



Hopimamant Itàaqatsiy Öqalni'yyungwa

***"Hopi Girls Sustain the Hopi
Way of Life"***



***Protecting Our Daughters
Against HPV and
Cervical Cancer***





What is HPV?

The human papilloma (pronounced "pap-ah-LO-mah") virus, also called HPV, is a very common group of viruses that affect the skin and mucous membranes.

There are more than 100 types of HPV. Some types of HPV cause common warts, such as those found on the hands and feet, and are spread through skin-to-skin contact.


Other types of HPV can affect the genital areas of men and women and are spread through sexual contact.

The types of HPV spread through sexual contact are either "high-risk" or "low-risk".

The "high-risk" types can cause cervical cancer. The "low-risk" types of HPV do not cause cancer, but can cause genital warts in both men and women.



There is no blame or shame about having HPV. The virus is very common. In fact, 4 out of 5 adults will have HPV at some point.



Most people who have HPV do not have any signs or symptoms. In most cases, the body will naturally fight off the HPV virus before it causes any health problems.

A person can have HPV even though they have not been sexually active for many years. Many people who learn they have HPV want to know who gave it to them. There is no way to know for sure.

HPV and Cervical Cancer

"Each year in the United States, about 12,000 women will be diagnosed with cervical cancer, and about 4,000 women will die from the disease. Among Native American women, cervical cancer is the most common type of cancer."





How can I protect my daughter from HPV and cervical cancer?

The best thing you can do to protect your daughter from getting HPV and cervical cancer is to have her get the HPV vaccine.



The vaccine protects females against the “high-risk” HPV types that cause about 70% of all cervical cancers. It also protects women against the “low-risk” types that cause most genital warts.

The vaccine will not cure people who already have HPV.

Who should get the HPV vaccine?

The HPV vaccine is recommended for girls 11 and 12 years of age, but it has also been approved for girls as young as 9 years old. The vaccine is also being given to girls and women between 13 and 26 years of age who have not been vaccinated.

Because the vaccine protects against the types of HPV that can cause cervical cancer, girls should get the vaccine before they become sexually active. The vaccine is most effective in girls and women who have not been exposed HPV.



How many HPV vaccine shots will my daughter need to receive and when?

The vaccine is given as a series of 2 shots at least 6 months apart.

However, girls who don't start the series until they are 15 years age or older need 3 shots over 6 months for full protection.

It is very important for your daughter to receive all recommended shots for maximum protection.

Is the HPV vaccine safe?

The HPV vaccine has been proven safe and has no serious side effects. The most common side effect is soreness and redness at the site of the shot.

The HPV vaccine has been show to offer long-lasting protection.





Keep in mind...

The HPV vaccine protects against most causes of cervical cancer, but not all of them. When a girl who has received the HPV vaccine turns 21, she will need to start getting regular Pap tests to fully protect herself against cervical cancer. Also, once a female becomes sexually active, she will still need to take precautions to protect herself from other types of sexually transmitted infections.



Where can people receive the HPV vaccine?

Most clinics and hospitals offer the HPV vaccine. Locally, the HPV vaccine is available for females and males between the ages of 9 and 26 at the following locations:

How can I get more information about HPV and the HPV vaccine?

If you have questions or would like to learn more about HPV and the HPV vaccine, please contact:

Hopi Cancer Support Services
P.O. Box 123
Kykotsmovi, AZ 86039
Phone: (928) 734-1150/1151/1152

There are also several Internet sites where you can find more information about HPV and the HPV vaccine. Here are two excellent sources for reliable and accurate information:

Centers for Disease Control and Prevention
www.cdc.gov/hpv/parents/vaccine.html

National Cancer Institute
www.cancer.gov/cancertopics/factsheet/Prevention/HPV-vaccine



"Hopi and Tewa girls are very precious to our culture and traditions. As the mothers and grandmothers of tomorrow, they are the key to our future as a people. Help protect our future by having your daughter vaccinated against HPV."

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MISSION

“The HOPI (Hopi Office of Prevention and Intervention) Cancer Support Services is a professional team offering responsive customer services in promoting cancer prevention and control through healthy lifestyles, health promotion, disease prevention and support services to the community.”