

في الإطار

In the Framework

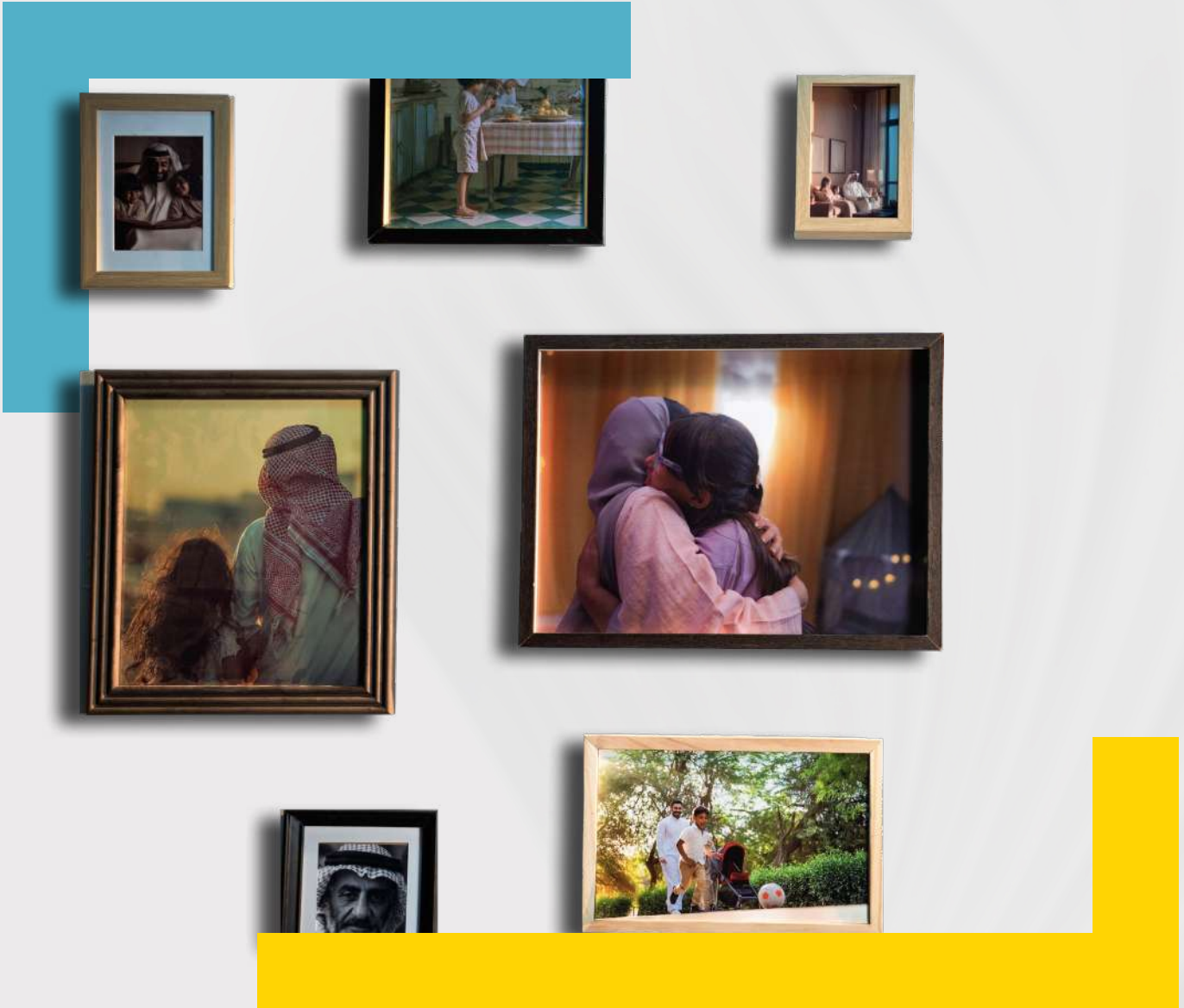
مجلس الصحة  
لدول مجلس التعاون  
Gulf Health Council



# Framework for Family and Community Safety



Your Guide to  
HPV Vaccine Awareness



## Every awareness begins by putting things in the right frame.

The HPV vaccine remains outside our daily discussions and unknown to many of us, despite being a major pillar of prevention against life-threatening cancers. Although the vaccine is a fundamental part of personal and community health security, awareness of it is still below the desired level.

**In this guide, we provide you with reliable scientific knowledge in a simplified and clear framework, surrounding you with precise information about the importance of the HPV vaccine.**



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# 01

## Safe Vaccine... The Vaccine is the Framework

Since the introduction of HPV vaccination programs at the beginning of the millennium, global studies have shown that receiving the vaccine before virus exposure significantly reduces related cancer cases.

