HPV AND CANCER

Human Papillomavirus (HPV) is a very common virus that spreads through close skin-to-skin contact.

Almost everyone who isn't vaccinated against HPV will have it 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 go on to cause genital warts or even cancer.

HPV causes cancer 6 types of cancer: cervical, tongue/throat (called oropharyngeal), anal, penile, vaginal, and vulvar.

Did you know?

If you get the HPV vaccine before your 15th birthday, you only need 2 shots instead of 3!

Where To Get Vaccinated

1. Military hospitals and clinics

2. TRICARE-authorized providers

3. TRICARE retail network pharmacies: You can get some covered vaccines for $0 at participating network pharmacies.

Learn more about vaccine coverage at:
www.tinyurl.com/TRICARE-Vaccines

Learn more at
MissionReadyHPV.org

All information within is from the DOD, American Cancer Society, TRICARE.mil and Centers for Disease Control.

TEAM MAUREEN TM

MISSION READY: HPV

HPV Cancer Prevention for Veterans and Active Duty

Did you know?

Active-duty military and veterans are **TWICE AS LIKELY** as civilians to develop cancer-causing HPV infections.

3 STEPS TO PREVENT HPV-RELATED CANCER

GET VACCINATED

The best way to protect against HPV is to get vaccinated. The HPV vaccine protects against the types of HPV that most often cause cancer and genital warts.

The HPV vaccine works best when given between ages 9-12.

It is recommended by the DOD and CDC for everyone up to age 26, and is FDA approved up to age 45. It is covered by TriCare and other health insurances.

GET SCREENED

Screening is when we check for health problems before you have any symptoms. For cervical cancer, we screen with a Pap test and HPV test.

If you have a cervix, you should begin screening for cervical cancer starting at age 21-25. On time screening can catch cancer before it starts.

Your dentist or doctor can look for signs of cancer in your mouth, throat, tongue. Be sure to tell them about any symptoms.

KNOW THE SIGNS

Talk to your doctor if you have any of these symptoms:

- Long lasting sore throat or mouth sores
- Hoarseness or change of voice
- Swelling or a lump in the back of tongue, throat or neck
- Difficulty swallowing, opening your mouth fully, or moving your tongue
- Ear pain
- A lump in the anal canal
- Anal pain, itching, or bleeding

If you have a cervix:

- Bleeding between periods or having heavier periods than usual
- Abnormal bleeding, including after sex or after menopause
- Unusual vaginal discharge
- Pelvic pain or pain during sex