

Men and HPV



Human papillomavirus (HPV) is the most common sexually transmitted infection (STI) in the United States. There are many different types of HPV, and some types can cause cancers of the anus, penis, mouth, or throat. You can get HPV by having vaginal, anal or oral sex with someone who has the virus. It can also spread through close skin-to-skin contact during sex.

Risks

The risk for anal cancer is higher in men who have sex with other men, or bisexual men. Men who have a weakened immune system, or those living with HIV are also at risk for cancer caused by HPV. The most common HPV-related cancers in men are mouth and throat cancers.

Symptoms

Most men who get HPV never have symptoms. However, one symptom of HPV is genital warts. Genital warts usually appear as a small bump or group of bumps that can be small or large, raised or flat, or shaped like a cauliflower. The warts may go away, stay the same, or grow in size or number. Genital warts can be treated, but they can come back.

Unfortunately, cancer related to HPV is usually slow growing, and symptoms don't occur until the cancer is advanced. See your doctor if you notice any unusual growths, warts, lumps, or sores on the penis, scrotum, anus, mouth, or throat.

Testing

Currently, a Pap test used for cervical cancer screening in women is the only test that can find HPV. Some doctors offer anal Pap tests for men who may be at greater risk for anal cancer, such as men who have sex with

other men, anyone who is HIV-positive, and anyone who has had an organ transplant, but it is not an approved test for all men.

Treatment

Unfortunately, there is no treatment for HPV, however there are treatments for the conditions that HPV can cause. Genital warts can be removed or treated with a prescription medication, and cancers are more treatable when found early.

Prevention

The only way to prevent HPV infection is to avoid having sex. But, there are things you can do to reduce your chance of infection.

- Use a new condom correctly every time you have sex.
- Limit your sex partners.
- Get an HPV vaccination.

The CDC recommends the HPV vaccine for those aged 9 through 26 who didn't start or finish the HPV vaccine series. Some adults over age 26 may decide to get the HPV vaccine after talking with their doctor about their risk for new HPV infections and the possible benefit of vaccination. HPV vaccination in this age range provides less benefit. Visit www.cdc.gov for more information.



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www.tricare-west.com



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