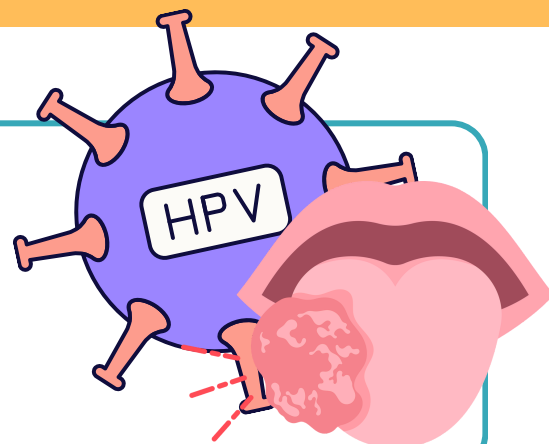


What is HPV?

Human Papillomavirus

HPVs are over 200 related viruses, each identified by a number like HPV 6, 11, 16, and 18. Identifying the type is crucial for follow-up testing. Some cause warts, while others can lead to various cancers.



How does HPV cause cancer?

HPV Can Cause Cancer?!?

There are over 200 types of HPV that spread through intimate skin contact, living in skin and mucous membranes. Low-risk types rarely cause cancer, while high-risk types can lead to cancers like cervical and oral cancer.

Head & Neck Cancer

How Common is it?

HPV is the cause of most head and neck related cancers in the U.S. The American Cancer Society estimates 59,660 new mouth and throat cancer cases in 2025, with HPV causing about 70% of throat cancers. Most diagnosed are male.

Risk Reduction

- Get the HPV Vaccine
- Take intimacy precautions
- Get regular dental and health check-ups
- Quit smoking
- Limit alcohol intake
- Increase exercise & healthy eating



Signs & Symptoms

- Sore throat that does not improve
- Pain or difficulty swallowing
- A sore in the mouth that won't heal
- A lump on the neck or back of throat
- White patches on tongue, throat or tonsils
- Problem moving tongue, chewing or opening mouth

HPV Vaccine

Get the HPV vaccine to lower risk of HPV related cancers.

It's most effective in 2 doses for ages 9 to 12. If started after 12, 3 doses are needed.

Adults up to age 45 should discuss with their healthcare provider the possibility of getting the vaccine

