**DOCTOR DISCUSSION GUIDE**

**Managing HPV**

Your doctor can help you better understand what a human papillomavirus (HPV) infection means for you now and in the future. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

**Vocabulary to Know**

Your doctor might mention these common terms. Here’s what they mean.

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
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<tr>
<td><strong>Acute vs. Persistent Infection</strong></td>
<td>An acute infection is when you’re first infected with HPV. While most people are able to clear an acute infection, some don’t. These individuals have persistent infections, which can lead to cancer.</td>
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<td><strong>Cervical Dysplasia</strong></td>
<td>Cervical dysplasia is when abnormal cells show up in cervical tissue, often as a result of HPV infection. For many, these cells clear without much issue, but for others, this condition can progress to full-blown cervical cancer.</td>
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<td><strong>Epithelium</strong></td>
<td>Epithelium is a thin layer of tissue that lines some of the body’s cavities or organs, such as the cervix. The HPV virus infects the cells that make up this tissue.</td>
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<td><strong>High-Risk HPV</strong></td>
<td>While there are many HPV virus subtypes, some are more aggressive than others and are more likely to cause cancer like head and neck, anal, and cervical cancers. High-risk HPV primarily refers to HPV 16 and 18, which are responsible for the bulk of HPV-associated cancers, though they aren't the only subtypes considered to be high-risk.</td>
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<tr>
<td><strong>Laryngeal Papillomas</strong></td>
<td>Most people with HPV have no symptoms at all. Some will get genital warts, and others will go on to develop cancer. In a very small number of people, HPV can prompt warts to grow inside the throat. These are called laryngeal papillomas.</td>
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Questions to Ask
These questions will help you start a conversation with your doctor about how to best manage your cholesterol.

About Symptoms
- Does having genital warts make it more likely that I'll get an HPV-associated cancer?
- What should I watch out for in the future that could signal my infection has developed into cancer?

About Causes & Risk Factors
- In addition to HPV infection, what are my other risk factors for developing cancer?
- Given my health and sexual history, how likely is it that I will get an HPV-associated cancer in the future?

About Diagnosis
- Do my test results show if I have HPV type 16 or 18? Will you explain what these results mean for my risk of getting an HPV-associated cancer?
- Should I be tested for other sexually transmitted infections (STIs) as well?
- Now that I’ve tested positive for HPV, should I get a pap smear or be screened for associated cancers right away?

About Treatment
- What treatment do you recommend to clear away the genital warts? What are the pros and cons of each?
- Should I get the HPV vaccine if I’ve already tested positive for the virus?
- How often should I get tested for HPV or undergo screening for HPV-associated cancers?
- What can I do to prevent getting HPV again in the future? Do condoms protect against it?
- Do I also need treatment for other sexually transmitted infections?

About Living With HPV
- How can I protect my sexual partner(s) from getting HPV, too?
- What steps can I take to prevent other STIs?