

Information about HPV

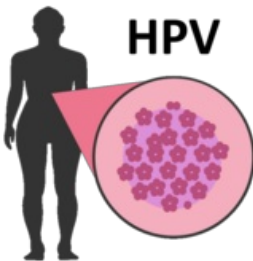


HPV is the name of some viruses that people can get on their skin.

A virus is like an illness.



This Easy Read tells you more about HPV and some health problems that HPV can cause.



This Easy Read tells you...

- About HPV
- How people can get HPV





- Health problems that HPV can sometimes cause:
 - Small lumps on your hands, knees or feet.
 - Genital warts (lumps on your bottom, vagina or penis).
 - Throat and mouth cancer.
 - Anal cancer (cancer of the bottom).
 - Cervical cancer (cancer near the vagina).
 - Cancer in the vagina or near it (vaginal and vulval cancer).
 - Penile cancer (cancer of the penis).



- What to do if you are worried that you might have HPV or cancer.

Or if you need more information about HPV or safe sex.



- Things you can do to keep health and safe.



About HPV

HPV is short for human papillomavirus.

It is the name of some viruses that people can get in their skin in different parts of the body.

A virus is like an illness.



There are many types of HPV.

Some types can cause health problems over time.

This includes some types of cancer.

But that does not happen often.



Try not to worry if you have HPV.

Many people get HPV.

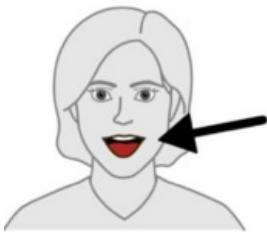
There are usually no problems and it goes away by itself.

But it is good to know what can happen sometimes just in case.



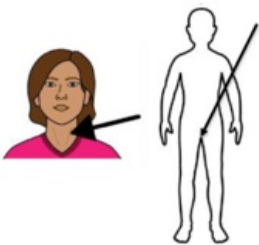
How can people get HPV?

People can get some types of HPV by having sex or doing sexual things with other people.



For example:

- Touching someone's bottom, vagina or penis with their mouth, hands or skin.
- Sharing sex toys.



Someone can get HPV in their mouth or throat.

Or they can get it in parts of their body down below, like their bottom, vagina or penis.



You cannot get HPV from:

- Kissing or hugging.
- Sharing baths or towels.
- Sharing cups or plates.

Health problems that HPV can sometimes cause

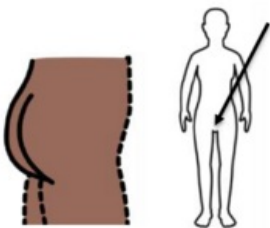


Small lumps on your hands, knees or feet

Some types of HPV can cause small lumps on your hands, knees or feet.

They lumps are called warts.

They are not usually serious.



Genital warts

Genital warts are small lumps on your skin.

They are on or near your bottom, vagina or penis.



The lumps can be on their own or there might be groups of them.

They are usually not painful but they might be itchy or sore. They might bleed a bit.



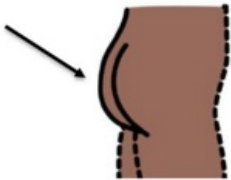
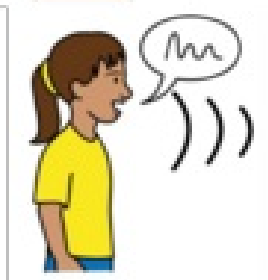
Throat and mouth cancer

This is cancer that people can get in their throat, behind their mouth, or the bottom of their tongue.



Some signs of throat and mouth cancer are:

- A lump in your throat or feeling like something is stuck in your throat.
- Darker or lighter areas of skin on your tongue or throat.
- Problems when you swallow food or drink.
- Something sore in your mouth that won't go away.
- A change in your voice.
- Lumps in your mouth or next.



Anal cancer (cancer of the bottom)

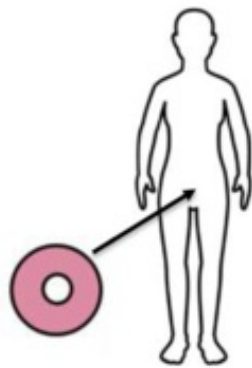
This cancer happens in your bottom in the hole where you poo from.

This area is called your anus.



Some signs of anal cancer are:

- Something coming out of your bottom like blood or mucus. Mucus is a sticky goo like snot.
- Your bottom hole feels itchy or there is pain.
- Lumps around your bottom hole or near it.
- Changes in the way that you do your poo.



Cervical cancer

Cervical cancer happens in a part of the body called the cervix.