The HPV vaccine is your safe preventive framework against cancers related to the virus.



# Infections might start silently... but they can end as serious cancers

HPV can live in the body silently, without leaving visible effects... but it is not without consequences. Continuous infection opens the door to danger, and here lies the role of the vaccine as a preventive framework to prevent the start of HPV-associated cancers.



# Earlier Start = Stronger Protection



## When should the vaccine be taken?

It is recommended to take the HPV vaccine from the ages of 9 to 14 for maximum effectiveness. It can also be taken by those up to 45 years old.



## How many doses do you need?

Learn about the recommended doses according to your age, and review your country's approved national schedule. **Protect your health, your family's health, and your community.**



## The preventive solution is in your hands.

Recommended hospitals and vaccination centers by the Ministry of Health are your first destination.



# Every dose distances you from danger and brings safety closer to you and your family

**01** The vaccine protects **90%** against complications from multiple HPV-related cancers.

**02** The vaccine is your protective shield against HPV-related cancers, as there is no cure for the virus yet.

**03** Vaccination today means protecting thousands tomorrow.

**04** Low vaccination rates in the Gulf region mean a higher chance of spreading warts and HPV-associated cancers. Danger does not wait, and the vaccine is the most important option to protect our future.



# 02

## The Vaccine Step Protects Loved Ones

Behind every dose of the HPV vaccine are years of research and millions of immunized cases.

**While rumors change...  
science remains steadfast,  
and reality proves it.**

## 01

Preventing it is the vaccine's role, being the most effective method with up to **90%** protection against related cancers.

## 02

Even though there is no treatment yet for HPV, the available treatments help mitigate symptoms caused by the virus.



## 03

The World Health Organization recommends the HPV vaccine as safe and effective. It does not contain live viruses or genes, and has proven effective after being administered to millions worldwide.

## 04

Long-term studies have confirmed that the HPV vaccine is safe and does not cause infertility or ovarian failure, proving its importance in preventing warts and virus-associated cancers, thereby enhancing long-term reproductive health.

## 05

In **90%** of cases, the body overcomes the infection naturally, but persistent infection with high-risk HPV types is the main cause of cervical cancer and is also linked to other cancers.

# Between Hesitation and Prevention

## Momentary hesitation



A needle prick...  
and it ends



Seconds of pain...  
and you forget



A moment of  
tension



Your fear lasts  
only minutes

## Imaginary hesitation



Hidden virus... which  
might last a lifetime



Multiple cancers



Potential chronic  
complications



Risk to every  
future day



**Today's decision = Tomorrow's peace**

# 03

## Because You Love Them, Protect Them

Tomorrow's protection starts  
today, and one vaccine can  
change the entire story.



## When Pain Became a Life Message

(Noura) thought the intermittent abdominal pain was just exhaustion. But the medical check-up showed otherwise...

## cervical cancer

The journey began. 35 sessions of radiation and chemotherapy, between fear and determination, between losing hair and clinging to life. The body weakened, but the determination grew stronger. Months passed... and recovery came.

But she did not stop at the borders of recovery. She emerged with a bigger heart carrying one message:

## "Prevention was possible."

When her country launched the national HPV vaccination program, she was among the first to join it. She did not hesitate to vaccinate her daughters, relatives, and neighbors.

She shared her story with relatives and neighbors, saying:

**"I don't want my daughters to go through what I went through... I try to protect them from everything I suffered from."**

**My painful experience turned into an inspiring story, motivating others to be healthy and safe... From my story, I realized that community awareness is our responsibility to save future generations.**



## Protect your children's future from HPV-related cancers.

Your awareness of the vaccine's importance and safety is the first line of defense. Infections do not mean wrongdoing, but could result from common infections acquired by direct or indirect contact. Consult your doctor today and start with a preventive .step for you and your family

**You are the source of protection, so don't delay the prevention decision.**

If there is a vaccine that protects you and your family from cancer risk... would you seize the opportunity? The opportunity is in your hands. Your family's life and health are worth it.





## A Short Talk for Long Protection

Some parents may hesitate to talk to their children about the HPV vaccine, fearing embarrassment or not finding the right approach. But this conversation, while it might

seem embarrassing, is necessary to protect their health from serious illnesses in the future. One word today could make a difference for a lifetime.

**Continue being a source of safety for your family**

# How Do You Start the Conversation with Your Children?



## Simplify the Information According to Their Age:

If your child is young, you can say: "This is like the vaccinations you had when you were little, but it protects you from diseases you might get when you're older."



## Share the Decision with Them:

Tell them you chose to talk to them because you trust their ability to understand important matters and that prevention is a shared responsibility.



