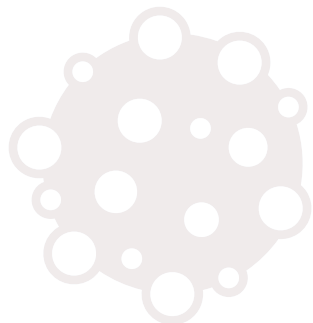




MAKE SENSE OF HPV

There are approximately 560,000 new cases of head and neck cancer diagnosed globally every year and the incidence of HPV-related head and neck cancer is increasing.¹



MAKESENSECAMPAIGN

WHAT IS HPV?

Human papillomavirus (HPV) is the name given to a very common group of viruses affecting the skin and the mucosa (the moist membranes that line parts of the body, such as the insides of the mouth, throat and anus). There are more than 100 types of HPV and for many people, infections come and go without any symptoms. Sometimes, the virus remains inactive for months after someone has been infected.²

WHO GETS HPV INFECTIONS?

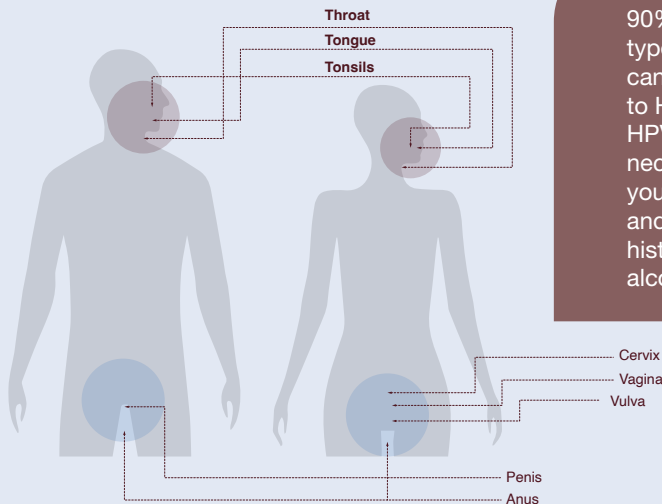
HPV infection is very common and is easily passed between partners during sexual contact (including vaginal, anal or oral sex). Even if you have only had one partner, you can still get HPV. Someone can have an HPV infection even if they have no symptoms and their only sexual contact with an HPV-infected person happened many years ago.²

If you're worried about HPV, then speak to your doctor.

WHAT IS THE LINK BETWEEN HPV AND HEAD AND NECK CANCER?

Some types of HPV (known as high-risk) are linked to a higher risk of certain cancers, including some types of head and neck cancer.³

Which cancers are linked to HPV?



It is estimated that up to 90% of these particular types of head and neck cancer are attributable to HPV.⁴ Patients with HPV-related head and neck cancer are generally younger, in good health, and may not have a typical history of tobacco and/or alcohol abuse.



CAN HPV INFECTIONS BE PREVENTED?⁵

- There are currently three vaccines available which work to prevent HPV infections.
- Vaccines provide strong protection against certain types of new HPV infections. They do not treat an HPV infection that already exists, or a disease caused by HPV.
- HPV vaccines may also protect against oral HPV infection and related head and neck cancers.
- Some countries have introduced routine HPV vaccination programmes. If you want to find out more about vaccination in your country, you should speak to your doctor.



CAN HPV INFECTIONS BE DETECTED?

- There are usually no symptoms with HPV infection, therefore it is often not diagnosed.
- Screening for HPV currently exists and is important for the detection of cervical cancers. There is no screening in place for the detection of HPV-related head and neck cancers.
- Another way to screen for HPV-related head and neck cancers is through an examination by your doctor or dentist.

WHAT CAN I DO ABOUT HPV-RELATED HEAD AND NECK CANCER?

- HPV-related cancers are more treatable when diagnosed and treated early, so it is important to know the signs and symptoms.
- If you experience one symptom linked to head and neck cancer for three weeks or more, you should speak to your doctor.
- If you are diagnosed with HPV-related head and neck cancer there are several treatment options available depending on where the cancer is and if it has spread. Your doctor will work with you to decide which is the best option for you.

Symptoms include pain in the throat, persistent hoarseness, painful/ difficulty swallowing, lump in the neck, sore tongue, blocked nose on one side and/or bloody discharge from the nose.⁶

If you are worried about head and neck cancer, speak to your doctor or dentist.

WANT TO LEARN MORE ABOUT HPV?

The best place to start is with your doctor or dentist – speak to them if you are worried. There are lots of great resources and information online:

www.makesensecampaign.eu

The *Make Sense* campaign is run by European Head and Neck Society



European support for the *Make Sense* campaign is provided by:



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