



THE HPV VACCINATION

Effective protection for your child
against cancer

Information for parents



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DEAR PARENTS,

We want our children to happily grow up in Bavaria and to stay carefree and healthy their whole lives. Therefore, together with the Bavarian State Working Group on Vaccination (LAGI), we recommend vaccination against human papillomaviruses (HPV) for girls and boys.

HPV are one of the main causes of cancer in the genital area. The good news: you can protect yourself effectively even at a young age.

This flyer is intended to provide you with information about HPV and what can be done to prevent its spread. Even a small injection can prevent the worst. Protect your children and get them vaccinated!

Yours,

Judith Gerlach, MdL

Bavarian Minister of State
for Health, Care and Prevention

WHAT IS HPV?

Most people become infected with HPV during the course of their lives. These viruses are among the **most common sexually transmitted pathogens**. To date, more than 200 different HPV types are known.

Some high-risk HPV types can cause changes in cells. They can develop into a precancerous condition and then into **cancer**.

What diseases can be caused by HPV?

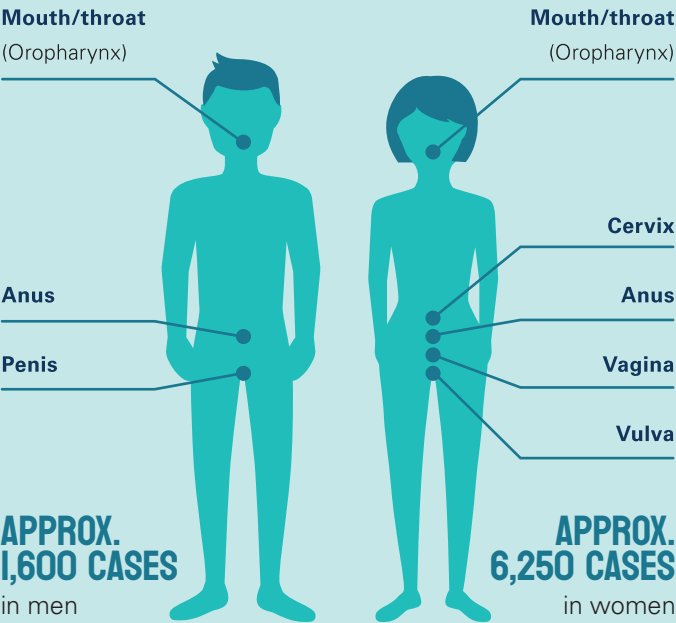
The viruses are transmitted mainly **through contact with infected skin or mucous membrane**, mostly during sexual intercourse. The infection often goes unnoticed and in most cases heals without treatment. However, there are also HPV infections that lead to cancer many years later. In addition, certain HPV types are the main trigger for **genital warts** in the anal and genital area.

In Germany **approx. 6,250 women and approx. 1,600 men get cancer due to HPV** every year. The most frequent type is cervical cancer in women – with about 4,600 new cases annually, which are almost exclusively caused by HPV. Around 1,500 – 1,600 women die of cervical cancer in Germany each year. In men, HPV infections are partly responsible for penile and anal carcinomas and tumours in the mouth and throat.

How can I protect my child from HPV?

The most effective protection against infection with the most common high-risk HPV types is timely vaccination. This means it is best **before first sexual contact**, because young people can become infected with HPV during the “very first time”. Even after that, vaccination is still useful and effective. Nevertheless: **The earlier your child is vaccinated, the better it is protected.**

Condoms can protect against sexually transmitted diseases such as AIDS. However, they protect less well against HPV and do not replace vaccination. A particularly positive factor: If your child does not become infected, they cannot pass on the infection. Your child will also protect their partner and contribute to general community protection.



HPV-RELATED CANCERS
(cases in Germany per year)



How effective is the vaccination protection?

Vaccination offers the best possible protection against infection with high-risk HPV types that may potentially cause cancer. For example, recent scientific studies show that incidences of **uterine cervical cancer are far less common** among vaccinated girls later on in life. The risk was reduced **by up to 90%** compared to unvaccinated women.

