



HPV Home Sample Test

What is HPV?

HPV is the Human Papilloma Virus. HPV is the most common sexually transmitted virus. There are over 100 types of HPV. Around 40 are thought to be transmitted sexually, and 14 of these are of High Risk and linked to cancer.

HPV is the most common cause of cervical cancer and some other cancers in both men and women. It also causes most genital warts. The HPV Types which cause genital warts are regarded as being a Low Risk for cancer.

HPV can be transmitted by body to body contact and exchange of fluids through vaginal, penile, oral, or anal sexual contact and intercourse.

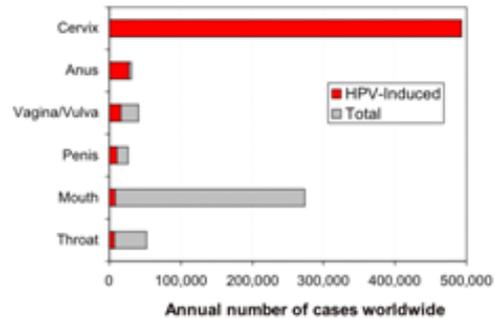
What to do if you test positive?

If a High Risk HPV viral type is detected from your Better2Know home sample collection kit, then you should make an appointment for a PAP Smear as soon as possible. This can be at your GP or Better2Know can arrange one for you. Please take your Better2Know pathology report with you. This will be emailed to you along with this leaflet.

A PAP Smear is important, as it will look to see if there are any changes to the cells of your cervix that may be pre-cancerous or cancerous. Early detection is an important factor in the successful treatment of cervical cancer.

Your doctor may recommend more frequent PAP Smears in future.

If you have a Low Risk HPV Viral type, you may find that your body can get rid of the virus naturally over time.



Graph to show proportion of HPV-Induced Cancer

The symptoms of genital warts (usually a low risk HPV viral type), can be treated. If you have visible warts, then these can typically be removed with lasers, creams, surgery or frozen (cryotherapy).

What happens if you do not get further advice?

Persistent HPV infections are now recognised as the major cause of cervical cancer, and may play a role in some cancers of the anus, vulva, vagina, penis, mouth and throat.

If genital warts become large enough, they can become an obstacle to intercourse and in women, even delivery thereby requiring a caesarean section, although this is rare. In some instances, warts are passed from mother to child during childbirth, leading to a potentially life-threatening condition for newborns in which warts develop in the throat (laryngeal papillomatosis).

Better2Know Testing Information

Better2Know's recommended test for women is a combined PAP Smear for cervical cancer and an HPV test at the same time.

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Better2Know is the leading provider of Sexual Health testing services around the globe. We will get you a clinic appointment or home testing kit quickly and deliver fast and accurate results for your peace of mind. If you are concerned about your sexual health please visit our website www.better2know.com to book an appointment or purchase your test with us today.

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