You are the Key to HPV Cancer Prevention

Understanding the Burden of HPV Disease, the Importance of the HPV Vaccine Recommendation, and Successfully Communicating about HPV Vaccination

Jill B Roark, MPH
Lead, Adolescent Immunization
National Center for Immunization and Respiratory Diseases
Centers for Disease Control and Prevention

August 27, 2015

Disclosures

➤ I have no relevant financial relationships with the manufacturers of any commercial products and/or providers of commercial services discussed within this CME activity

➤ I do NOT intend to discuss any unapproved or investigative use of a commercial product/device in my presentation other than the harmonized ACIP recommendation for use of HPV vaccine
Objectives

1. Define the importance of HPV vaccination for cancer prevention and the rationale for vaccinating at ages 11 or 12.
2. List the recommendations for HPV vaccine for girls and for boys.
3. Provide useful and compelling information about HPV vaccine to parents to aid in making the decision to vaccinate.
4. Locate resources relevant to current immunization practice.

Understanding the Burden

HPV INFECTION & DISEASE
HPV Infection

- Most females and males will be infected with at least one type of mucosal HPV at some point in their lives
  - Estimated 79 million Americans currently infected
  - 14 million new infections/year in the US
  - HPV infection is most common in people in their teens and early 20s
- Most people will never know that they have been infected


Every year in the United States 27,000 people are diagnosed with a cancer caused by HPV

That’s 1 case every 20 minutes
New Cancers Caused by HPV per Year
United States 2006-2010

Women (n = 17,600)

- Cervix
  - n=10,400
  - 59%
- Vulva
  - n=2,200
  - 13%
- Anus
  - n=2,600
  - 15%
- Vagina
  - n=600
  - 3%
- Oropharynx
  - n=1,800
  - 10%

Men (n = 9,300)

- Oropharynx
  - n=7,200
  - 77%
- Penis
  - n=700
  - 8%
- Anus
  - n=1,400
  - 15%

Without vaccination, annual burden of genital HPV-related disease in U.S. females:

- 4,000 cervical cancer deaths
- 10,846 new cases of cervical cancer
- 330,000 new cases of HSIL: CIN2/3
  (high grade cervical dysplasia)
- 1 million new cases of genital warts
- 1.4 million new cases of LSIL: CIN1
  (low grade cervical dysplasia)

Nearly 3 million cases and $7 billion

CDC, United States Cancer Statistics (USCS), 2006-2010

American Cancer Society. 2008;
Schiffman Arch Pathol Lab Med. 2003; Koshiol
Sex Transm Dis. 2004; Insinga, Pharmacoeconomics, 2005
Cervical Cancer

- Cervical cancer is the most common HPV-associated cancer among women
  - 500,000+ new cases and 275,000 attributable deaths worldwide in 2008
  - 11,000+ new cases and 4,000 attributable deaths in 2011 in the U.S.

- 37% cervical cancers occur in women who are between the ages of 20 and 44
  - 13% (or nearly 1 in 8) between 20 and 34
  - 24% (or nearly 1 in 4) between 35 and 44


Annual Report to the Nation on the Status of Cancer: HPV-Associated Cancers

- From 2000 to 2009, oral cancer rates increased
  - 4.9% for Native American men
  - 3.9% for white men
  - 1.7% for white women
  - 1% for Asian men

- Anal cancer rates doubled from 1975 to 2009
- Vulvar cancer rates rose for white and African-American women
- Penile cancer rates increased among Asian men

Evidence-Based HPV Disease Prevention

HPV VACCINE

HPV Prophylactic Vaccines

- Recombinant L1 capsid proteins that form “virus-like” particles (VLP)
- Non-infectious and non-oncogenic
- Produce higher levels of neutralizing antibody than natural infection
**HPV Vaccines Currently Licensed in U.S.**

<table>
<thead>
<tr>
<th></th>
<th>Bivalent 2vHPV (Cervarix)</th>
<th>Quadrivalent 4vHPV (Gardasil)</th>
<th>9-Valent 9vHPV (Gardasil 9)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Manufacturer</strong></td>
<td>GlaxoSmithKline</td>
<td>Merck</td>
<td>Merck</td>
</tr>
<tr>
<td><strong>HPV Types Included</strong></td>
<td><strong>16, 18</strong></td>
<td><strong>6, 11, 16, 18</strong></td>
<td>6, 11, <strong>16, 18</strong>, 31, 33, 45, 52, 58</td>
</tr>
<tr>
<td><strong>Contraindications</strong></td>
<td>Hypersensitivity to latex*</td>
<td>Hypersensitivity to yeast</td>
<td>Hypersensitivity to yeast</td>
</tr>
<tr>
<td><strong>Dose Schedule</strong></td>
<td>3 dose series: 0, 1, 6 months</td>
<td>3 dose series: 0, 2, 6 months</td>
<td>3 dose series: 0, 2, 6 months</td>
</tr>
</tbody>
</table>

