

Protect Yourself Against HPV-Related Cancers & Diseases

The human papillomavirus (HPV) is a highly contagious virus and the most common sexually transmitted infection in the world. **HPV affects all genders.**

In **WOMEN** HPV can lead to five different cancers. It can also cause genital warts.



Cervical



Head & Neck



Vulvar



Vaginal



Anal



Genital Warts

Whether your partner(s) is male or female, there's a risk for both you and your partner(s) of transmission of HPV.

Steps to Prevent HPV

1. Use a condom

This can reduce your risk of contracting HPV along with many other sexually transmitted infections.

2. Get Pap tests or HPV tests regularly

A Pap test identifies abnormal cell changes on the cervix, which could lead to cervical cancer. An HPV test identifies the presence of HPV, which is an infection that can occur before the appearance of abnormal cells.

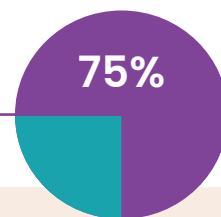
3. Quit smoking

The strength of your immune system decreases when you smoke, which increases your risk of HPV infection. It also increases your risk of developing cancers.

4. Get vaccinated

In stark contrast to most cancers, HPV-related cancers are highly preventable through vaccination. Vaccination helps prevent these cancers along with genital warts. Speak to your partner(s), as they should also be vaccinated against HPV.

An estimated 75% of Canadians who are sexually active will have at least one HPV infection in their lifetime, regardless of their gender.



How Can I Take Action Against HPV?

Reach out to your health care provider to discuss these steps and start protecting yourself against HPV-related cancers and diseases. Remember, HPV affects all Canadians, and it will take all of us to prevent it. Learn how men and children can be protected against HPV too by visiting canadavshpv.ca.

CANADA *vs* **HPV**



This information has been reviewed for accuracy by the Federation of Medical Women of Canada (FMWC). Made possible through the financial support of Merck Canada Inc. The opinions expressed are those of its authors and do not necessarily reflect the views and opinions of Merck Canada Inc.