

HPV, this virus is so "fashionable"

HPV is the most common sexually transmitted infection (STD) that exists; it is so common that almost all men and all sexually active women contract it at some point in their life.

Most of the time it is an irrelevant infection, which affects up to 35% of women and whose prevalence is higher in young girls. It is sexually transmitted without protection when there is contact between mucous membranes where the virus is integrated.

What are the symptoms?

HPV infection does not produce symptoms and in most cases will have no effect on the health of the female carrier. In some cases genital warts (also called condylomas) appear, this is a cause of cervical cancer or in the most severe case, cervical dysplasias and cervical cancer, Hence the importance of an early prevention through information, gynecological examinations, vaccination and protection with methods such as condoms.

Relax, in most cases there is no health consequences

The immune system itself is responsible for generating antibodies to the levels of the genital mucosa. These antibodies are responsible for clearing the virus infection.

But be aware, because HPV is involved in pre-malignant lesions in the cervix, vagina, vulva and anus. These are the so-called dysplasias, which are diagnosed by annual cytology and, although not considered cancer, require follow-up and treatment of removal of the area of the lesion to avoid progression to cervical cancer.

The important thing is that HPV can be prevented! Remember the three "P's":

- "P" of Protection / "P" of Preservative. To protect against sexually transmitted diseases, the only methods that have proven effective are those of a barrier like the preservative, that diminishes the risk although it does not eliminate it.
- "P" Prevention: get vaccinated. Vaccination against human papillomavirus is a strategy recommended by WHO as the most effective and efficient tool for eradicating the infection and the diseases that derive from it.

Surely you have heard or read recent controversies regarding vaccination in general against HPV and other viruses. In HC Marbella we will inform you about all the doubts you have and the types of vaccines that exist in the market, but what we can tell you is that vaccines against HPV are safe and effective.



“My name is Lily, I'm 32 and thankful for #Prevention.

You must know:

- Vaccines do not protect against all types of HPV; therefore, will not prevent all cases of cervical cancer.
- Although it is best to get vaccinated before beginning sexual activity and being exposed to HPV, having sex is not a contraindication for not getting the vaccine and does not decrease the effectiveness of the vaccine.
- The vaccine would be an effective strategy to prevent re infection in women previously infected with one or more types of virus included in the vaccine (even if it has been eliminated by the immune system).
- Men may also be affected by HPV to a greater or lesser extent.