* only contained in pre-filled syringes, not single-dose vials

---

**HPV Vaccine Comparison**

**HPV Types Included in Vaccine**

<table>
<thead>
<tr>
<th>HPV Vaccine</th>
<th>6</th>
<th>11</th>
<th>16</th>
<th>18</th>
<th>31</th>
<th>33</th>
<th>45</th>
<th>52</th>
<th>58</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bivalent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quadrivalent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9-valent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

These HPV Types Cause:
- Genital warts ~66% of Cervical Cancers
- ~15% of Cervical Cancers
HPV Vaccine Recommendation

Girls & Boys can start HPV vaccination at age 9

Preteens should finish HPV vaccine series by 13\textsuperscript{th} birthday

Plus girls 13-26 years old who haven’t started or finished HPV vaccine series

Plus boys 13-21 years old who haven’t started or finished HPV vaccine series

Updated ACIP Recommendations

Age

- Routine vaccination at age 11 or 12 years\(^*\)
- Vaccination recommended through \textit{age 26 for females} and through \textit{age 21 for males} not previously vaccinated
- Vaccination recommended for men through \textit{age 26} who have sex with men (MSM) or are immunocompromised (including persons HIV-infected)

Formulation by gender (assuming availability)

<table>
<thead>
<tr>
<th></th>
<th>9vHPV</th>
<th>4vHPV</th>
<th>2vHPV</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Females</strong></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>Males</strong></td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

\(^*\)vaccination series can be started at 9 years of age

\[\text{MMWR} \ 2015;64:300-4\]
Updated ACIP Recommendations: Interchangeability

If vaccination providers do not know, or do not have available the HPV vaccine product previously administered, or are in settings transitioning to 9vHPV:

For protection against HPV 16 and 18,
- Females: Any HPV vaccine product may be used to continue or complete the series
- Males: 4vHPV or 9vHPV may be used to continue or complete the series

ACIP Recommendations: Timing of the Series

- 2vHPV, 4vHPV and 9vHPV are each administered in a 3-dose schedule
  - Interval between doses 1 → 2: ~6 weeks (1-2 months)
  - Interval between doses 1 → 3: 6 months

- If the vaccine schedule is interrupted, the series does not need to be restarted
HPV Vaccination Is Safe, Effective, and Provides Lasting Protection

- **HPV Vaccine is SAFE**
  - Benefits of HPV vaccination far outweigh any potential risks
  - Safety studies findings for HPV vaccination similar to safety reviews of MCV4 and Tdap vaccination

- **HPV Vaccine WORKS**
  - Population impact against early and mid outcomes have been reported in multiple countries

- **HPV Vaccine LASTS**
  - Studies suggest that vaccine protection is long-lasting
  - No evidence of waning protection


---

**HPV VACCINE SAFETY**
VAERS: HPV Vaccine Safety Monitoring

- Ongoing safety monitoring has shown most reports are non-serious
- Among the 7.6% of reports coded as “serious,” most frequently cited possible side effects are headache, nausea, vomiting, and fever
- Syncope (fainting) continues to be reported following vaccination among adolescents
  - Adherence to a 15-minute observation period after vaccination is encouraged

MMWR. 2014;63(RR05):1-30.
Key Findings – CDC and Non-CDC

- **Venous thromboembolism (VTE)**
  - Study evaluating the risk of VTE in vaccinated persons age 9-26 years
  - *Found no increased risk of VTE following 4vHPV*

- **Autoimmune and neurologic conditions**
  - Study addressing concerns about autoimmune and neurologic disease following 4vHPV vaccination.
  - *Found no association between 4vHPV vaccination and 16 autoimmune conditions*

- **Injection site reactions and syncope**
  - 4vHPV vaccination may be associated with skin infections where the shot is given during the two weeks after vaccination and fainting on the day the shot is received
  - *No major safety concerns found*

---

IOM Review: Syncope & Anaphylaxis

- **IOM reviewed possible associations between 8 vaccines and adverse health events. Key findings:**
  - Evidence “favors acceptance” of a causal relationship between HPV vaccine and anaphylaxis (rare)
  - Evidence “convincingly supports” a causal relationship between the injection of a vaccine and syncope

- **Inadequate evidence** was found for causal relationships between HPV vaccination and **12 other specific health events** studied

