



Protecting Adolescent Girls with HPV Vaccine

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Abstract: Worldwide, cervical cancer is the fourth most frequent cancer in women with an estimated 604 000 new cases in 2020. Of the estimated 342,000 deaths from cervical cancer in 2020, about 90% of these occur in low- and middle-income countries. Women living with HIV are 6 times more likely to develop cervical cancer compared to women without HIV, and an estimated 5% of all cervical cancer cases are attributable to HIV. Moreover, in all world regions the contribution of HIV to cervical cancer falls disproportionately on younger women. In high-income countries, programmes are in place which enables girls to be vaccinated against HPV and women to get screened regularly and treated adequately. Screening allows pre-cancerous lesions to be identified at stages when they can easily be treated. In low-and middle-income countries, there is limited access to these preventative measures and cervical cancer is often not identified until it has further advanced and symptoms develop. In addition, access to treatment of cancerous lesions (for example, cancer surgery, radiotherapy and chemotherapy) may be limited, resulting in a higher rate of death from cervical cancer in these countries. The high mortality rate from cervical cancer globally (age standardized rate among women: 13.3/100 000 in 2020) could be reduced by effective interventions at different stages of life.

Key words:

Cervical cancer, HIV, HPV, Screening, radiotherapy, Chemotherapy, Pre cancerous lesions, vaccination

INTRODUCTION:

Adolescent girls experience rapid growth and development between the ages of 10 and 19. This is the transitional period between childhood and adulthood. Their physical, physiological, and behavioral characteristics change rapidly during this phase of life. Most girls in this age group do not have adequate understanding of the physical and psychological changes taking place at that point in their lives. The most common causes of health issues during this stage of life are hormonal imbalance, infection, malnutrition, etc. Adequate health knowledge, sexual and reproductive health education, a balanced diet, and Anemia control measures are some of the ways to prevent health problems in adolescents.

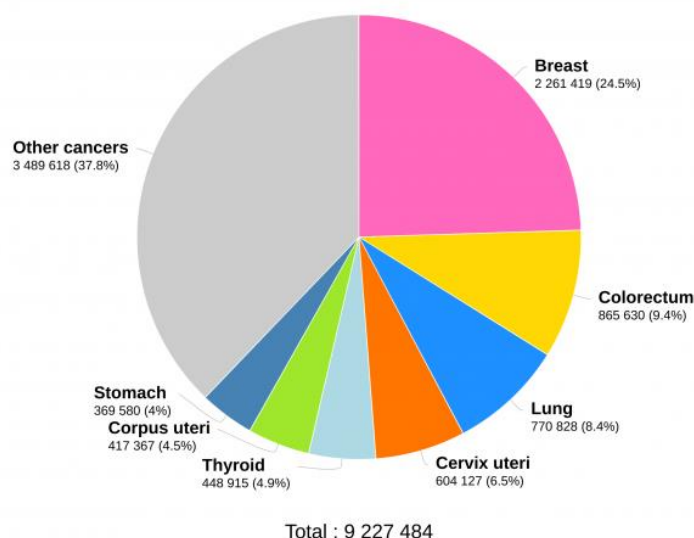
HEALTH ISSUES OF ADOLESCENT GIRLS:



Fig 1: Health issues of adolescences

According to the WHO reality page (2019), nearly 5000 teenagers expire every day, that is over 1.5 heap annually. Human papillomavirus causes infection in the female generative arrangement and develops following in position or time monkey business. HPV contamination can cause precancerous lesions that can result in disease given through sexual relations and cervical malignancy. Adolescence is also dependent on something cavity. Adolescent insane health is afflicted by friendly changes due to mechanics progresses. Many Indian kins with weak socioeconomic traditions and some ancestral groups still practice early gestation and child beginning. Adolescents the one enhance mothers at an early age have many strength results, including gestation and lying-in complexities that lead to motherly end of life.

Estimated number of new cases in 2020, worldwide, females, all ages



Data source: Globocan 2020
Graph production: Global Cancer Observatory (<http://gco.iarc.fr>)

International Agency for Research on Cancer
World Health Organization

Fig 2: Global burden due to cancer.

Globally 1 in 5 family expand cancer all along their growth opportunity and, 1 in 8 guys and 1 in 11 women withered on account of tumor as per The International Agency for research on malignancy (IARC). Cervical Cancer is the fourth most universal tumor everywhere as per IARC GLOBOCAN 2012. It is supposed that approximately 528,000 new cases stands done yearly and more that 2,66,000 passing occurs on account of cervical tumor. Commonest question later cervical cancer are bosom tumor that is attended by colorectal, lung, cervical tumor, thyroid, stomach and different malignancy

HPV Vaccine

The WHO advises HPV immunization for adolescent daughters middle from two points the ages of 9 and 14 years. Do the WHO approve HPV immunization for daughters in addition to protect and situation for older daughters to lower their tumor risks? When likely 'tween the ages of 9 and 14 age, the cure is most effective - before schoolgirls are unprotected to the bug. The cure is not urged for those earlier than 26 according to the Advisory Committee on Immunization Practices (ACIP). Adults middle from two points the ages of 27 and 45 power take the HPV cure if their surgeon implies it. HPV vaccines are very effective in halting cervical tumor in addition to anogenital warts, that is a prevailing organs disease

BUILDING CONFIDENCE IN THE HPV VACCINE

Building public trust is a important objective of additional dose of vaccine programmes around the globe, and this is specifically real when a new cure is introduced. While many nations have obtained extreme inclusion for HPV vaccination, in remainder of something, rumours about reactions have deteriorated rude answer. This is despite the fact that aforementioned fears have happened steadily disproved by scientific evidence. A abundant crowd of free research has proved the vaccine expected intensely dependable and very effective in preserving young women against ultimate dangerous strains of the bacterium. To help combat the spread of aforementioned misreport, WHO has assisted countries cultivate strong public knowledge actions, which aim to support persons, young population, schools and strength workers accompanying reality-located news on HPV and cervical cancer. Several European countries with its own government containing Austria, Denmark and the Republic of Ireland have likewise made a peer group to share occurrences on active route about the lifesaving vaccine.

