

Protect your health!

What is the Human Papillomavirus?

The human papillomavirus (HPV) is the most common sexually transmitted virus worldwide. HPV can cause genital warts and cancer in both men and women. In men, this infection is associated with the development of oral, penile and anal cancer. In the case of men who have sex with men, 98% of cancers of the anus are associated with infection by HPV.

How is HPV transmitted?

HPV is transmitted by skin to skin contact during sex (oral, vaginal, or anal sex), with someone who is infected with HPV.

Did you know that statistics indicate that...

- there has been an increase in the number of new cases of HIV among men who have sex with men. has been observed.
- being infected with HIV is a risk factor for HPV infection.
- a man who has sex with other men and is HIV-positive is more likely to be diagnosed with anal cancer.
- a man who has AIDS is more likely to be diagnosed with anal cancer.

Am I at risk?

Those who practice unprotected anal sex are at greater risk of becoming infected with HPV and developing anal cancer. Other risk factors are: having multiple male sexual partners, smoking, and having the immune system compromised, as for example to be HIV-positive.

What is anal cancer?

Anal cancer is a rare cancer that affects the tissues surrounding the opening of the anus.

What are the symptoms of anal cancer?

Many times this type of cancer does not present symptoms. In those cases that have symptoms, the most common include pain, pressure or itching in the area of anus, as well as redness, inflammation and frequent anal discomfort. Persons can also present a mass near the anus, experience anal discharge or bleeding and changes in their bowel habits.

How can I prevent anal cancer?

- ✓ Vaccinate against HPV.
- ✓ Protect against HIV. HIV suppresses the immune system, in this way it can facilitate the infection by various viruses such as HPV.
- ✓ Reduce the number of sexual partners.
- ✓ Use condoms when having sex, however, the use of the condom does not protect completely against HPV infections.
- ✓ Don't smoke.

Which are the vaccines against HPV?

There are two vaccines that prevent infection with certain types of HPV, these are: Gardasil® and Cervarix®.

- ✓ Gardasil® is recommended for men and women aged 11 to 26. It protects against the subtypes that cause genital warts, and cervical, anal, vulvar and vaginal cancer.
- ✓ Cervarix® is recommended only for women aged 11 to 25 years of age. It protects against the subtypes of the virus that cause cervical, vulvar and vaginal cancer in women.

VACCINATE!



GET INFORMED

Is there any test to detect anal cancer?

- ✓ One of early detection tests for anal cancer is the digital rectal exam, where the doctor feels inside the rectum to detect if there is any abnormality.
- ✓ Another test is the anal pap. The anal pap is an early detection test, very similar to the cervical pap that is done in women. Experts have recommended that homosexual, bisexual and HIV-positive men have an anal pap annually, because they are high-risk populations to develop anal cancer. This test is important because sometimes these lesions may not be palpable in the rectal digital exam.

An abnormal finding on the early detection tests must be subjected to a more comprehensive exam that includes a biopsy, to be able to rule out the presence of anal cancer.



Early detections tests for Anal Cancer

Infectious Diseases Clinic
2nd Floor, Medical School Clinic
Reparto Metropolitano
Centro Médico de Puerto Rico
Ave. Américo Miranda
787-679-4330/787-758-7910

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/spanish/inmunizacion/index.html
www.cdc.gov/msmhealth/
www.cdc.gov/hpv/

Puerto Rico Department of Health

www.salud.gov.pr/Programas/ProgramaVacunacion/Pages/Vacunacionparaadolescentesyadultos.aspx



Puerto Rico Primary Care Association
787-758-3411

National Cancer Institute
www.cancer.gov/espanol

Coalición para el Control de Cáncer de Puerto Rico
www.coalicioncontroldecancer.org

Coalición de Vacunación de PR VOCES
www.vocespr.org



NIH NCI U54 GRANT (3U54CA096297-10S1)



VPH

HUMAN PAPILOMAVIRUS AND ANAL CANCER