HPV AND ORAL Sex You want me to discuss WHAT with my patients?

Presented by Catrice Opichka, RDH, MS



HPV and Oral Cancer

2022 Cancer Statistics

14 million people have cancer in the United States alone. Worldwide cancer rates are estimated to jump 75% by the year 2030.



HL50 – CANCER STATISTICS LINK

Why?

- Aging population.
- Lifestyle cancers.

Lifestyle Cancer

A cancer that increases in risk due to behavioral factors based on lifestyle choices.

- 1. Sun Exposure
 - Malignant skin cancer is the largest diagnosed lifestyle cancer in the U.S. and abroad.
 - 3.5 million skin cancers are diagnosed annually in the United States.
 - Skin cancer makes up for more than breast cancer, colon cancer, and lung cancer combined.
 - 1 in 5 Americans will be diagnosed this year alone.

Skin Cancer Resources | Skin Cancer Foundation

www.skincancer.org

/cancer-information/skin-cancer-facts

- 2. Drinking Alcohol
 - Mouth, pharynx, larynx, esophagus, liver, colon, rectum, breast.
- 3. Obesity
 - Esophagus, pancreas, ovarian, colon, rectum, endometrial, kidney, thyroid, breast.
- 4. Cigarette Smoking
 - Mouth, throat, lung, kidney, bladder, pancreas, stomach,

Oral cancer is a "lifestyle cancer" because lifestyle behaviors or choices influence the percentage of risk an individual has for cancer.

2022 Oral Cancer Statistics

- ❖ 53,000 Americans will be diagnosed in 2018 with oral cancer.
- 9,000 people will lose their battle with oral cancer this year.
- Someone dies from oral cancer every hour.



HL51 – ORAL CANCER STATISTICS LINK

Our Role in Oral Cancer Prevention and Care

- HPV Communication
- Oral Cancer Exam / Early Cancer Detection
 - According to the American Dental Association, 53% of the US population (adults) visits a dentist every year.

W HL	52 – ADA STATISTICS LINK	
	 We have an abundance of opportunities to diagnose oral 	
	cancer early.	
	Patient Care – Before, During, After Cancer Treatment	
W HL	54 – RDH MAGAZINE SCREENING LINK	
Traditio	nal Risk Factors	
	❖ Smoking, Chewing Tobacco & Heavy Alcohol are	
	traditional risk factors for oral cancer.	
	Cancers are found in the floor of the mouth and the	
	lateral boarders of the tongue.	
	90& are squamous cell carcinomas.	
	Cancers are typically diagnosed in stages 3-5.	
	Average patient age of diagnosis is 62 years old.	
	Smoking & Drinking together increases risk by 15%.	
21 st Cen	tury Oral Cancer Risk Factor	
	Human Papilloma Virus has become a rapidly increasing	
	risk for throat cancers.	
	❖ HPV 16 & 18 are the most common strains that cause	
	oropharyngeal cancers.	
	 79 million Americans are currently infected. 	
	CDC states that nearly everyone who is sexually active	
	will have an HPV infection within their lifetime.	
	 Cancers are found in posterior of mouth - tonsils, 	
	tonsillar pillar, base of tongue and oropharynx.	
	Cancers are often found in individuals who have never	
	smoked or used chewing tobacco.	
W HL	53 – CDC STATISTICS LINK	
Oral Car	ncer Studies	
	Oral cancer has a higher death rate than:	
•	Cervical Cancer	
	■ Hodgkin's Lymphoma	
	 Laryngeal Cancer 	
	Testicular Cancer	
	Thyroid Cancer	
Oral Car	ncer Epidemiology	
	Men are twice as likely to get oral cancer than women.	
	Women's risk has increased greatly in the last couple of	
	decades.	
	The average age of oral cancer diagnosis has decreased	
	to under 40 years old.	
<u>@</u>	56 – ORAL CANCER EPIDEMIOLOGY	
₩ HL	56 – UKAL CANCEK EPIDEMIULUGY	

HPV Strains

- There are over 200 strains of HPV.
- Most of the strains cause skin warts and non-cancerous lesions.

