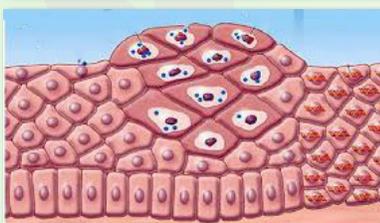
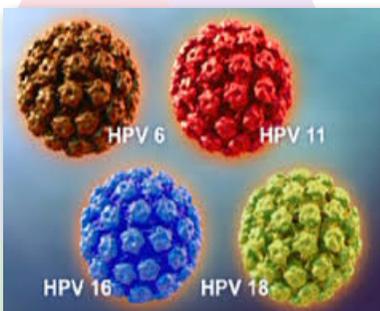
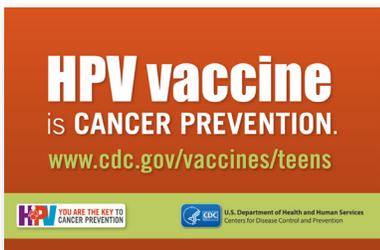


HPV Vaccine Works Best When Started Before Age 15

by Gregg Rockower, MD



Cancer Prevention:

We know that vaccines prevent many severe infections including *Polio*, *Meningitis*, and *Measles*. Imagine if a vaccine was available to prevent **cancer**! Each year about 12,000 women in the US are diagnosed with cervical cancer and about one third of them die from it. This represents only half of the cancers caused by *HPV*, *Human Papilloma Virus*. The other half are oral cancers and other less known cancers seen in men. **HPV vaccine can prevent these cancers!**

HPV is the most common sexually transmitted disease with nearly 14 million new infections occurring each year in the US. The CDC estimates that between 80 to 90 percent of all non-immunized sexually active people will be infected in their lifetime. Most of these infections are transmitted during the teen and young adult years despite the use of appropriate protection. Luckily, most infections remain without symptoms, but for some cancer can follow.

Fortunately, we now have a safe and effective vaccine to prevent *HPV* infection. *HPV* vaccine prevents cervical and other cancers, as well as genital warts.

How do you know the vaccine is safe?

Gardasil, which protects against four HPV strains, was approved for use in the US about 10 years ago. Recently the vaccine was improved to cover nine strains of *HPV* called, *Gardasil9*. Before these *HPV* vaccines were approved, they were studied in nearly 75,000 females and males.

That is just the beginning of the safety story. In the past 10 years, the vaccine has been administered to over 90 million people with only 0.04 percent of those patients reporting **any** adverse events. The vast majority of those side effects were very mild and brief, including: dizziness, pain, swelling, or redness where the shot was given and occasionally nausea or headache. Fainting can occur after any vaccine, so we recommend a few minutes of rest after receiving *HPV* vaccine

Large studies conducted between 2011 and 2015, which included over 1 million patients, concluded that those who received *HPV* vaccine were no more at risk for severe allergic reactions, *Guillain-Barre Syndrome* (a paralytic disorder), stroke, blood clot, seizures, auto-immune disorders, or multiple sclerosis. In fact there have been no increased numbers of any illnesses.

Does it work?

In the past 10 years, we have learned that the *HPV* vaccine is nearly 100% effective at preventing infection from *HPV* strains found in the vaccine. The immunity lasts for *at least* ten years (probably longer), which are the highest risk years for infection. Even though less than half of sexually active teens and young adults have taken the vaccine, the number of *HPV* infections have decreased by two-thirds. !

Why start the series before age 15?

When the first dose of the HPV vaccine is given at age 14 years old or younger, a **2-dose series worked as well as a the 3-dose series**. It appears that these younger patients have a stronger response to HPV vaccine than do older teenagers and adults.

We recommend *Gardasil-9* for all middle school children, both males and females. Starting at this age will protect them when they are most vulnerable and will decrease the number of vaccine doses they need.

Better to have your children protected during the pre-teen years 11 to 12, and know there is one less concern for them during their adolescence!



We hope you find our Parentletter helpful and informative. Please keep in mind that receipt of this newsletter does not create a doctor/patient relationship and that it is not meant to serve as a substitute for professional medical advice. For particular pediatric medical concerns, including decisions about diagnoses, medications and other treatments, or if you have any questions after reading this newsletter, we encourage you to speak with your child's pediatrician.

HPV vaccine for ALL MALES over age 11!

HUH? IT PREVENTS CERVICAL CANCER, BUT BOYS DON'T GET THAT...



Since 2006, we have been routinely immunizing girls over age 11 with *HPV* vaccine. Human papillomavirus (*HPV*) is the most common sexually transmitted virus in the United States. At least 50% of people will have *HPV* at some time in their lives. *HPV* vaccines are given as a three shot series to protect against *HPV* infection and *HPV*-related diseases. Two vaccines (*Cervarix* and *Gardasil*) have been shown to protect against most cervical cancers in women, since *HPV* is the main cause. There are about 12,000 new cervical cancer cases each year in the United States, with about 4,000 deaths. *HPV* vaccines offer the greatest health benefits to individuals who receive all three doses before having any type of sexual activity. Also, the vaccine produces more antibody to fight infection when given at this age compared to older ages. That's why *HPV* vaccination has been recommended for preteen girls at age 11 or 12 years.

SO WHY VACCINATE ALL THE BOYS NOW?

7,000

It has now become clear that about 7,000 *HPV*-associated cancers in the United States occur in men each year, and may be prevented by vaccine. Oropharyngeal cancers are the most common. Males will also be protected against *HPV* warts.

ARE YOU SURE THE VACCINE IS SAFE?



Our FDA licensed *HPV* vaccines are safe and effective. Both vaccines were first tested in tens of thousands of people around the world. These studies showed no serious side effects. Common, mild side effects included pain where the shot was given, fever, headache, and nausea. As of September 2011, over 40 million doses of *HPV* vaccine were given in the United States. The side effect list has not changed. As with all vaccines, CDC and FDA continue to monitor the safety of these vaccines extremely carefully.

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