


**One infected partner may be all it takes to get HPV.**

**HPV can cause cervical cancer in females and genital warts in males and females.**

**Look inside to find out more.**

HPV=human papillomavirus



## HPV: What you should know.

HPV can cause cervical cancer in females and genital warts in both males and females

In girls and women ages 9 to 45, GARDASIL® helps protect against: cervical, vaginal and vulvar cancers caused by HPV types 16 and 18; abnormal and precancerous vaginal and vulvar lesions, abnormal and precancerous cervical lesions as found in Pap tests, caused by types 6, 11, 16 and 18; and genital warts caused by types 6 and 11.

In girls and women ages 9 to 26, GARDASIL® also helps protect against anal cancer caused by HPV types 16 and 18, and abnormal and precancerous anal lesions caused by types 6, 11, 16 and 18.

In boys and men ages 9 to 26, GARDASIL® helps protect against anal cancer caused by HPV types 16 and 18, genital warts caused by types 6 and 11, and abnormal and precancerous anal lesions caused by types 6, 11, 16 and 18.

GARDASIL® helps prevent these diseases, but it does not treat them. And just like all vaccines, GARDASIL® may not fully protect everyone who gets it. GARDASIL® does not protect against all types of HPV. Duration of protection continues to be studied. GARDASIL® does not protect against other sexually transmitted infections.

Even if vaccinated with GARDASIL®, it is still important for women to continue having regular Pap tests. Recipients of GARDASIL® should not discontinue anal cancer screening if it has been recommended by a healthcare provider. Vaccination with GARDASIL® is not recommended during pregnancy.

### Things you should know about HPV:

- **Cervical cancer, abnormal Pap tests and genital warts** can be caused by certain types of HPV.
- About **75% of Canadians** will have at least one HPV infection during their lifetime.
- Because people who have HPV may not show any signs or symptoms, they can pass on the virus without even knowing it.
- HPV commonly affects **teenagers and young adults**.
- Condoms should always be used, but they may not always protect you against HPV.
- **Vaccinating against HPV, limiting your number of sexual partners, and using condoms can all help prevent HPV infection.**

## What is human papillomavirus?

HPV—or Human Papillomavirus—is a common virus that affects both females and males.

Some HPV types affect the genital or anal area, and some of these are known as “high risk” because they can cause cervical, vaginal, vulvar and anal cancers. HPV types 16 and 18 are high risk and cause over 70% of cervical cancers in women, and approximately 90% of HPV-related anal cancers.

HPV can also cause penile and anal cancers in men.\*

HPV has also been linked to some types of head and neck cancers found in both men and women.\*

Some HPV types can cause genital warts (skin-coloured growths that may hurt, itch and bleed). HPV types 6 and 11 cause over 90% of genital warts in women and men.

### THE MAJORITY OF ABNORMAL PAP TESTS IN WOMEN ARE CAUSED BY HPV.

A Pap test looks for abnormal cells in the lining of the cervix before they have a chance to become cervical cancer. **Routine Pap testing for women throughout life is an important screening tool for detecting diseases caused by HPV.**

**There is no test routinely used to detect if a man has HPV.**

## Facts and myths about HPV:

**If someone is already sexually active, it might be too late to help protect herself/himself against HPV.**

**The truth:** Even if someone is already sexually active, they may still be at risk for some of the HPV types they haven't been exposed to.

**If someone is in a steady relationship, they don't need to worry about HPV.**

**The truth:** Remember, one infected partner is all it takes. Everyone carries their sexual history with them, including HPV.

**If someone has HPV, it's obvious.**

**The truth:** There is no way to tell what someone with HPV looks like. People who have HPV may not show any signs or symptoms, so they can pass it on without even knowing it.

**Men are not at risk for HPV.**

**The truth:** Anyone who is sexually active, male or female, can get HPV.

\*GARDASIL® is not indicated to prevent penile, perineal or perianal cancers, or head and neck cancers.



## Some facts about genital warts:

- Look around you: at least 1 in 10 people may develop genital warts in their lifetimes.
- 67% of people who have sexual contact with someone who has genital warts will also get them, usually within 3 months.
- Treatment includes cutting, freezing or burning the warts.\*
- Even after treatment, 25% of cases come back within 3 months.\*
- Genital warts can cause significant psychosocial impact.†
- **EVERY 11 MINUTES 1 Canadian will develop genital warts.‡**



\* GARDASIL® is not indicated for the treatment of genital warts.

