



Not just for women!

What men need to know!

Men Can Get (and Share) HPV

HPV (a.k.a. human papilloma virus) is an equal opportunity virus, infecting both men and women. Men can get infected with HPV, and most do—it's so common that nearly all sexually active people will have HPV at some point in their lives. It can be passed to a male or female partner through vaginal, anal, and oral sex, or even just through genital skin-to-skin contact.

So lots of men have HPV, but most will never know it. They won't have any noticeable symptoms and the infection will typically go away on its own. But while most infections are harmless, HPV can cause problems. Some types of HPV cause **genital warts**, while others can cause **penile, anal, and throat cancers in men**.

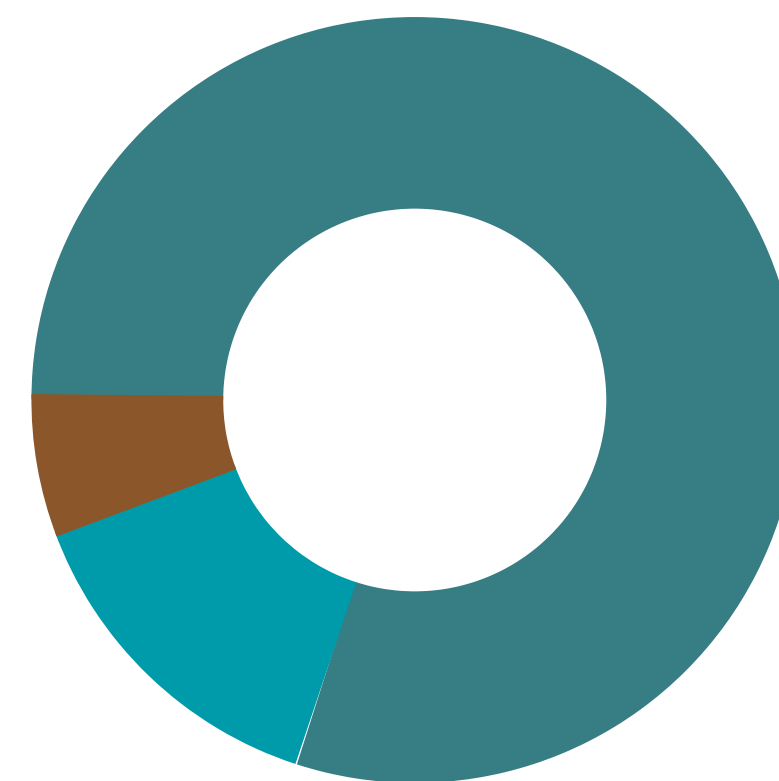
Types of HPV

Some types of HPV can cause genital warts. The HPV types that cause warts are known as “**low risk**” because they are almost never found with cancers.

Other types of HPV, called “**high risk**” types, can lead to cancer. In men, this can be cancer of the anus, penis, or the back of the throat.



Nearly **4 out of every 10** cases of cancer caused by HPV occur in men.



Each year, HPV causes **13,400 cases of cancer in men**

10,700	Throat
1,900	Anal
800	Penile

Prevention is Key

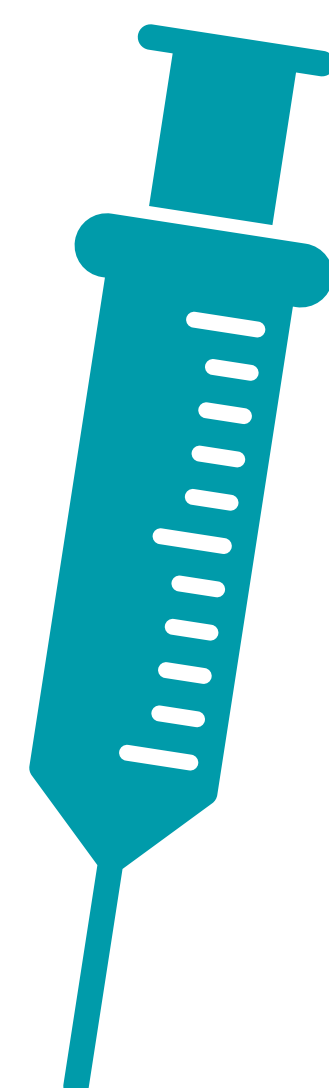
While a healthcare provider can do a visual inspection to check for genital warts, no HPV test is approved for use with men. So when it comes to HPV, **prevention is key**. There are two main elements to preventing HPV-related disease:

Use Condoms

Using condoms (correctly) every time you have sex is an effective way to reduce your risk for many types of sexually transmitted infections, including HPV. But be aware—since HPV can be passed on by skin-to-skin contact, it can infect areas not covered by a condom.

Get Vaccinated

The HPV vaccine can protect against both low-risk and high-risk types of HPV. In fact, **HPV vaccination can prevent over 90% of HPV-related cancers**. Both males and females should be vaccinated, and vaccination is recommended for boys and girls at age 11-12, with catch-up vaccination up to age 26.



So many questions!

My partner was diagnosed with HPV—should I be checked out?

Not necessarily. It isn't commonly recommended that someone be examined when their partner is diagnosed with HPV, unless of course they notice any symptoms. This goes against the instincts shared by many that something, anything, has to be done! Since the vast majority of HPV infections are asymptomatic, and testing has limitations, there's typically no need for a partner to be evaluated.

Did I give my partner HPV?

It can take weeks, months, or even years after a person is exposed to HPV before symptoms develop or the virus is detected. So it's usually difficult, if not impossible, to know the source of the infection. Remember, virtually all sexually active people have one or more HPV infections over their lifetimes. It's tough to be a normal, sexually active person and *not* encounter HPV.

Can genital warts come back after treatment?

Maybe. That's a frustrating answer, but there is a lot we don't know about HPV transmission when there are no symptoms, so experts can't fully answer this question. Warts do come back in some cases, but not all. They may come back only once in some people, or several times in others. The good news for most people is that with time, the immune system seems to take charge of the virus, making recurrences less frequent and often eliminating them entirely within about two years.

Will I always have HPV?

HPV is usually harmless and in most cases will clear naturally over a few months. Unfortunately, there's no way to know how long an individual may be able to transmit the virus to new partners, though, which is frustrating.

Should I get the HPV vaccine?

Experts recommend that boys and girls be vaccinated at age 11-12, because the vaccine produces a stronger immune response during the preteen years. But older teens and young adults can still benefit—HPV vaccination is still recommended for young men through age 21, if they did not get vaccinated when they were younger. For young men who have sex with men, who are transgender, or who have weakened immune systems, vaccination is recommended through age 26.

Can HPV be treated?

There isn't a treatment for the virus itself, but HPV-related disease can be treated. Warts can be removed with out-patient procedures in a clinic, and there are prescription creams and solutions that patients use at home as well (but never use over-the-counter wart remedies in the anal/genital area). In most cases, though, HPV infections are harmless and are cleared by your body in a short period of time—with no treatment needed.

How does HPV vaccination work?

First dose at ages 9-14



If you receive your first dose before reaching your 15th birthday, **only two doses of the vaccine are needed to complete the series.**

At age 15 and older



If you get your first dose at age 15 or older, **three doses of the vaccine are needed.** Starting early saves you a shot!