

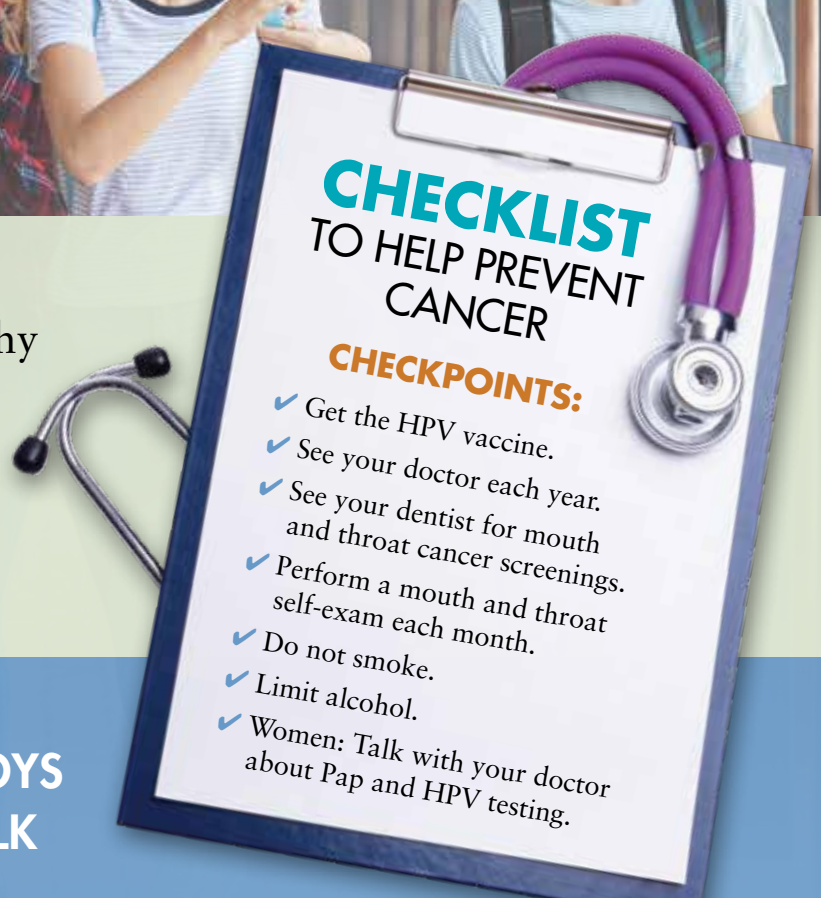


# CANCER PREVENTION AT THE DENTAL OFFICE

## HPV AND CANCER



- Almost everyone will have HPV (Human Papillomavirus) at some point in their lives.
- HPV can cause several types of cancer, including head and neck cancers.
- 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.



### 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.

THE HPV VACCINE IS RECOMMENDED FOR BOTH BOYS AND GIRLS AND IS BEST GIVEN AT AGES 11-12. TALK TO YOUR DOCTOR ABOUT GETTING THE VACCINE.