REACHING THE MOST AT-RISK COUNTRIES WITH HPV PREVENTION

While many wealthier nations immediately have traditional HPV vaccination programmes working, a increasing number of lower-profit countries with its own government are fitting to roll it out concerning a country with a. This will be critical for progress, because nearly 9 in 10 cervical malignancy dying happen in expanding nations. Negotiated through Gavi, the Vaccine Alliance in addition to the Pan American Health Organization's Revolving Fund, reducing reductions have performed a very meaningful act in extending access ineligible nations. Including again, Tanzania and Zimbabwe, 10 lower-profit nations will have brought in the vaccine accompanying Gavi support for one end of 2018, while 10 more have in mind imitate what someone else is doing next period. In each, WHO and added partners are advocating strength departments to label procedures that will help give the greatest likely approach and rude answer when it is made acquainted – either it is made applicable in schools, hospitals or through direct exceed to societies. Cancer of the narrow connector is the one of four equal parts most common tumor moving wives general - and the second most prevailing in lower-profit regions. It is the only malignancy that is to say mainly stoppable through a dependable, direct vaccine and system of connections.

WHEN TO GET THE SHOT

11-12 Years

- Two doses of the HPV shot are needed, 6-12 months apart.
- If the shots are given less than 5 months apart, a 3rd dose is needed.

If started after 15th birthday

- Three doses of the HPV shot should be given over 6 months.
- If your teen hasn't gotten the vaccine yet, talk to his/her doctor about getting it as soon as possible.

WHY IT IS REQUIRED

- Protects against infections that can lead to certain cancers.
- Protects against abnormal cells that can lead to cancer (precancers) and the lasting effects of testing and treatment for these precancers.
- Protects your child long before they are ever exposed to cancer-causing infections

SIDE EFFECTS

The most common side effects of the HPV vaccine are mild and include:

- Pain, redness, or swelling in the arm where the shot was given
- Fever
- Dizziness or fainting (fainting after any vaccine, including HPV vaccine, is more common among adolescents)
- Nausea
- Headache or feeling tired
- Muscle or joint pain

EFFECTIVENESS OF HPV VACCINE

The HPV cure goals the HPV types that most usually cause cervical cancer and can cause few cancers of the organs, vulva, anus, and oropharynx. It more protects against the HPV types that cause erotic warts. The HPV vaccine is very active in hampering the intend HPV types, in addition to the most low fitness questions provoked by them. The cure is less productive in countering HPV-accompanying affliction in young women the one have before happened unprotected to individual or more HPV types. That is because the cure bars HPV before one is unprotected to it. The HPV cure does not treat existing HPV contaminations or HPV-joined afflictions.

WHAT DOES THE VACCINE NOT PROTECT AGAINST?

The cure does not safeguard against all HPV types— so they will not avoid all cases of cervical tumor. Since few cervical cancers will not be obviated by the cure, it will have influence for wives in the second place securing secluded for cervical malignancy. Also, the cure does not hinder different sexually sent contaminations (STIs). So it will still be important for sexually alive men to lower their risk for added STIs.

HOW SAFE IS THE HPV VACCINE?

The HPV cure has existed licensed apiece Food and Drug Administration (FDA). The CDC has certified this cure as dependable and effective. The cure was intentional in millenaries of crowd around the experience, and these studies accompanied no weighty safety concerns. Side effects stated in these studies were temperate, containing pain place the shot was likely, frenzy, giddiness, and revulsion. Vaccine safety persists expected listened by CDC and the FDA. More than 60 heap doses of HPV vaccine have happened delivered in the United States as of March 2014. Fainting, that can occur later some healing process, has also existed famous subsequently HPV immunization. Fainting after some immunization is more low in youngsters. Because fainting can cause falls and harms, teenagers and men should be situated or lie down all the while HPV immunization. Sitting or lying down for about 15 proceedings later a immunization can help forestall fainting and harms.

CONCLUSION :

HPV vaccine is recommended by world health organisation for all the adolescent girls age between 9 – 14 years. Data from the studies depict the need to educate more on HPV vaccine and its important as a preventive measures against cervical cancer to all the eligible adolescent and their parents. Intervention should focus on primary care, national health services, psychological counselling, mental health services proper communication towards maintain healthy lifestyles.

For those the one are sexually alive, condoms may lower the chances of appropriating HPV, if second hand accompanying every sexual intercourse, during the whole of. Condoms may likewise lower the risk of expanding HPV-accompanying diseases (disease given through sexual relations and cervical tumor). But HPV can pollute areas that are not below a condom—so condoms grant permission not fully look after against HPV. People can still lower their chances of securing HPV by being in a faithful friendship accompanying individual partner; confining their number of sexuality partners; and selecting a associate the one has had no or few prior sexuality associates. But even community with singular life sex ally can take HPV. And it concede possibility not be possible to decide if a associate the one has been sexually alive earlier is now infected. That's reason the only certain way for fear that HPV search out prevent all sexual activity.

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