

## CHECKLIST TO HELP PREVENT CANCER

**CHECKPOINTS:**

- ✓ Get the HPV vaccine.
- ✓ See your doctor each year.
- ✓ See your dentist regularly for cleanings and mouth exams.
- ✓ Be aware of any changes in your mouth and throat.
- ✓ Do not smoke.
- ✓ Limit alcohol.
- ✓ Women: Talk with your doctor about Pap and HPV testing.

FOR MORE INFORMATION ABOUT CANCER PREVENTION,  
VISIT: [WWW.VTAAC.ORG](http://WWW.VTAAC.ORG)



Original content developed in partnership with the  
Massachusetts Coalition for HPV Cancer-Related Awareness



## UNDERSTANDING HPV AND CANCER **AT THE DENTAL OFFICE**

**REDUCE YOUR RISK FOR HPV AND CANCER**




## WHAT IS HPV?

- Human Papillomavirus (HPV) is a very common virus that almost everyone will have at some point in their lives.
- HPV infection can cause several types of cancer, including cancers of the head/neck and cervix.
- You can take steps to keep your family healthy and prevent cancers caused by HPV. Talk with your doctor about the HPV vaccine and cancer screenings.
- You can reduce your chances of getting cancer even more by not smoking and by limiting alcohol.

## SEE YOUR DOCTOR IF YOU HAVE ANY OF THESE SYMPTOMS, WHICH COULD BE HEAD AND NECK CANCER:

- Hoarseness or sore throat that doesn't go away.
- Earaches.
- Swelling in the neck.
- Difficulty swallowing.
- Weight loss for no known reason.
- Unexplained sores or bumps in your mouth that have lasted two weeks or more.

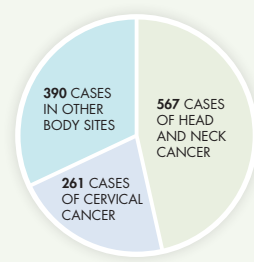




### HPV CAN CAUSE CANCER

HPV can cause cancer in both men and women. Among Vermonters, the most common cancer caused by HPV is head and neck cancer. Head and neck cancer is most common in Vermont men (VCR, 2001-2015).

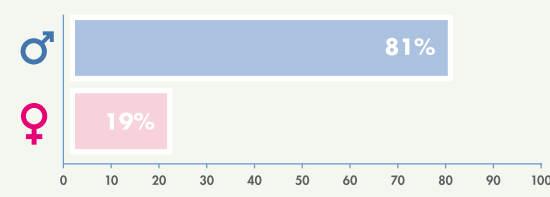
In Vermont, almost 5 out of 10 cases of cancer caused by HPV are in the head and neck (VCR, 2001-2015).



Cancer Type	Cases
Head and Neck Cancer	567
Cervical Cancer	261
Other Body Sites	390

DATA: VERMONT DATA FROM 2001-2015 (15 YEARS)

Almost 8 out of 10 cases of head and neck cancer caused by HPV occur in men (VCR, 2001-2015).



Gender	Percentage
Men	81%
Women	19%

DATA: VERMONT DATA FROM 2001-2015 (15 YEARS)

**THE HPV VACCINE PREVENTS CANCER. TALK TO YOUR DOCTOR ABOUT GETTING THE VACCINE.**

### THE HPV VACCINE

Both boys and girls should get the vaccine.

- Doctors recommend getting the vaccine at 11-12 years old.
- The vaccine is approved for males and females ages 9-26 years old.
- Adults ages 27 through 45 years can be vaccinated after a decision-making discussion with their doctor.
- Children's immune response is stronger when they're younger. Before age 15, they only need two doses of the vaccine. Once they turn 15, they need three doses.

**The vaccine is safe and effective.**

- The vaccine's safety has been tracked for years, and research shows it is safe.
- The most common side effect is soreness where the vaccine was given.
- The vaccine is expected to prevent over 90% of cancer cases caused by HPV.

**Pre-teens and teens can get the vaccine at no cost.**

- In Vermont, the HPV vaccine is provided at no cost to all Primary Care Providers.
- Simply go to your health care provider to get the vaccine.