



Med Center Health®

[VIDEO TRANSCRIPT]

## 90 Seconds to Better Health – HPV Vaccine

*Shruti Yarra, M.D., OB-GYN with Women's Health Specialists*

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Human Papillomavirus, or HPV, is a common family of viruses. There are more than one hundred types of HPV viruses. The most common way to get an HPV infection is from sexual contact with an infected person. Approximately seventy-nine million Americans, both women and men, are currently infected with HPV; and about fourteen million more become infected each year. HPV is a leading cause of cancer.

[DR. YARRA]

HPV vaccine is a vaccine against the human papillomavirus – and, if longstanding, [HPV] causes cancer of the anus, cancer of the genitals, particularly cervical cancer in women.

[NARRATOR]

Clinical trials have shown that HPV vaccines are highly effective in preventing HPV when given before first exposure to the virus.

[DR. YARRA]

The best stage for somebody to receive the vaccine is before they are ever sexually active. The recommendation of all official bodies is between 11 to 12 years of age. Please, get it done for your kids. You can officially get it up to 45 years of age. HPV vaccine is highly effective. It is 99% effective, which is one of the most effective vaccines out there.

[MUSIC] [NARRATOR]

For more information, visit [MedCenterHealth.org](http://MedCenterHealth.org).

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