



# Human Papillomavirus (HPV). The facts.

## Facts about HPV

1. HPV is a very common virus. Four out of five (80%) people will be infected with genital HPV at some time during their lives
2. There are over 100 different types of HPV
3. Around 40 types of HPV affect the genital area:
  - Those which have no risk for cervical cancer but cause other issues like genital warts
  - Those which can cause cancer (high risk).

## High risk HPV and cervical cancer

1. High risk HPV infection can cause changes to the cells of the cervix creating abnormalities. Once these abnormalities become severe they can develop into cancer
2. Almost all cases of cervical cancer are caused by a common virus called high risk HPV
3. In women, high risk HPV can cause: cervical, anal, vulval, vaginal and some head and neck cancers.

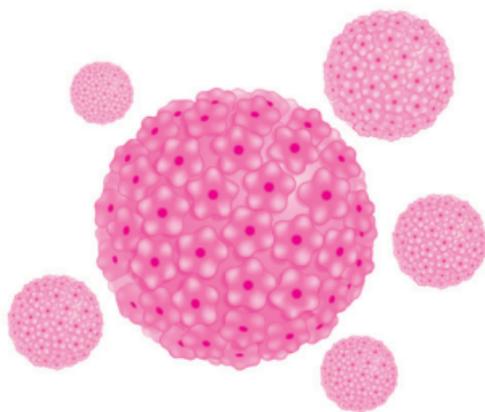
We provide information and support on all aspects of HPV, cervical screening, cervical abnormalities and cervical cancer:

- A website with up to date information written and reviewed by experts
- A wide range of factsheets and materials
- The opportunity to send a question to our medical experts using our Ask The Expert service
- Online forum where women can share experiences
- A dedicated helpline 0808 802 8000.

To find out more visit [www.jostrust.org.uk](http://www.jostrust.org.uk)

## Contracting high risk HPV

1. Anyone who is sexually active can be infected with HPV
2. Your first sexual experience puts you at risk of infection
3. HPV is transmitted through genital skin-to-skin contact. So you are still at risk of contracting HPV even if you do not have penetrative sex
4. High risk HPV does not have any symptoms, most people do not even know they have it
5. There is no treatment for high risk HPV as the body's immune system will usually clear the infection
6. If you get high risk HPV you will not require treatment nor will your partner. However if your cervical screening test detects abnormal cells (caused by the persistent HPV infection) you may be sent for further examination.



## Reduce the risk of a persistent HPV infection

1. Lead a healthy lifestyle. You are more at risk if you have a weakened immune system.
2. Stop smoking. Smoking increases your risk of getting cervical cancer
3. For younger women who are eligible, the HPV vaccination helps reduce risk. It protects against two types of high risk HPV that cause 70% of all cervical cancers and two other types that cause genital warts.

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The information included in this publication was correct at the time of going to press. We plan to review publications after two years however updates may happen more frequently. For updates or for the latest information, visit [jostrust.org.uk](http://jostrust.org.uk).

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