You should perform an oral cancer self-exam each month. Here’s how:

- Immediately after a dental exam, do a thorough self-exam to see what is “normal” for you.
- Feel your neck for any lumps.
- Examine your lips, cheeks, and gums.
- Use a flashlight to examine the top, sides, and underneath your tongue, the back of your throat and roof of your mouth.
- Be aware of changes in color, texture, or lumps.

HPV-related Cancer PREVENTION CHECKLIST
✓ See your dentist for your yearly oral cancer screening
✓ Get vaccinated against HPV
✓ Visit your doctor yearly
✓ Get regular Pap & HPV tests as recommended by your doctor

HPV prevention is just one part of oral health.

You should also:
- Brush and floss regularly.
- See your dentist regularly for cleanings and exams.
- Avoid smoking or drinking alcohol.

Contact us at: OICP@doh.wa.gov or www.doh.wa.gov/immunization

For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).
What is HPV?

- HPV (human papillomavirus) is a common virus spread by intimate skin-to-skin contact.
- In the USA, nearly 79 million people are infected with HPV, and eight out of ten people will have it in their lifetime.
- The majority of HPV infections have no symptoms and require no treatment.
- Some types of HPV cause warts on skin that look like flesh-colored bumps.

See your doctor if you have any of these symptoms of oral cancers:

- Persistent hoarseness or sore throat.
- Earaches or enlarged lymph nodes of the neck.
- Difficulty swallowing.
- Unexplained weight loss.

Cases of HPV-related cancers in men each year

- Oral: 13,976
- Anal: 2,106
- Cervical: 11,670
- Penile: 1,240

Cases of HPV-related cancers in women each year

- Oral: 3,297
- Anal: 4,114
- Cervical: 11,670
- Vulvar: 3,802
- Vaginal: 833

Who should be vaccinated?

- Girls: age 9-26; Boys: age 9-21 (up to age 26 in some cases).
- Recommended at age 11-12.
- For most who are younger than 15 years, two shots are required. Three shots are required for age 15 and older.

Safe and effective

- Over 170 million doses of the HPV vaccine have been given and no serious safety concerns identified.
- The vaccine protects against the majority of cervical and anal cancers, and up to 90% of genital warts. Research suggests that oral cancers can be prevented with vaccination.

Behavior changes

- Scientific studies have shown that HPV vaccine does not change sexual behavior or onset of first sexual experience.

Insurance

- Like other childhood vaccines in Washington, the HPV vaccine is universally covered through age 18 regardless of insurance status.