† GARDASIL® is not indicated to address the consequences of genital warts.

‡ Based on 47,199 incident cases/year.

## Who is at risk for HPV?

### HPV can affect everyone, even those in a steady relationship

Anyone who is sexually active can get the virus—both males and females. It is easily spread through any kind of intimacy that involves genital contact—not just intercourse.

### What can you do to help protect yourself from HPV?

About 75% of sexually active Canadians will catch HPV during their lifetime. A person of any age who takes part in any kind of sexual activity that involves genital contact is at risk. The only way to fully protect yourself from HPV is to avoid this kind of sexual activity.

If you choose to be sexually active, limiting the number of sexual partners, regular use of condoms\* and vaccination with GARDASIL® are all important ways to help protect yourself from HPV infection and the diseases it can cause, like cervical cancer and genital warts.

## Private Health Insurance with GARDASIL®

You or your parents may have PRIVATE HEALTH INSURANCE through work or school that covers vaccination with GARDASIL®. Speak to your plan administrator.

There is also public funding which varies by province or territory and by patient age, so you are encouraged to talk to your physician, public health nurse or local health unit about government coverage or reimbursement.



**HPV is the  
leading cause  
of cervical  
cancer.**

## Cervical cancer: Know the link

Cervical cancer is not hereditary as some believe. It can be caused by a common virus called human papillomavirus (HPV). HPV infection commonly affects teenagers and young adults. If a girl or young woman has HPV, and her body doesn't clear the virus, cervical cancer can develop later in life.

GARDASIL® helps protect against HPV types 16 and 18, which are responsible for over 70% of cervical cancers.

### Did you know?

- In Canada, cervical cancer is the **second most common** cancer in women aged 20 to 44 after breast cancer.
- In Canada, almost 400 women die each year from cervical cancer.\*
- Men play an important role in transmitting HPV to their sexual partners.†

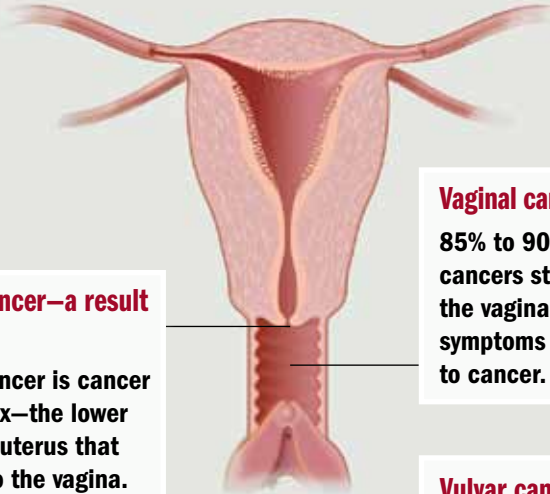
\* Condoms should always be used, but they may not always protect you against HPV.

\* GARDASIL® is not indicated to reduce mortality.  
† GARDASIL® is not indicated to reduce transmission of HPV.

## Learn more about HPV and cervical cancer

### Cervical cancer—a result of HPV

Cervical cancer is cancer of the cervix—the lower part of the uterus that connects to the vagina.



### Vaginal cancer—hard to detect

85% to 90% of vaginal cancers start in the lining of the vagina and often show no symptoms until they progress to cancer.

### Vulvar cancer—forms slowly over many years

Affects the inner edges of the vagina's outer folds.

### Precancers—where cancer can begin

High-risk types of HPV can cause abnormal cells to form in the cervix, vagina, and vulva. If not detected early by a Pap test, and removed or surgically treated, these cells can turn into cancer.



## How is GARDASIL® given?

GARDASIL® will be given to you by injection (shot). You will get 3 doses of GARDASIL® at three separate times:

- **First dose:** the date that you and your healthcare professional have agreed on
- **Second dose:** 2 months after the first dose
- **Third dose:** 6 months after the first dose

It is very important that you get all three doses of GARDASIL®. It is best to follow the dosing schedule, but if you miss a dose, your healthcare professional will decide the best time to give you the missed one.