	l strains and can affect the oral	
cavity.		
. A manassimaatah (a alama		
 Approximately a doze cancer-causing abilitie 	n strains have moderate or high	
cancer-causing abilities	:5.	
The Human Papilloma Virus conti	cibutes to the following cancers:	
Cervical Cancer	91%	
Vulvar Cancer	69%	
Vaginal Cancer	75%	
Penile Cancer	63%	
Anal Cancer	91% (93%, 89% Male)	
Oropharyngeal Cancer	70% (63% Female, 72% Male)	
Centers for Disease Control and P	revention 2021	
Frequently Asked Questions About		
1. How do you know if you h		
2. How long does it take to f	-	
3. Does HPV 16 & 18 always		
4. How does HPV Cause Can	cer?	
Dontal Openion: Drofossionals		
Dental Oncology Professionals Dr. Dennis Abbott		
drdennisabbott@dopnt.com		
214-240-4968		
Z14-Z4U-43UO		
Who Gets Oral HPV		
	esented by professors at Johns	
•	ol of Public Health show that men	
have a greater risk of oral		
These studies show that r	isk is higher even when behaviors	
are the same.		
HA52 – CDC WEBINAR SLIDE	c	
- IIAJZ - CDC WLDIIVAN SLIDE	•	
HPV Testing in the Dental Practic	e	
_	DNA testing is a reliable tool for	
testing current HPV strain	<u> </u>	
 Use in the dental setting can be risky due to lack of time and 		
_	led for proper consultation.	
HA50 – SALIVA TESTING ART	TICLE	
MASU – SALIVA IESTING ART	ICLE	
HPV and Sexual Behavior		
You can get the HPV virus in the fo	llowing ways:	
❖ Vaginal sex.	mowing ways.	
❖ Anal sex.		
· / IIIui JCA		

* Oral sex.

Not Getting Vaccinated & Multiple Sexual Partners increase the risk of HPV.

HPV Vaccine

Two companies provide three options for HPV vaccination.

Cervarix	Gardasil	Gardasil 9
HPV 16 & 18	HPV 6, 11, 16, 18	HPV 6, 11, 16, 18
		31, 33, 45, 52, 58
June 2009 Girls	June 2006 Girls	
	December 2010	December 2014
	Boys	Girls & Boys

HPV Vaccine Resistance

Common Side effects for HPV include: Pain, swelling, itching bruising, nausea, dizziness, vomiting, pain in legs and muscles.

According to research done by Tierona Low Dog M.D.

67 million doses of the HPV vaccine were given between June 2006 -March 2014, and in that time, 25,000 adverse events were reported. "After careful review, none of these adverse events were any more common after HPV vaccination than among comparison groups".

For more information on HPV vaccination safety:



WILSS – CDC – Vaccine Adverse Event Reporting Systems

Frequently Asked Questions About HPV Vaccine

- 1. When should people get the HPV vaccine?
- 2. What if I already got myself/my child Gardasil...do I/they need Gardasil 9?
- 3. Why can't a person over 26 get vaccinated?
- 4. How much does it cost and does insurance cover the vaccine?

Assessment of Vaccination Rates and Attitudes of the Future

- Millennials are the first group of future policy makers to have been vaccinated.
- Studies show positive attitudes toward HPV vaccination, at least among med students surveyed.



HA51 – MILLENNIAL MED STUDENT VACCINATION ARTICLE

Social Stigma / Sexual Behaviors

It is difficult for parents to imagine their children sexually active; however, the changing sexual behaviors of our teens have made HPV impossible to ignore.

Teens & Sex

Percentage of teens having sex in the United States:

7% by 12-13

28% by 15

48% by 17

61% by 18

80% of sexually active people ages 14-44 have had oral sex with an	
opposite sex partner.	
Individuals admit to not using condoms during oral sex.	
Frequently Asked Questions About Oral HPV	
Do condoms prevent oral HPV?	
Can you get oral HPV from deep kissing?	
HPV Education in the Dental Practice	
"HPV education is like climbing a mountain"	
Catrice Opichka, RDH	
❖Choose a Guide	
Hire or choose a guide.	
 Doctor, member of the team, consultant. 	
 Someone needs to be responsible for making the team 	
accountable for HPV education and follow-through.	
♦ Assemble Your Team	
The entire team needs to understand the importance of	
oral cancer detection and be proficient in their HPV	
communication.	
❖Start at Basecamp	
 Make decisions on how you want HPV education to look 	
in YOUR practice.	
 How much freedom will your team have to 	
decide when and how to educate patients?	
 Will you provide formal training for your 	
team?	
Who will deliver the training?	
Create the Map	
 Create written protocol. 	
 This should include adding health history questions about HPV. 	
 Have you received the vaccination for HPV? 	
 Have you had the Cervarix or Gardasil vaccine? 	
 Have you ever been diagnosed with HPV? 	
 Have you been treated for an HPV- related cancer? 	
 Educational materials provided for patients. 	
Brochures for new patient packet.	
Brochures for after oral cancer (head	
and neck) exam.	
 Brochures in the waiting area. 	
Consent form (optional).	
Decide if you will use a consent form.	
Create the consent form.	

- Decide who will receive the form (example: for all patients under 18 years old).
- Website list for patients to research on their own.
- Create verbal protocol.
 - This should include team education on correct verbiage for HPV education.

Train and Practice

- Doctors and Hygienist pathology course every other
- year.
- Team review on HPV education every year.

Cancer Resources

For access to my research

Please visit my website www.pureeducation.org to access research articles and links.



To Learn More About HPV Training for your Dental Practice www.pureeducation.org

(Click the Coaching tab on the main page for details)

If you have questions about this program, or just want to Reach Out

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