---

1 Gee et al., Vaccine 2011

9vHPV Vaccine Safety

- Seven pre-licensure studies including 15,000 males and females
- Generally well tolerated
  - Adverse event profile similar to that of 4vHPV across age, gender, race, and ethnicity
  - More injection-site reactions expected among those who receive 9vHPV

---

Monitoring Impact of HPV Vaccine Programs on HPV-Associated Outcomes

**HPV VACCINE IMPACT**
HPV vaccine impact monitoring

- Post licensure evaluations are important to evaluate real world effectiveness of vaccines
- Population impact against early and mid outcomes have been reported:
  - **Genital warts**
    - Australia, New Zealand, Denmark, Sweden, Germany, Quebec, US
  - **HPV prevalence**
    - Australia, Norway, Denmark, Sweden, UK, US
  - **Cervical lesions**
    - Australia, British Columbia, Denmark, Sweden, US

NHANES HPV Prevalence Studies

- National Health and Nutrition Examination Survey (NHANES) data used to compare HPV prevalence
  - Before the start of the HPV vaccination program (2003-2006) &
  - From the first 4 years after vaccine introduction (2007-2010)
- Results
  - In 14-19 year olds, vaccine-type HPV prevalence decreased 56%
    (11.5% in 2003-2006 to 5.1% in 2007-2010)
  - Other age groups did not show a statistically significant difference over time

*Vaccine effectiveness for prevention of infection was an estimated 82%*

Systematic Review and Meta-Analysis: Population-Level Impact of HPV Vaccination

- Review of 20 studies in 9 high income countries
- In countries with >50% coverage, among 13-19 yr olds
  - HPV 16/18 prevalence decreased at least 68%
  - Anogenital warts decreased by ~61%
- Evidence of herd effects
- Some evidence of cross protection against other types

HPV Vaccine
Duration of Immunity

- Studies suggest that vaccine protection is long-lasting; no evidence of waning immunity
  - Available evidence indicates protection for at least 8-10 years
  - Multiple cohort studies are in progress to monitor the duration of immunity
HPV Vaccine Three-Dose Coverage

Among Girls in High-Income Countries

Australia: 71.2%
United Kingdom: 60.4%
United States: 33.4%

United States

HPV VACCINE COVERAGE

Adolescent Vaccination Coverage
United States, 2006-2014

Survey Year
0 10 20 30 40 50 60 70 80 90 100

Percent Vaccinated

Revised APD Definition

Survey Year
2006 2007 2008 2009 2010 2011 2012 2013 2014

Tdap
MCV4
1 HPV girls
3 HPV girls
1HPV boys
3 HPV boys
Actual and Achievable Vaccination Coverage: Girls 13-17 Years, Illinois, NIS-Teen 2013

Missed opportunity: Health care encounter on or after 11th birthday, and on or after March 23, 2007 during which ≥ 1 vaccine was administered but not the 1st dose of the HPV vaccine series

HPV-1: Receipt of at least one dose of HPV

* 95% Confidence interval (CI) width > 20. Estimates with 95% CI widths >20 might not be reliable

Actual and Achievable Vaccination Coverage: Girls 13-17 Years, Chicago, NIS-Teen 2013

Missed opportunity: Health care encounter on or after 11th birthday, and on or after March 23, 2007 during which ≥ 1 vaccine was administered but not the 1st dose of the HPV vaccine series

HPV-1: Receipt of at least one dose of HPV

* 95% Confidence interval (CI) width > 20. Estimates with 95% CI widths >20 might not be reliable
Talking about HPV vaccine

FRAMING THE CONVERSATION
[How Parents Feel]

Median Values

Meningitis: 9.4
Hepatitis: 9.5
Pertussis: 9.5
Influenza: 9.3
HPV: 9.3
Adolescent vaccines: 9.2


[How Providers Think Parents Feel]

Median Values

Meningitis: 9.4, 9.2
Hepatitis: 9.5, 9.2
Pertussis: 9.5, 9.3
Influenza: 9.3
HPV: 9.3
Adolescent vaccines: 9.2

Clinicians Underestimate the Value Parents Place on HPV Vaccine
Give a Strong Recommendation to Receive HPV Vaccine at Ages 11 or 12

A strong recommendation from you is the main reason parents decide to vaccinate

Many moms in focus groups stated that they trust their child’s doctor and would get the vaccine for their child as long as they received a recommendation from the doctor


Talking to parents about HPV VACCINE

Make a Bundled Recommendation

- Recommend HPV vaccine the same way and on the same day you recommend Tdap and meningococcal vaccines. A strong recommendation from you is the main reason parents decide to vaccinate.
- You can say “your preteen needs three vaccines that provide protection against meningitis, HPV cancers, and pertussis.”
- Hearing “HPV vaccine is cancer prevention” helps parents make the decision to vaccinate. Parents don’t want to talk about HPV vaccine in the context of sexuality or sexual transmission.

