



## Is HPV Vaccine Necessary?

ศูนย์ : Women Health Center

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### What is HPV

HPV (Human Papilloma Virus) is a virus that can easily be transmitted through skin contact, it is also a major risk factor for cervical cancer. Because it causes chronic inflammation of the cervical cells and can become cancerous cells. All women are at risk of contracting HPV, most of which are sexually transmitted, with 50-80% of sexually active women, will have been infected with HPV, which after 10-15 years of infection will develop cervical cancer.

### How Does HPV Vaccine Work

Cervical cancer It can be prevented by getting the HPV vaccine called "Gardasil", which is a vaccine to prevent cervical cancer or the cervix against HPV (Human Papilloma Virus) infection in four strains: strain 6, 11, 16, 18. The vaccine is currently being developed, allowing it to be injected from 9-45 years of age.

Today, new HPV can prevent nine strains virus (Gardasil9).

### Differences Between HPV Vaccine 9 and HPV Vaccine 4

HPV 9 strains (Gardasil 9) is developed from HPV 4 strains. It can prevent from strain 6, 11, 16, 18, 31, 33, 45, 52 and 58 which are cause of cervical cancer, anus cancer, and genital ward from women and men age between 9-45 years old. It's capacity in virus prevention is 90%; it helps reducing the risk of disease effectively.

Vaccine	Strains	Prevention
Gardasil 4	6, 11, 16, 18	Cervical cancer, genital ward, and anus cancer 70%
Gardasil 9	6, 11, 16, 18, 31, 33, 45, 52, 58	Cervical cancer and genital ward 90%, and anus cancer 80%

### Who Should Get Gardasil

HPV vaccine should be got before the first of sexual intercourse to get the most effectiveness. The vaccine will be injected to upper arm's muscle. It can give to women age between -45 years old, and men age between 9-26 years old. For children age between 9-14 can get two injections and the vaccine is effective as three injections in adults.

Age 9-14 years old	Age 15-45 years old
2 injections	3 injections
<ul style="list-style-type: none"><li>- First injection: according to appointment date</li><li>- Second injection: distance from the first injection 6-12 months</li></ul>	<ul style="list-style-type: none"><li>- First injection: according to appointment date</li><li>- Second injection: distance from the first injection 1-2 months</li></ul>

Age 9-14 years old	Age 15-45 years old
	- Third injection: distance from the first injection around 6 months

To get the most effective result of the vaccine, it should be injected within 6 months after the first injection. However, if the patient forgot to get the vaccine in time, can continue 2 or 3 injections. The patient does not have to restart the HPV vaccine from the first one again.

### Who Should Not Get Gardasil

HPV vaccine 4 strains and 9 strains cannot be given to a person who allergic to yeast and bread, a person with low immunity such as: a chemotherapy patient, an infected patient. They should postpone the vaccination until their health are fully recovered. Also, it cannot be given to a pregnant woman.

### Benefits of HPV Vaccine

Vaccination against HPV is not only useful for women, but also for men. Because men can get the HPV vaccine as well, where in men can get from 9 to 26 years of age.

### Benefits of the HPV Vaccine in Women

- Prevent cervical cancer, vulvar cancer, vaginal cancer and rectal cancer caused by HPV strains 16 and 18
- Prevention of genital warts Caused by HPV virus strains 6 and 11
- Prevent infection and pre-cancer conditions or cell Dysplasia caused by HPV strains 6, 11, 16 and 18

### Benefits of the HPV Vaccine in Men

In men, vaccination against HPV can help prevent infection and other genital lesions and other diseases, such as:

- Prevention of rectal cancer caused by HPV strains 16 and 18.
- Prevention of genital warts Caused by HPV strains 6 and 11
- Prevent pre-cancer (Precancerous) or Dysplasia caused by HPV strains 6, 11, 16 and 18.

With three doses of the HPV vaccine, the vaccine will be 70-90% more effective in preventing pre-cancerous lesions and stimulate the immune system at a high level for more than 20 years.

## Side effects of HPV Vaccine

Most of the possible side effects of HPV vaccine are not crucial for example: pain, swelling, redness around the area that got injected; having fever, feeling weak, headache, nausea, vomiting, and body rash. They can occur for temporary and will naturally recover. There is some rare crucial side effect such as: Guillan Barre syndrome which has not yet been insisted that come from the HPV vaccine.

## FAQ Related to HPV Vaccine

### Can I still get HPV after HPV vaccine shot (Gardasil)?

HPV vaccine (Gardasil) can only protect from 4 strains and 9 strains of HPV. It can prevent form cervical cancer 70-90%. It is still possible for cervical cancer to occur, since there are other HPV stains. Therefore, to prevent cervical cancer, women should have per vaginal examination with cervical cancer screening every 1-2 years.

### How long is the HPV vaccine effective for?

If three doses of the HPV vaccine are administered; the vaccine is 70-90% more effective in preventing pre-cancerous lesions, and stimulate the immune system to be at a high level for more than 20 years

### Do I need to get the HPV vaccine if I have HPV?

HPV vaccination is useful even if you have been previously infected with the HPV virus. It helps preventing infection from other strains of HPV that have not been previously infected.

### What Can you do to protect yourself if you can't get an HPV shot?

HPV is spread through sexual contact. Protect yourself from HPV by using a condom every time you have an intercourse. In addition, the number of sexual partners should be limited. Not smoking will also help, as smoking doubles your risk of developing cervical cancer.

## HPV Vaccine Conclusion

You can get HPV vaccine without HPV examination. Even though, you got infected by some HPV strains already, you can also get the HPV vaccine; to prevent from other strains. However, the HPV vaccine cannot prevent or cure the strains that you got infected before. Everyone can get HPV vaccine starts from 9 years old. The faster you get the vaccine, the more effective it becomes. Whether you have ever had sexual intercourse or not, married, already have child, are bisexual, or in any age; you can have HPV vaccine with all conditions.

## Why must come to Nakornthon?

Woman Heath Center offers a comprehensive health care service for women of all ages; physical examination, diagnostic care, and preventive care by specialists in each field. We provide consulting services along with diagnostic technology to improve safety and treatment efficiency. Every process is done by understanding and care for all women.

## Online Consultation

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