



**HOPI MAMANT ITAAQATSIY  
OQALNI'YYUNGWA  
"HOPI GIRLS SUSTAIN THE HOPI WAY  
OF LIFE"**

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



# HPV and Cervical Cancer

*Cervical cancer is the most common type of cancer among Native American women. 70% of all cervical cancers are caused by HPV.*

# What is HPV?

Human Papillomavirus, also called HPV, is a very common group of viruses that affect the skin and mucous membranes.

# Many types of HPV

- “High Risk” types
  - Cause 70% of all cervical cancer
- “Low Risk” types
  - Can cause genital warts
  - Not life threatening
- Both high and low risk types are a consider to be a sexually transmitted infection (STI)
  - Spread through sexual contact



# Sexually Transmitted Infection (STI)



- ✓ STIs are very common-- more than half of all of us will get one at some time in our lives.
- ✓ Common types of STIs
  - Chlamydia
  - Gonorrhea
  - HIV and AIDS
  - Herpes
- ✓ HPV is also an STI because it is transmitted through sexual contact

# No shame, no blame

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

# What are the signs or symptoms of HPV?

- No obvious signs or symptoms.
- In most cases, the body will naturally fight off the HPV
- However, if the body does not fight off the HPV, cervical cancer or genital warts may develop.



# How can I protect my daughter from cervical cancer?

- Vaccinate your daughter against HPV!
- The HPV vaccine will protect her against both “high risk” and “low risk” types of HPV.
- There are 2 vaccines that are FDA approved for use in girls and women (Gardasil® and Cervarix®).
- The risk of HPV exposure increases with sexual activity.



# Who should get the HPV vaccine?

- The vaccine is recommended for girls between 9 and 26.
- Girls should receive the vaccine before they become sexually active.
- The vaccine is most effective in girls and women who have not been exposed to HPV.

# Vaccination Schedule

- The HPV vaccination 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 not known at this time whether booster shots will be needed.

# Is the HPV vaccine safe?

- The vaccine has been given to thousands of girls and women.
- Studies have found the HPV vaccine to be safe with no serious side effects.
- The most common side effect is soreness and redness at the site of the shot.



# Important things to remember...

- If your daughter receives the HPV vaccine, when she turns 21 she still needs to get regular Pap tests.
- The HPV vaccine does not protect against other types of sexually transmitted infections (STIs).



# Please keep in mind...

- The HPV vaccine protects against most causes of cervical cancer, but not all of them.
- The HPV vaccine will not cure those who already have the virus.

# Where can I get the HPV vaccine?

✓ Hopi Health Care  
Center, P.O. Box 4000,  
Polacca, AZ 86042  
(928) 737-6000

✓ Tuba City Regional  
Health Care  
Corporation, P.O. Box  
600, Tuba City, AZ  
86045  
(928) 283-2501

EXAMPLE

**Where can I get more information  
about HPV and the HPV vaccine?**

**HOPI Cancer  
Support Services**

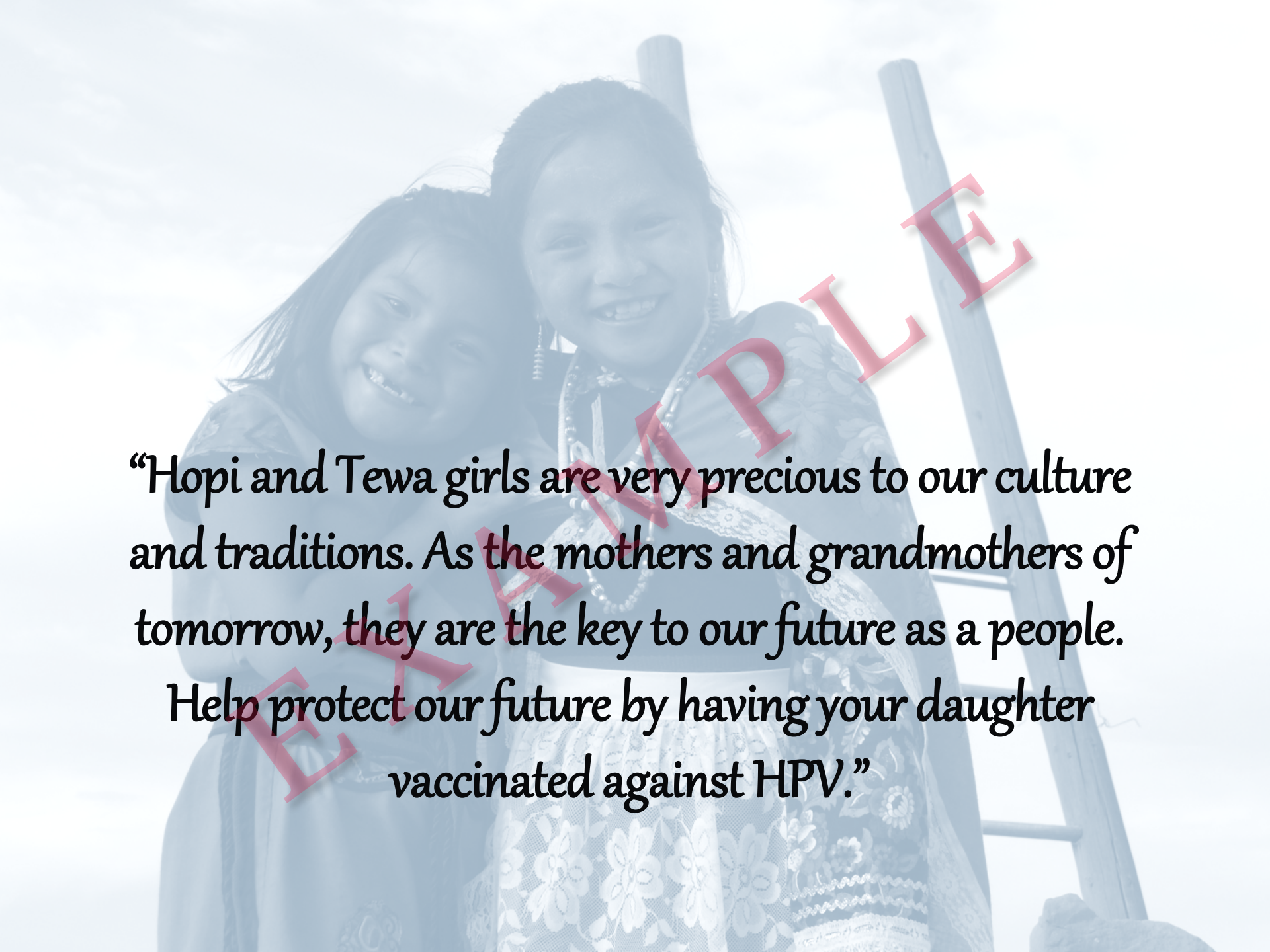
**P.O. Box 123**

**Kykotsmovi, AZ 86039**

**(928) 734-1150/  
1151/1152**







“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.”