Address Parents’ Questions

- Help them understand why the vaccine is needed at age 11 or 12, let them know that like any other vaccine, they want their children protected long before exposure.
- Emphasize your personal belief in the importance of HPV vaccine to help parents feel secure in their decision. Let them know you have given it to the children in your life.
Make an Effective Recommendation

- **Same way:** Effective recommendations group all of the adolescent vaccines
  Recommend HPV vaccination the *same way* you recommend Tdap & meningococcal vaccines.

- **Same day:** Recommend HPV vaccine *today*
  Recommend HPV vaccination the *same day* you recommend Tdap & meningococcal vaccines.

Unpublished CDC data, 2013.

If a parent were hesitant...

<table>
<thead>
<tr>
<th>Ask</th>
<th>Clarify &amp; restate their concerns to make sure you understand</th>
</tr>
</thead>
</table>
| Acknowledge | • Emphasize it is the parents’ decision.  
• Acknowledge risks and conflicting information sources.  
• Applaud them for wanting what is best for their child.  
• Be clear that you are concerned for the health of their child, not just public health safety. |
| Advise | • Clarify their concerns to make sure you understand and are answering the question they actually care about.  
• Allow time to discuss the pros and cons of vaccines.  
• Be willing to discuss parents’ ideas.  
• Offer written resources for parents.  
• Tailor your advice using this sheet or CDC’s *Tips & Time Savers*. |
| Remember | • Declination is not final. The conversation can be revisited.  
• End the conversation with at least 1 action you both agree on.  
• Because waiting to vaccinate is the risky choice, many pediatricians ask the parent to sign a *Declination Form*. |
Some Parents Need Reassurance

Many parents simply accept of this bundled recommendation.

Some parents may be interested in vaccinating, yet still have questions. Interpret a question as they need additional reassurance from YOU, the clinician they trust with their child’s health care.

Ask parents about their main concern (be sure you are addressing their real concern)

Unpublished CDC data, 2013.

Clinicians can give a strong and effective HPV vaccine recommendation by announcing:

Sophia is due for three vaccines today. These will help protect her from meningitis, HPV cancers, and pertussis. We’ll give those shots at the end of the visit.
If main concern is “Why does my child need this vaccine” try saying:

HPV vaccine is very important because it prevents cancer.

I know we’d like to protect Maureen from cancer and I’d feel better if she got her first dose of the HPV vaccine series today.

If main concern is “My daughter will wait for marriage/won’t be exposed”, try saying:

HPV is so common that almost everyone will be infected at some time.

When your daughter marries, she could catch HPV from her husband. He might have been infected before he ever met her.
If main concern is “**why now, let’s wait until child is older**,” try saying:

*HPV vaccine produces a more robust immune response in preteens than in older teens which is why I recommend starting the HPV vaccine series today.*

If main concern is “**HPV vaccine will be a green light for sex**,” try saying:

*Studies have shown that getting the HPV vaccine doesn’t make kids more likely have sex, or to have sex at a younger age.*
If main concern is “**would you give it to your child**,” try saying:

Yes, I gave it to my child (or grandchild, etc) because I think preventing cancer is very important.

---

If main concern is “**side effects**,” try saying:

Vaccines, like any medication, can cause side effects. With HPV vaccine most are mild, primarily pain or redness in the arm. This should go away quickly.

**HPV vaccine has not been linked with any serious or long-term side effects.**
If main concern is “possible effects on fertility,” try saying:

There is no data to suggest that getting HPV vaccine will have an effect on future fertility.

However, persistent HPV infection can cause cervical cancer and the treatment of cervical cancer can leave women unable to have children.

Even treatment for cervical pre-cancer can put a woman at risk for problems with her cervix during pregnancy causing preterm delivery or problems.

Before leaving the exam room, remind parents when to come back. Try saying:

To work, Robert needs the full HPV vaccine series, so . ..

Please make sure to make appointments for the next shot on the way out, and put that appointment on your calendar before you leave the office today!
Increase the number of target patients who come in & leave vaccinated

1. Align office policy with mission – e.g., immunize at every opportunity
2. Align communication with mission
3. Standing orders
4. Prompt the person who is supposed to order the vaccine
   ➢ Nursing personnel
   ➢ EHR
   ➢ Both

Be sure everyone in the office understands the mission

Human stories often influence people more than statistics. To understand the human stories behind HPV, listen to survivors
   ➢ Shot By Shot
   ➢ Unprotected People on www.immunize.org
HPV VACCINE IS CANCER PREVENTION
And YOU are the key!

#WeCanStopHPV