

## **Family Medicine Clerkship Plain Language Summary Template**

**Title:** HPV Vaccine Recommendations for Women over 26 years old

**Name:** Selma Durakovic

### **Plain Language Summary:**

HPV is a virus that you get through sexual contact. It is the most common sexually transmitted infection in the world. There are many types of HPV viruses, but only a few are known to harm humans. Most people who have HPV don't show any symptoms and 90% of cases are cleared by the body. It is not possible to predict who will develop a more serious condition. HPV causes genital warts, which look like small bumps in the genital region. The main types of HPV viruses that cause warts are 6 and 11. HPV can also cause cancer. The most common cancer caused by HPV is cervical cancer in women. HPV types 16 and 18 are linked to this cancer. This virus also causes warts in the throat and other cancers. Less is known about these topics.

HPV can be prevented with use of condoms and by getting the vaccine. The vaccine is given in three doses ("shots") over six months. These shots were developed and tested in women ages 9-26. ACOG recommends using it in girls in this age range. Most insurance companies will only pay for the shots in this group of patients. The cost of the shots without insurance is around \$360.

A new study has come out with results for HPV vaccine use in adult women. This study shows that the shots work in most women age 24-45. The vaccine could prevent cervical cancer and warts in these women. The number of people that the women had sex with was not as important as previously thought. The shots worked even in women who had tests that showed they had HPV in the past. Also, the study showed that 24-45 year old women developed a strong protection to HPV after they got the shots.

The study did not test all women in that age range. Women who have had genital warts or HIV were not given the vaccine. This means that we don't know if the shots would benefit all women. We can be pretty sure that most women will benefit from this vaccine. At this time, no official changes have been made by ACOG or the FDA regarding who is approved for the vaccine. This means that women over 26 will have to find a way to pay for the shots. There are some programs that can help cover the cost of the vaccine. Also, there are helpful websites to learn more about this topic.

### **Additional Resources:**

General Information - <http://www.cdc.gov/hpv/index.html>

Free and Low-Cost Gardasil Vaccination

[http://cervicalcancer.about.com/od/riskfactorsandprevention/a/free\\_Gardasil.htm](http://cervicalcancer.about.com/od/riskfactorsandprevention/a/free_Gardasil.htm)

Rebate for the Vaccine:

<http://www.gardasilrebate.com/terms.html>

HPV Vaccine for Young Women – <http://www.cdc.gov/std/hpv/stdfact-hpv-vaccine-young-women.htm>

Insurance Coverage for the Vaccine:

<http://www.gardasil.com/what-is-gardasil/hpv-and-gardasil/coverage-for-gardasil/>

**Key Words:**

HPV, Vaccine, Gardasil, Women, Recommendations

This document was created by a medical student enrolled in the Family Medicine Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up-to-date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.