a.m. - 5 p.m.
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday
9:00 a.m. - 8 p.m.
(closed from 12:00-12:45 for lunch)

Saturday
1:00 p.m. - 5 p.m.

Sundays & Stat Holiday weekends:
Closed

*We sell low cost contraceptives.
Debit/ Credit /Cash*



HPV

**Human
Papillomavirus**

**A common
sexually
transmitted
virus that
can cause
genital warts
and cancer**

**Planned
Parenthood
Regina**

Tel: (306) 522-0902

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What is the Human Papillomavirus?

≈ A sexually transmitted virus that can cause:

- genital warts.
- changes to cervical cells which can develop into cervical cancer, as well as other cancers in all genders.

Why do most people not know about HPV?

≈ HPV usually has no symptoms and can go away on its own without causing any health problems.

Who can get HPV?

≈ Anyone who has ever had sexual intercourse or genital contact with another person (genital-to-genital or oral-to-genital).

≈ Anyone can get HPV and pass it on without even knowing it.

How Common is HPV?

≈ About 3 out of 4 people will have at least one HPV infection during their lifetime that goes away on its own, and most won't even know they had it.

What makes people at risk for an HPV infection?

≈ The more sex partners, the higher the risk.

≈ Having a sex partner who has had previous partners.

≈ Having unprotected sex or genital contact.

How can cell changes affect a person's health?

≈ Every year about 2 to 5 million people are infected with HPV and 325,000 pap tests are abnormal.

≈ Cellular changes from an HPV infection can lead to cervical cancer.

≈ Cervical cancer is the second most common cancer among Canadian women. 1 woman dies from cervical cancer every day.

≈ Other cancers also result from HPV, such as anal, penile, head and neck, or vulvar and vaginal cancer.

How can HPV be detected?

≈ For people with cervixes, routine pap tests and physical exams by your doctor can detect abnormal cells and genital warts.

≈ For all people, self-inspection and yearly physical exams by your doctor can detect genital warts.

Can HPV be treated?

≈ There is no cure for the HPV virus itself.

≈ There are treatment options available for genital warts and abnormal cells on the cervix.

≈ Talk to your family doctor or a health care professional about HPV and these treatments.