

sex talk.

answers to your questions about sex and relationships

wildfact

100 condoms for only \$14.99 at the Campus Health Service Pharmacy.

Q Does getting the HPV shot prevent you from getting cervical cancer?

A. Yes, the Human Papilloma Virus (HPV) vaccine will greatly reduce your chances of getting cervical cancer. In clinical trials, the vaccine was proven to be highly effective against HPV types 16 and 18 (which account for 70% of all cervical cancer cases). Because the vaccine doesn't work against every type of HPV, women who receive the HPV vaccine should still continue to have regular cervical cancer screening (Pap smear or ThinPrep®).

HPV is the name of a group of viruses spread by skin-to-skin contact. There are more than 100 different types of HPV: some cause common warts on the hands or feet while others cause warts on the genitals. Of these, 30-40 subtypes can be transmitted sexually, leading to genital warts in men and women as well as changes that may progress to cervical, penile and anal cancer.

In June 2006, the U.S. Food and Drug Administration approved GARDASIL® to prevent HPV in women. In October 2009, it was approved for use in men. In addition to protection against HPV types 16 and 18, GARDASIL® thwarts HPV types 6 and 11 (which cause 90% of all cases of genital

warts). Cervarix®, which protects only against subtypes 16 and 18, was also approved in October 2009. Neither of the vaccines will protect against types to which people have already been exposed.

Ideally, the HPV vaccine should be given prior to sexual contact and possible exposure to HPV. The recommended target population for the HPV vaccination includes people between the ages of 11-26. Both GARDASIL® and Cervarix® are usually delivered by injection to the upper arm or upper thigh and three shots are required for the vaccine to be effective. The second and third doses of GARDASIL® should be given at two and six months, respectively, after the first dose. The schedule for Cervarix® is similar, although the second shot should be administered just one month after the first injection.

Smoking and multiple sexual partners also increase a woman's risk of cervical cancer.

For more information, visit www.cdc.gov and search for "HPV vaccine."