## Start with the premise of prevention:

This vaccine helps the body recognize a virus that may cause serious diseases and prevents it before it causes harm.



## Choose the Right Time:

You can start the conversation while in the car, after a doctor's visit, or during a calm time at home.



## Avoid Embarrassing Details:

It's not necessary to delve into private topics; just focus on how the vaccine protects health, as other vaccinations do.

**Naming the vaccine is a simple decision today, but one that prevents potential cancers in the future. Be the one to start the conversation, for an informed word can make a significant difference.**



## To Every Practitioner in Health and Education

You are more than a guide; you are a creator of awareness and a guardian of the future.

**When you advise a family to vaccinate their children, you are not just protecting one person...**

**You are immunizing an entire generation from the risk of multiple cancers.**

## Be the start...

**your word may save, and your advice could be the beginning of awareness, the beginning of prevention.**



# 04

## The Start of Awareness and Prevention

Cancer starts from small cells...  
and prevention starts with a simple step...  
the vaccine protects you from multiple cancers.





## Do Not Wait for Danger... Get Ahead with the Vaccine Step

Getting vaccinated is the first line of defense against HPV infection, cervical cancer, and other cancers linked to the virus, such as anal, vaginal, vulvar, penile, and oropharyngeal cancers.

**The effectiveness of treating HPV-related cancers**, such as cervical cancer, increases when discovered in early stages, and a Pap smear test is an important tool for early cell change detection that may lead to cancer.

**Periodic screenings help in early detection of pre-cancerous changes in the cervix, allowing for treatment before developing into actual cancer.**

**Don't delay the security you can give yourself today**

**Clinical studies and long-term follow-ups have shown that the HPV vaccine is**



**is safe and does not affect fertility in either females or males**

# From Knowledge...

## Reassurance Emerges

In a world overcrowded with information and contrasting sources, one might find themselves in a circle of confusion and anxiety, especially when the information pertains to their health.

**To reach true understanding and reassurance, we need awareness that distinguishes well, an eye that checks accurately, and a mind that knows that anxiety is only removed by certainty based on science.**





## Why Might Some Health Information Make Us Anxious?

Not every piece of information passes calmly. Some health topics, especially those involving diseases or prevention, may awaken feelings of anxiety and hesitation, often due to:

Lack of knowledge or unclear concept.

Being affected by our personal experiences or stories of those around us.

Our deep sense of responsibility towards our health and the health of our loved ones.



## How Do You Know If Health Information Is Worrying You More Than Necessary?

Sometimes, the anxiety isn't clear, but it shows in our actions and reactions. Here are some signs:

Repeated thinking about the information without reaching reassurance.

Searching for it extensively, but from multiple and varying sources.

Avoiding discussions about it or being annoyed by conversations around it.

Feeling physical tension, like a quickened heartbeat or muscle tension, upon hearing it.

# 05

## A Simple Step Protects from Potential Cancers

### Absent Symptoms... But the Risk Exists

In most cases, HPV does not cause clear symptoms, and it may disappear on its own within a year or several years. But if it persists for a long time, it may lead to symptoms or changes in the body, whether it is of low or high-risk types.

### Protection for You and Your Loved Ones

Some types of HPV may cause serious cancers, and early vaccination is your protection before the onset of danger.



## Low-Risk Types

They may appear via annoying skin signs, such as:

### Genital Warts



Small skin-colored bumps appear on the genital or anal regions and may be accompanied by itching or discomfort.

### Common Warts



Raised, rough patches on hands or fingers.

### Plantar Warts



Hard, grainy bumps on the soles of the feet.

## High-Risk Types

These types do not show symptoms in their early stages.

### Cervical Cancer



In late stages, symptoms may include abnormal vaginal bleeding, pelvic pain, or abnormal vaginal discharge.

### Oropharyngeal Cancer



Symptoms may include a sore throat, difficulty swallowing, ear pain, or a lump in the neck.

### Anal Cancer



Symptoms may include anal bleeding, pain, itching, or discharge.



Because HPV infection symptoms often **remain hidden for years**, silence does not mean safety

