

HPV Vaccine

Making a choice

Use this information to help you learn about HPV and make a decision about whether you should get the HPV vaccine. This decision aid is for you if you:

- ♦ Are 18 to 26 years of age.
- ♦ Do not have a yeast allergy or allergy to any of the parts of the HPV vaccine.
- ♦ Are not likely to be pregnant.

Your options are to get the vaccine now, get it later or not get the vaccine.

What do I need to know about HPV?

- ♦ HPV stands for *human papillomavirus*.
- ♦ In the U.S. about 14 million people, including teens, become infected with HPV each year, which increases their risk for cancer.
- ♦ Cancers caused by HPV affect about 18,000 women and 9,000 men every year. These cancers include cancer of cervix, vagina, vulva, anus, mouth/throat and penis.
- ♦ Cervical cancer is the second most common cancer in women aged 25 to 45 years.

What are the benefits of the HPV vaccine?

- ♦ The vaccine reduces your risk of getting genital warts in males or females by nearly 100%.
- ♦ Research has shown that the HPV vaccine prevents 97 percent of the 9 types of HPV that either (1) cause cancers or (2) cause cell changes that lead to cancer.
- ♦ The HPV vaccine helps protect you against cervical cancer and cancers of the vagina, vulva, anus, mouth/throat and penis.
- ♦ Research tells us that HPV vaccine works in the body for at least 10 years without becoming less effective. Ongoing studies suggest the protection will continue beyond 15 years or longer.

What else do I need to know about the HPV vaccine?

- ♦ You will need 3 doses of the vaccine over 6 months to ensure benefit. The 2nd dose is 1 to 2 months after the 1st dose. The 3rd dose is 6 months after the 1st dose.
- ♦ In most cases, your health plan will fully cover the HPV vaccine. Check with your plan if you have questions about coverage.
- ♦ Numerous research studies over the last 20 years have shown HPV vaccines to be safe.
- ♦ Most common side effects are short-lived soreness, redness or swelling in the arm where the shot was given and brief low-grade fever.
- ♦ There was no difference in the number of patients who had a serious side effect, such as blood clots or death, if they choose or declined the vaccine.
- ♦ There was no difference in the number of patients who got Guillain-Barre syndrome if they choose or declined the vaccine.
- ♦ Serious allergic reaction occurred in 1 to 3 patients out of 100,000 who received the vaccine.

What is important to you to help you decide whether you should have the HPV vaccine?

Think about what matters most to you when deciding if you should have the HPV vaccine. After you have filled in your answers, check to see where your answers fall. If your responses line up at or near the left, you are more likely to feel that you should get the HPV vaccine. If your responses line up at or near the right, you are more likely to feel that the HPV vaccine is not right for you.

	Favors screening			Favors no screening	
How important is it that you:	Very important			Not important	
Avoid getting precancerous cells in your cervix that may lead to cancer?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid getting genital warts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How important is it that you:	Not important			Very important	
Avoid the serious side effects of the vaccine (serious allergic reaction)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid the side effects of the vaccine (redness, tenderness or swelling at injection site, fever, nausea, dizziness or headache)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take more time before deciding whether you should have the vaccine?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your decision

Check off the decisions below that you have made about having your child get the HPV vaccine:

- I will have the HPV vaccination now.
- I will have the HPV vaccination later.
- I am declining the HPV vaccination.
- I have not yet decided.

If you need more information to make a decision, you may:

- ♦ Continue to discuss the options with your clinician.
- ♦ Choose to read more about your options.

This decision aid is not intended to replace the advice of a clinician.