Like all vaccines, GARDASIL® may cause some side effects. GARDASIL® has been shown to be generally well tolerated in adults and children as young as age 9. The most commonly reported side effects included pain, swelling, itching, bruising and redness where the shot was given, fever, nausea, dizziness, headache, vomiting and pain in extremity.

Fainting has been reported. Fainting can occur after vaccination, most commonly among adolescents and young adults. Although fainting episodes are uncommon, patients should be observed for 15 minutes after they receive GARDASIL®.

Allergic reactions that may include difficulty breathing, wheezing (bronchospasm), hives and rash have been reported.

These were not all the side effects reported. If you notice any unusual or severe symptoms after receiving GARDASIL®, contact your healthcare professional as soon as possible.

You should know that vaccination with GARDASIL® is not recommended during pregnancy, and that women who become pregnant before getting all 3 doses should complete the vaccination schedule only after childbirth. GARDASIL® may be administered to lactating women.

Information about GARDASIL® is provided in the Product Monograph and Consumer Information available at <http://www.merck.ca/mfcl/en/corporate/products/index.html>.

Physician/Clinic Stamp

  
**GARDASIL®**  
[Quadrivalent Human Papillomavirus  
(Types 6, 11, 16, 18) Recombinant Vaccine]

 **MERCK**  
Merck Canada Inc., Kirkland, Quebec

GARDASIL®—Drug Identification Number (DIN): 02283190



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## Vaccination Record

If, after speaking with your healthcare professional, you make the decision to be vaccinated with GARDASIL<sup>®</sup>, use this Vaccination Record to help you keep track of your appointments and provide a record of your vaccination with GARDASIL<sup>®</sup>.

You can also sign up for e-mail reminders at [www.gardasil.ca/reminder](http://www.gardasil.ca/reminder).

**Make sure to schedule your next appointment with your healthcare professional after receiving each vaccination (shot).**

**After filling your prescription, write down your appointments and detach this card as a reminder.**

### GARDASIL<sup>®</sup> — My appointments

■ Dose #1	_____	_____
	Date (dd/mm/yyyy)	Time
■ Dose #2	_____	_____
	Date (dd/mm/yyyy)	Time
■ Dose #3	_____	_____
	Date (dd/mm/yyyy)	Time

**When it comes to getting GARDASIL<sup>®</sup>, that is one appointment you don't want to miss!**

Now that you know more about HPV, cervical cancer and genital warts, talk to your partner about it, but be sure to also help protect yourself.

**Get vaccinated with GARDASIL®.**  
**Talk to your healthcare professional today!**

HPV vaccination for females is supported by the following Canadian medical groups (these recommendations were made when GARDASIL® was only indicated to help protect against the following diseases caused by an infection with HPV types 6, 11, 16 and 18 in females 9-26 years old: cervical, vaginal and vulvar cancers, abnormal and precancerous cervical, vulvar and vaginal lesions and genital warts):

■ **The National Advisory Committee on Immunization**

- For girls 9 to 13 years of age, as this is generally before the onset of sexual intercourse **AND**
- For girls and women 14 to 26 years of age even if they are already sexually active, have had previous Pap abnormalities, cervical cancer, genital warts or HPV infection

■ **The Society of Obstetricians and Gynaecologists of Canada\***

■ **The Canadian Cancer Society\***

■ **The Society of Gynecologic Oncologists of Canada\***

■ **The Canadian Paediatric Society\***

- For 9-13-year-old girls for routine vaccination
- For 13-year-old unimmunized girls and older, for whom the vaccine is indicated, as a “catch-up program”

\* See the Society of Obstetricians and Gynaecologists of Canada, the Canadian Cancer Society, the Society of Gynecologic Oncologists of Canada and the Canadian Paediatric Society for complete details.

† Clinical significance is unknown. The number of doses administered is unknown.

**MORE THAN:**  
**3 million doses of**  
**GARDASIL® have been**  
**distributed in Canada†**  
**71 million doses of**  
**GARDASIL® have been**  
**distributed worldwide†**

  
**GARDASIL®**  
**[Quadrivalent Human Papillomavirus**  
**(Types 6, 11, 16, 18) Recombinant Vaccine]**

**GARDASIL®—Drug Identification Number (DIN): 02283190**

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