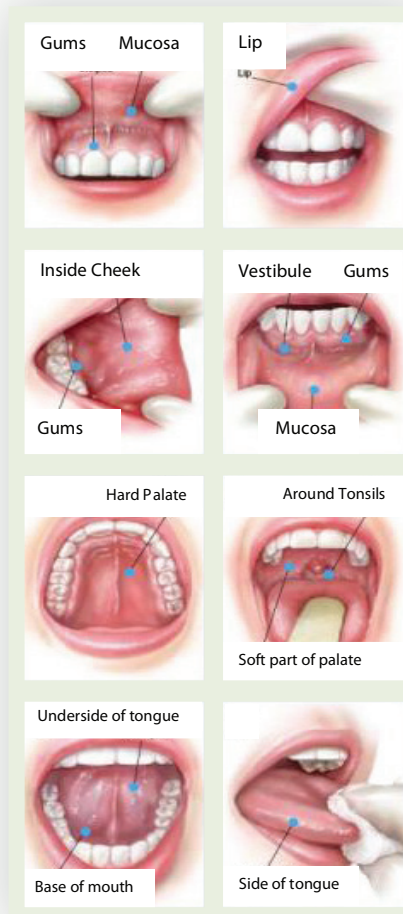


YOU SHOULD PERFORM AN EXAM OF YOUR MOUTH AND THROAT EACH MONTH TO LOOK FOR SIGNS OF CANCER. **HERE'S HOW:**

- Right after leaving your dental exam, do a thorough exam to see what is “normal” for you.
- Feel your neck for any lumps.
- Check your lips, cheeks, and gums.
- Use a flashlight to look at the top, sides, and under-side of your tongue.
- Use the flashlight to also look at the back of your throat and roof of your mouth.
- Look for changes in color, texture, and lumps.



CHECKLIST TO HELP PREVENT CANCER

CHECKPOINTS:

- ✓ Get the HPV vaccine.
- ✓ See your doctor each year.
- ✓ See your dentist for mouth and throat cancer screenings.
- ✓ Perform a mouth and throat self-exam each month.
- ✓ Do not smoke.
- ✓ Limit alcohol.
- ✓ Women: Talk with your doctor about Pap and HPV testing.

FOR MORE INFORMATION ABOUT THE HPV VACCINE, VISIT WWW.CDC.GOV/HPV



Original content developed in partnership with the Massachusetts Coalition for HPV Cancer-Related Awareness



UNDERSTANDING HPV AND CANCER AT THE DENTAL OFFICE

REDUCE YOUR RISK FOR HPV AND CANCER



WHAT IS HPV?

- Human Papillomavirus (HPV) is a very common virus that almost everyone will have at some point in their lives.
- HPV infection can cause several types of cancer, including cancers of the head/neck and cervix.
- You can take steps to keep your family healthy and prevent cancers caused by HPV. Talk with your doctor about the HPV vaccine and cancer screenings.
- You can reduce your chances of getting cancer even more by not smoking and by limiting alcohol.

SEE YOUR DOCTOR IF YOU HAVE ANY OF THESE SYMPTOMS, WHICH COULD BE HEAD AND NECK CANCER:

- Hoarseness or sore throat that doesn't go away.
- Earaches.
- Swelling in the neck.
- Difficulty swallowing.
- Weight loss for no known reason.
- Unexplained sores or bumps in your mouth that have lasted two weeks or more.

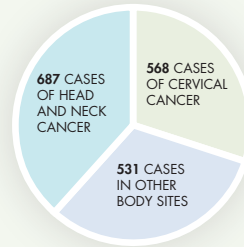


THE HPV VACCINE PREVENTS CANCER. TALK TO YOUR DOCTOR ABOUT GETTING THE VACCINE.

HPV CAN CAUSE CANCER

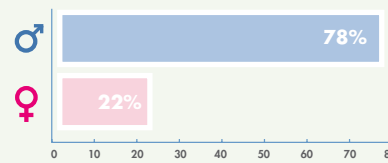
HPV can cause cancer in both men and women. Among New Hampshire women, the most common cancer caused by HPV is cervical cancer. Among New Hampshire men, it's head and neck cancer.

In New Hampshire, about 4 out of 10 cases of cancer caused by HPV are in the head and neck.



DATA: NEW HAMPSHIRE DATA FROM 1999-2013 (15 YEARS)

Almost 8 out of 10 cases of head and neck cancer caused by HPV occur in men.



DATA: NEW HAMPSHIRE DATA FROM 1999-2013 (15 YEARS)

THE HPV VACCINE

Both males and females should get the vaccine.

- Doctors recommend getting the vaccine at age 11 or 12 and finishing the series of shots by age 13
- Children's immune response is stronger when they're younger. Before age 15, they only need two doses of the vaccine. Once they turn 15, they need three doses.
- Older teens and many adults who have not started or finished the HPV vaccine series should still get vaccinated to protect against cancer.

The vaccine is safe and effective.

- The vaccine's safety has been tracked for years, and research shows it is safe.
- The most common side effect is soreness where the vaccine was given.
- The vaccine is expected to prevent over 90% of cancer cases caused by HPV.

Pre-teens and teens can get the vaccine at no cost.

- In New Hampshire, all children through age 18 can get the HPV vaccine at no cost.
- Simply go to your doctor to get the vaccine.