**Prevention by vaccination  
is your first shield from  
virus-associated cancers**



# 06

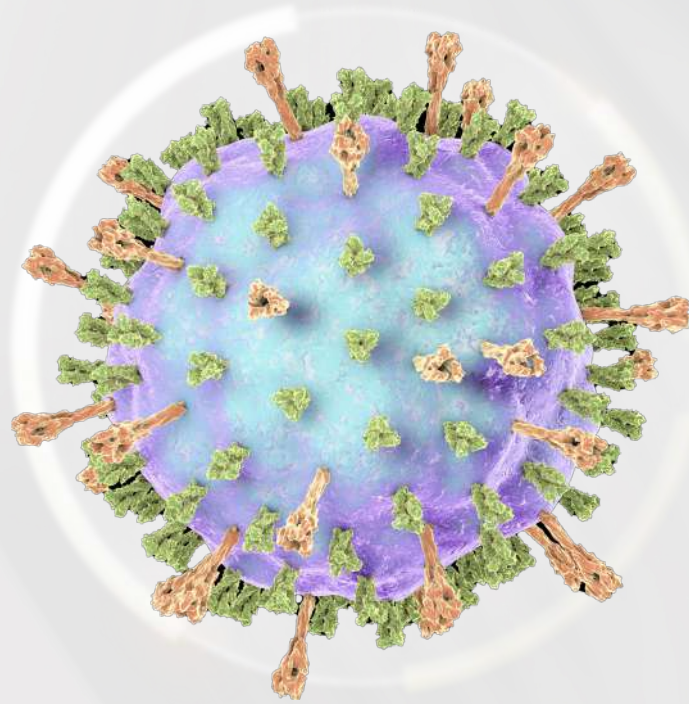
## Know the Secrets of the Virus

If we told you there is a vaccine capable of protecting you from serious cancers linked to a virus with silent symptoms for years, can you imagine the danger that might be close to you without you feeling it?

**Awareness is the first step towards prevention... let's understand the story from the beginning.**

HPV is a viral infection that affects the skin and mucous membranes in areas such as the mouth, genitals, hands, and feet. It often remains symptomless for years, but in some cases, it can appear as warts or cause multiple types of cancer.





# There are more than 100 types of HPV

categorized into two groups:

## Low-risk

Often causes skin or genital warts that appear as bumps on hands, feet, or genital areas.

## High-risk

Usually does not show clear symptoms, but can eventually lead to several types of cancer affecting both women and men, like cervical, vaginal, vulvar, penile, anal, oral, and throat cancers.

In 2022, over 630 million infections were recorded worldwide, with equal rates between men and women.

**Hence, vaccination is the ideal solution.**



## A Virus... but Different

HPV may not be classified as a traditional "epidemic" like the flu, as it does not spread through the air. The virus spreads directly through contact with skin or mucous membranes or moist areas (genital, oral, or anal) and can rarely be transmitted through sharp or personal tools or medical equipment, or contaminated surfaces.

With its symptoms hidden for years, its widespread transmission, and declining vaccination rates, the risk of multiple associated cancers increases.

**HPV is a reality that concerns everyone...**

Many may think that HPV is only associated with women, but scientific facts confirm that men are also at risk of cancers such as penile, anal, oropharyngeal, and neck cancers. The virus can remain asymptomatic for years and later manifest as multiple cancers.

# 07

## Be Alert to the Danger

The virus starts silently, but may end with life-threatening cancers.

Be alert, as the real danger begins when we overlook its consequences.



# For a Blissful Life

Getting vaccinated against HPV enhances the sense of safety and peace between partners and increases their physical and mental well-being, supporting a healthy relationship and a stable life from the start.

## The shared awareness of the importance of vaccination among those about to get married

is a fundamental step in planning a healthy marital life that starts with protection and continues with wellness for them and their families.

## Taking the HPV vaccine before marriage

is a smart and preventive decision that protects both partners from future diseases. Studies have shown no link between vaccines and fertility issues, making it a safe and reliable option for those planning to marry.



## For Men

### What does the vaccine protect you from?

HPV affects males as well, particularly the high-risk types, leading to serious cancers, including:

More than **91%**  
of anal cancer

More than **60%**  
of penile cancer

More than **50%**  
of oral and pharyngeal  
(throat) cancer.





## Why is the Vaccine Important for Males?



**01**  
The vaccine is a real protection for every young man and man.



**02**  
Because it protects against related cancers.



**03**  
It is recommended for males from age 9 to 26, and may be given up to age 45 in some cases.

# For Women

Protect yourself before stepping out of the framework

## Important Statistics

HPV is responsible for:

More than  
**99%**  
of cervical cancer cases



More than  
**65%**  
of vulvar cancer cases



More than  
**70%**  
of oropharyngeal cancer cases



More than  
**75%**  
of vaginal cancer cases



More than  
**90%**  
of anal cancer cases





## **Cervical cancer** is the third most common cancer-related cause of death in women worldwide

Reduces the risk of infertility, ectopic pregnancy, and HPV infection due to weakened mucous membranes.

The vaccine is the only scientifically proven method to prevent reproductive system cancers related to the virus.

It is recommended from age 9 to 14 for maximum protection and can be taken up to age 45.

# The Ability to Prevent Before It Begins

With informed awareness and timely proactive vaccination steps, we provide our bodies with a protective shield and grant our hearts peace of mind before regret reaches us.



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