

HUMAN PAPILLOMAVIRUS (HPV)



Human papillomavirus (HPV) infection is a common viral infection that occurs mainly due to skin-to-skin contact. The transfer occurs mostly due to sexual intercourse and so, **sexually active men and women are its main target.**

HPV commonly spread during anal, vaginal or oral sex. It passes from an infected person to a healthy person during sex. However, penetrative sex is not necessary for the virus to transfer as it can transfer generally by coming in skin contact with the infected genitals, especially through the mucus on the penis, anus, vulva or vagina. Another body part which it affects is throat, tongue, hand and feet.

Main Causes Responsible For The Spread of HPV

- Cut on the skin, skin tear, or skin abrasion allowing the virus to enter the skin easily.
- Coming in contact with infected skin.
- Sexual intercourse or coming in contact with the infected genitals.
- If a pregnant mother is infected by the virus, the infection can be transferred to their child.
- Kissing, as the infection may get transferred orally if it is present in the mouth/throat of a person.
- Smoking, when the virus is present in the mouth of an infected person and it gets transferred to others while sharing a cigarette



Risk Factors of HPV Infection

- Multiple sex partners
- Cuts or tears in the body
- Low immunity
- Public shower or bathing in public swimming pools.



Symptoms of HPV Infection

- 90% of the infection goes on their own within a year or 2, with no lasting effects.
- Most people will not have symptoms though the virus is present in their body, but it gets transmitted to others unknowingly after intercourse.
- **Infection with low-risk HPV** (HPV 6, 11, 40, 42, 43, 44, 54, 61, 70, 72, 73, 81 and 89) : Infection with low-risk HPV may cause warts on or around the genitals, anus, mouth, or throat.
- **Infection with high-risk HPV** (HPV 16, 18, 31, 33, 35, 39, 45, 51, 52, 56, 58, and 59) : Infection with high-risk HPV does not cause symptoms. However, depending on the site of infection, the precancers and cancers caused by a high-risk HPV infection that persists for many years may cause symptoms such as lumps, bleeding, and pain. Normal cells may become cancer cells.



HPV Can Cause Warts

1. Genital warts: Appear mostly in penis, scrotum, vulva, anus, and vagina. They are identified as flat lesions, stemlike protrusions, or cauliflower-like bumps
2. Plantar warts: They are mainly hard and grainy in shape and appears on heels and balls of the feet.
3. Common warts: Usually found on the hands, elbows or knees. Looks like a raised bump or a cauliflower.
4. Flat warts: Tiny smooth, flat bumps often come in large numbers. These occur mainly on the face, beard area, and on the legs.
5. Filiform warts - fast growing, looks like threads and spiky or like tiny brushes.
6. Oropharyngeal warts: They come in various shapes and sizes and occurs mainly in oral surfaces like tongue and tonsils.



common wart



filiform wart



flat wart



plantar wart



periungual wart



mosaic wart



oral wart



genital wart

Screening for Cervical Cancer

Pap smear is used to screen women for cervical cancer (to detect HPV infection in women's cervix) . Women should be screened every 5–10 years starting at age 30. Women living with HIV should be screened every 3 years starting at age 25.

Diagnosis of HPV Infection

- pap smear test
- HPV DNA test

Treatment of HPV Infection

- In many cases, the infection needs no treatment.
- In severe cases, HPV can be treated by:
- Medicines which can be directly applied to the lesions. (For example, medicines that contain salicylic acid, Trichloroacetic acid, and Imiquimod)
- Surgical treatments including ablation (freezing or heating) to remove genital warts.
- Colposcopy to identify any precancerous lesions in the cervix which may result in cervical cancer.

Prevention

- 1) Vaccination: HPV vaccines should be given to all (both female and male), aged 9–45 years.
- 2) Using condoms during sex.
- 3) Voluntary male circumcision reduces the risk of infection.
- Being a non-smoker or stopping smoking reduces the chances of developing persistent HPV infection. Or not to share cigarettes from a random person.

OPERATING HOURS

Weekdays: 9am – 4.30pm, Lunch time: 1pm – 2pm

Weekends & Public Holidays: Closed

Get In Touch

Email: linikmedicalsegi@gmail.com

Call: +603 – 6287 3656

Address: 9, Jalan Teknologi, Kota

Damansara, 47810 Petaling Jaya,

Selangor D.E.