It is inside your body near your vagina if you have one. It looks a bit like a donut.



Some signs of cervical cancer are:

- Bleeding from the vagina between periods if you have periods.
- Bleeding from the vagina after sex.
- Pain during sex.
- Changes to the stuff that comes out of your vagina. This is called discharge.
For example there might be blood or it might smell bad.



Cancer in the vagina or near it
Vaginal cancer

This is a cancer that can happen inside your body in the vagina if you have one.



Some signs of vaginal cancer are the same as cervical cancer.

For example, bleeding from the vagina when you do not expect to.

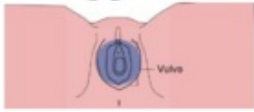
There might also be:

- Pain when you go for a wee.
- A lump in the vagina.
- An itch in the vagina that won't go away.
- Pain in the vagina or near the vagina.



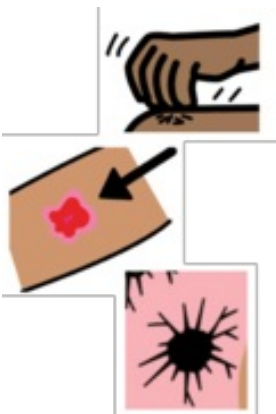
Vulval cancer

This cancer can happen on a part of the body called the vulva if you have one.



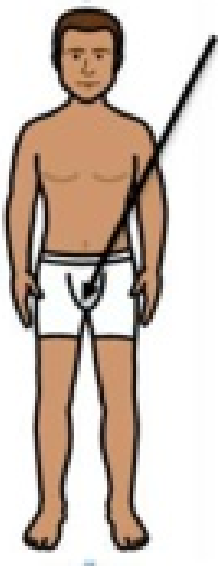
The vulva is on the outside of your body.

It is between your legs near your vagina.



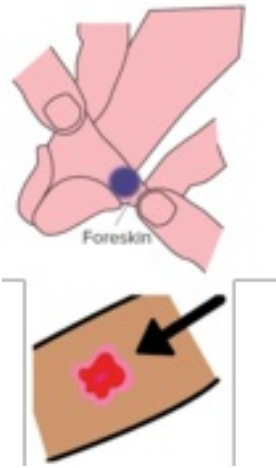
Some signs of vulva cancer are:

- A lump on the vulva.
- An itch that won't go away on the vulva.
- Pain or something sore on the vulva.
- A change in the skin on the vulva like red, lighter or darker areas.
- A mole on the vulva that changes shape or colour. A mole is a dark spot.



Penile cancer (cancer of the penis)

This cancer happens in the penis.



Some signs of this cancer are:

- A lump on the penis.
- A sore or rash on the penis. This is something that is painful and sore. Sometimes it might bleed



If you are worried that you might have HPV or cancer
Or if you need more information about HPV or safe sex.

Speak to your doctor. They can give you information and advice.



If you are worried that you might have HPV or cancer

The doctor might look at the part of your body where the problem is.

Or they might ask you to have some tests at the hospital to find out more.

There is often nothing to worry about but it is best to check.



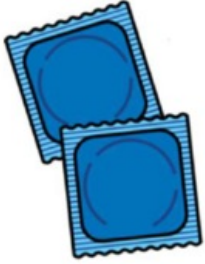
You can get some free, general information from the charity [The Eve Appeal](#) by contacting their Ask Eve service:

- Free phone: 0808 802 0019
- Email: nurse@eveappeal.org.uk



Things you can do to keep healthy and safe
You cannot always stop HPV but there are some things you can do to help stop HPV and keep safe.

For example:



- Use condoms or dental dams when you have sex.

They can help but they do not cover all the skin in that area.

- Do not share sex toys.

If you want to share them, wash them first and put a condom on them.



- Have an HPV vaccine .

This vaccine can help stop some types of HPV. Like some types of HPV that can cause cancer.



Some people can get the vaccine for free.

Ask your doctor if you are not sure.



- Go for a [cervical screening test](#) if you are a woman or you have a cervix.

The cervix is inside the body near the vagina.

A smear test checks that part of your body to make sure it is healthy.

It can help to stop cervical cancer.

People aged 25 - 64 can get this test.

You should get a letter from your doctor if you can get this test.



- Get to know your body.

Check your private parts to see how they look and feel.

This will help you know if anything changes.



- It can also help to stop smoking.



Thanks to [Eve Appeal](#) for their permission to publish this information (copy and imagery*) taken from their 'Information about HPV' Easy Read leaflet by Making it clear.

This Easy Read was first published on the Mencapwebsite 18/01/2024.

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