

Protect Yourself Against HPV-Related Cancers & Diseases

The human papillomavirus (HPV) is a highly contagious virus and the most common sexually transmitted infection in the world. **HPV affects all genders.**

In **MEN** HPV can lead to three different cancers. It can also cause genital warts.



Whether your partner(s) is male or female, there's a risk for both you and your partner(s) of transmission of HPV.

Steps to Prevent HPV

1. Use a condom

This can reduce your risk of contracting HPV along with many other sexually transmitted infections.

2. Get routine health exams

There is currently no HPV screening test for men. Ask your doctor to check for genital warts and signs of HPV-related cancers.

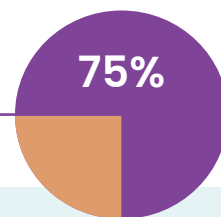
3. Quit smoking

The strength of your immune system decreases when you smoke, which increases your risk of HPV infection. It also increases your risk of developing cancers.

4. Get vaccinated

In stark contrast to most cancers, HPV-related cancers are highly preventable through vaccination. Vaccination helps prevent these cancers along with genital warts. Speak to your partner(s), as they should also be vaccinated against HPV.

An estimated 75% of Canadians who are sexually active will have at least one HPV infection in their lifetime, regardless of their gender.



How Can I Take Action Against HPV?

Reach out to your health care provider to discuss these steps and start protecting yourself against HPV-related cancers and diseases. Remember, HPV affects all Canadians, and it will take all of us to prevent it. Learn how women and children can be protected against HPV too by visiting canadavshpv.ca.

CANADA *vs* **HPV**



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