

# January NEWSLETTER

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**3614 GIRLS**  
  
Our target:  
**8666 GIRLS**

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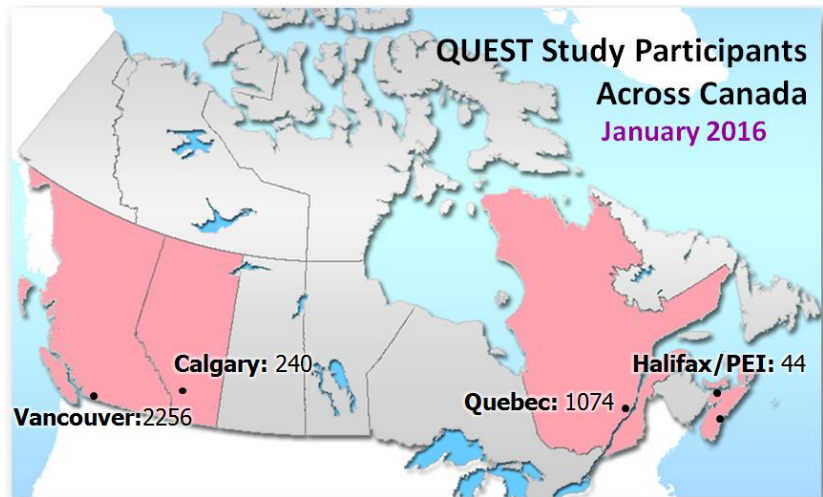
### Refer a friend!

Do you have a friend that would be interested in joining the QUEST study?  
Refer them to our [website](#) and you could have a chance to win a gift card!  
[Click here to learn more.](#)

## Breaking News!

Governments expand HPV vaccination programs for young men  
Jan 18, 2016

All locations are currently recruiting.



We hope you all had a restful and rejuvenating holiday season! Here are some of the great things that you all did over the holidays!



“Free vaccination programs remove the financial barrier and help boys and men who are worried about possible HPV infection seek out preventions without having to worry about their ability to afford it”

Read More: [News Article](#)

### Global data ‘strongly supports’ HPV vaccine

“Dr. Jack Lambert, consultant of infectious diseases at the Mater Hospital, Dublin, says scientific research from countries including Canada and Australia strongly supports the use of the vaccine to reduce the risk of cervical cancer and genital warts among women.”

Read More: [News Article](#)

## Contact Info

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## Why do we vaccinate pre-teens for HPV?

By Claire Pitcher, Registered Nurse

Have you noticed stories about the HPV vaccine in the news? Some are full of great news and others can sound kind of scary. An example of a common story line asks: “Why do people get the HPV vaccine as pre-teens?” Here is some info to help QUEST girls understand a bit more about the topic!

### What is the HPV vaccine?

The HPV vaccine is a type of medicine that prevents people from getting sick. The HPV vaccine specifically protects against a type of germ called Human Papillomavirus.

### Why is the HPV vaccine important?

Protection against HPV infections is important because catching this germ can lead to different types of cancer (cervical or anal cancer) and genital warts.

### How are HPV germs spread?

HPV germs are mostly spread through skin-to-skin sexual contact. This means the germ is spread when one person’s genitals (the area normally covered by underwear) touches another person’s genitals.

### If HPV infection is spread through sexual contact, why are people vaccinate as pre-teens before they have ever had sex?

People are vaccinated as pre-teens for 2 main reasons:

- 1) Pre-teens have awesome immune systems (part of the body that fights germs). So good, in fact, that pre-teens who get 2 doses of the HPV vaccine build up similar levels of protection as older people who get 3 doses of the vaccine. Vaccinating pre-teens means people have to get fewer vaccines over all!
- 2) Although most people will wait until they are older than pre-teen age to become sexually active, it is important for young people to be protected against HPV infection **before** they might be exposed to the virus. By giving the HPV vaccine to pre-teens, we know that people will have the strongest protection possible if and when they choose to become sexually active.

If you think about it, getting the HPV vaccine is kind of like wearing a seatbelt; you hope that you’ll never get in to a car accident just like you hope that you will never be exposed to HPV germs - but, just in case, you always wear your seatbelt and you get vaccinated! It is important to get the HPV vaccine as pre-teen, before you might ever be exposed to the germ. In the same way, we put our seatbelts on every time we get in a car whether we are on a busy highway or a quiet street. It’s always a good idea to keep yourself safe!

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If you have questions about HPV vaccines or infection, it can be helpful to talk to adult you trust (parent, doctor, nurse, teacher, etc.) You can also visit this website for more info:

<http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/viruses-bacteria-and-other-infectious-agents/hpv-vaccines/?region=bc>

## Contest of the Month

### QUIZ!

Email us ([questhpvstudy@cfri.ca](mailto:questhpvstudy@cfri.ca)) with your answers to the questions below by February 10<sup>th</sup>. All entries will be entered into a draw to **win a \$10 gift card!**

- 1) **True or False** – Pre-teens need fewer doses of the HPV vaccine than adults to achieve the same protection!
- 2) **True or False** – More and more men across Canada are now able to receive the HPV vaccine for free
- 3) **True or False** – We are almost half way to reaching our recruitment target!

### December Newsletter Contest Winner:

Jordan won \$10 Starbucks gift cards for being the winners of last month's contest! Congratulations!

\* A random number generator will be used to randomly select the winner. Winners contacted by email.



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