

HPV Vaccine- Human Papillomavirus. The Vaccine Against Cancer

Why vaccinate?

Every year in the United States each year, there are about 17,500 women and 9,300 men affected by HPV-related cancers. In women this virus can cause cancer of the cervix, vulva and vaginal area. In men, this cancer can cause cancer of the penis. For both genders, HPV can cause cancers of the mouth and throat. While there are screening tests for cervical cancer, there is not screening for all cancers. HPV cancers, can cause pain suffering and even death.

Unlike other cancers, these are cancers of young people in their twenties and thirties. Many of these cancers are detected when people are thinking about starting families of their own.

Almost all sexually active people will get HPV at some time in their lives. The virus is passed through skin to skin contact and through sex. In most cases, the body will fight off HPV before it causes health problems; in some cases, it will not. In addition, to causing cancer, HPV can cause other issues like genital warts that can be emotionally distressing and uncomfortable to treat.

The HPV vaccine prevents most of these types of cancer and genital warts.

Is it safe?

The HPV vaccine was extensively tested in tens of thousands of young adolescents prior to its release in 2006. Since that time it has been monitored closely in the United States. It has also been adopted as part of routine vaccination in 58 countries worldwide. There has been no serious safety concerns about the HPV vaccine.

There can be mild reactions similar to every vaccine. These include pain or redness around the site of injection. Additionally, there can be a little fever, dizziness or nausea. Some preteens and teens (an adults) may faint after getting the vaccine or other medical procedure. To ensure that your child is safe, we will offer that they can sit or lie down after the vaccine.

Only those children with severe yeast or latex allergies should avoid the HPV vaccine.

What does it involve?

The HPV is a series of vaccines which is given over a 6 month period. The first vaccine is typically given at the 11 year old well child check. The next dose 2 months later and the third dose 6 months after the first. If the vaccine schedule is not followed, your teen can get the next dose as soon as possible. There is no need for extra shots.

ADOLESCENT VACCINES

HPV Vaccine : To Protect Against Cancer

Meningococcal Vaccines: To Protect Against Infection of the Brain and Spinal Cord

Tdap: To Protect Against Tetanus, Diphtheria and Pertussis (Whooping Cough)

For best protection, start vaccinating at the 11-12 year old visit and complete all series!

Who should be vaccinated?

Boys and girls should start the vaccine at age 11 or 12. Older teens and some young adults up to age 27 also should have the vaccine.

But my child is not sexually active and will not likely be soon. Why now?

For reasons that are not completely understood, the immune response is better in preteens and younger teens. To offer your child the best protection against cancer at a later age, your child should receive all 3 doses by 13 years of age.

Meningococcal Vaccines. The Vaccine Against Infection of the Fluid around the Brain and Spinal Cord and Infection of the Bloodstream

Why vaccinate?

The meningococcal vaccine help protect against a bacteria, *Neisseria meningitidis* bacteria. This bacteria causes meningitis, an infection of the fluid that bathes the brain and spinal cord, and septicemia, a severe infection of the bloodstream. Even for people who get treatment, about 10 to 15 people in 100 who get meningococcal disease will die from the disease. Among survivors, there can be permanent disability. The progression from the first sign of disease to severe illness can be a matter of hours.

Teens and young adults are at highest risk related to meningococcal infection. The bacteria is spread by contact with an infected person's saliva such as through kissing and coughing, especially if people are living in the same place, like dorm rooms or military barracks.

The meningococcal vaccine(s) protect against some of the most important strains of *Neisseria meningitidis* bacteria.

Is it safe?

Yes. Like most vaccines, it can cause mild local reactions like redness or pain at the site of injection. As many people do not like needles, your child will be offered a place to sit to avoid fainting or feeling queasy.

What does it involve and who should be vaccinated?

All preteens should be vaccinated at their 11 or 12 year old visit with the quadrivalent meningococcal vaccine. The effectiveness of the vaccine wanes over time. All older teens should get a booster at age 16 years to protect them during their highest risk period.

There is also a new serogroup B vaccine to protect against different strains. Teens and young adults (16 through 23 year olds) vaccinated with a serogroup B meningococcal vaccine get additional protection against these different strains of meningitis. The best time to get the series for serogroup B is preferably at 16 through 18 years old. Two or three doses are needed depending on the brand.

There is not currently one meningitis vaccine which protects against all strains.

Tdap: The Vaccine Against Tetanus, Diphtheria and Pertussis (Whooping Cough)

Why vaccinate?

Tetanus, diphtheria and pertussis are all caused by different bacteria. Tetanus is caused by a toxin or poison made by bacteria found in soil which can enter the body through breaks in the skin. While we often think of tetanus as emerging from large, dirty wounds (like stepping on a rusty nail), it can enter the body through small scratches like those obtained while gardening and affect unimmunized individuals. Tetanus causes painful muscle spasms throughout the body. These spasms can cause paralysis and breathing problems. People who get tetanus will often spend weeks on a ventilator in the intensive care unit. 1 in 5 will die.

Due to strong vaccination efforts, diphtheria is now a rare disease. This is caused by a bacteria which can spread from one person to another through coughing or sneezing. It causes a thick coating in the back of the nose and throat which can make it hard to breathe and swallow. It also causes paralysis and heart failure. 1 in 10 people will die.

Unfortunately, pertussis (whooping cough) is still making headlines in the news. It is highly contagious and spreads through coughing or sneezing. It can cause a bad cough which lasts for weeks and causes teens to miss school and other activities. Because it is spread easily, disease in teens can quickly spread to other family members and the communities. For unimmunized babies (those less than a year of age), whooping cough can be deadly.

The Tdap is a booster vaccine for preteens and teens to protect them and the community against these deadly diseases.

Is it safe?

Yes. The most common side effects are pain, redness and swelling at the site of the vaccine.

Who should be vaccinated?

All preteens should be immunized at their 11 or 12 year old visits. All adults should be immunized at least once for Tdap and every ten years for Td (tetanus and pertussis). Pregnant women should be offered the vaccine/assessed with every pregnancy.