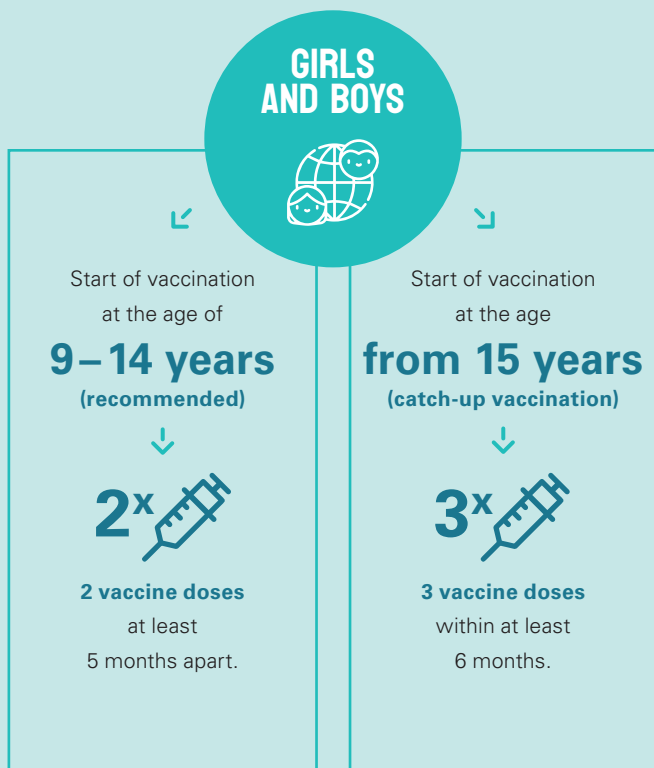
Two HPV vaccines are available in Germany. One of the two vaccines protects against a larger number of HPV types that tend to trigger cancer and additionally against genital warts. Let your child's doctor explain this in detail to you.

How safe is vaccination?

The safety of HPV vaccination was investigated in extensive studies before and after approval. The findings confirm that vaccination is **safe and well tolerated**. After vaccination, redness/swelling at the vaccination site or flu-like symptoms, headache, dizziness, fatigue or gastrointestinal complaints may occur for a short time. Serious side effects are very rare. The vaccination activates the immune system so that your child builds up a protective barrier against HPV.

When is the best time for vaccination?

Vaccination costs are covered by the health insurance **up to the child's 18th birthday**. Vaccination can also be useful for those over 18. Some health insurance companies also cover the costs after the 18th birthday.



Where can I get more information?

Your child's **doctor** will be happy to answer any further questions you may have – for example, at the J1 screening.

For more answers to questions about HPV and vaccination, visit s.bayern.de/hpv



THE HPV VACCINATION:



Important protection for your child

Falling in love, first dates, intimacy and a sense of security with another person ... many beautiful and exciting experiences await your child as they grow older and more mature. It is of course important to you as parents that your child can enjoy this time in a healthy and carefree way.

Protection against **HPV, the human papillomaviruses**, by vaccination is an important building block for your child's health.



Human papillomaviruses (HPV) are widespread and most commonly transmitted through **sexual contact**.



Often these infections are harmless. However, certain HPV types can trigger various **cancers** in intimate areas or the mouth and throat, as well as genital warts.



Timely **vaccination protects** your child very reliably against HPV-related cancers and their precursors.



The HPV vaccination is **recommended for girls and boys from 9 to 14 years of age**. It is still possible and useful later on – but the sooner the better.

What is the Bavarian State Working Group on Vaccination (LAGI)?

The Bavarian State Working Group on Vaccination (LAGI) is an industry-independent association of physicians, corporations, associations, pharmacists, the Bavarian Ministry of Health, midwives, the public health service, health insurance funds and science with the aim of providing professional and comprehensive immunisation advice for the Bavarian population (www.lagi.bayern.de).

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Publisher:

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