



**Cervarix™**  
Human Papillomavirus Vaccine Types 16 and 18  
(Recombinant, AS04 adjuvanted)

Help protect yourself against  
cervical cancer with Cervarix™



## Introduction

Congratulations. You've just taken a step towards protecting yourself against cervical cancer by getting a prescription for Cervarix™. Learning more about this vaccine can help prepare you to take the next step.

This booklet will give you the facts about cervical cancer, its main cause, and how Cervarix™ can help protect you. At the back, you'll find a Dose Tracker to help you schedule your appointments.

If you'd like more information on Cervarix™ at any time, your doctor is your best source. You can also find answers to your questions at **cervarix.ca**, which includes the Consumer Information leaflet for the vaccine.

***Remember to pick up your Cervarix™  
prescription!***

When you come in for your first dose, ask your nurse to help you schedule your second and third doses.

# What is cervical cancer?

Let's start with the basics. **Cervical cancer** is cancer of the **cervix**.

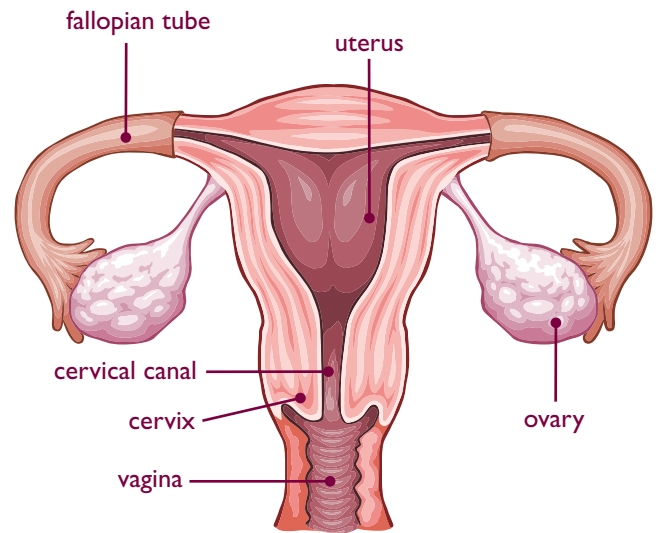
The **cervix** is the lower part of your uterus (womb). It connects the uterus to the vagina. In pregnant women, the cervix stays closed to keep the baby inside the womb. Then, the cervix opens during childbirth.

Cervical cancer is a serious disease that can be life-threatening.\* It starts when normal cells on your cervix turn into abnormal precancerous cells (or **lesions**).

**Pap tests** check for abnormal cells on your cervix, so they can be monitored or removed through procedures such as a biopsy (removing the cells by surgery or laser).

If these cells aren't caught and treated, they could lead to cervical cancer over time. Treatments for cervical cancer include radiation, chemotherapy, or in some cases, a hysterectomy (removing the womb).

*The cervix is part of your reproductive system.*



\*Cervarix™ is not indicated to reduce mortality associated with cervical cancer.

## Cervical cancer facts

- The cervix is an important part of your reproductive system.
- Cervical cancer can affect young women in their 20's and 30's. It's the second most common cancer in women aged 20-44, after breast cancer.\* In fact:
  - Every day, 1 Canadian woman dies of cervical cancer.†
  - Every 6 hours, another Canadian woman is diagnosed.
- All cases of cervical cancer are caused by a common virus called **HPV**. Up to **4 out of 5** females will be infected with HPV during their lifetime.‡ For some, this will lead to cervical cancer.
- **Regular Pap tests** and **Cervarix™** vaccination can help protect you against the HPV types that cause most cases of cervical cancer (HPV 16 and 18).

\* Cervarix™ is for females aged 10-25.

† Cervarix™ is not indicated to reduce mortality associated with cervical cancer.

**Understanding how you can help protect yourself against cervical cancer starts by learning more about HPV, the virus that causes cervical cancer.**

## Unlike most cancers, cervical cancer is caused by a virus called HPV.

HPV stands for **H**uman **P**apillomavirus and is spread by skin-to-skin contact during sexual activity. Here's what every girl and woman should know:

### There are different types of HPV.

**Low-risk** types **do not** cause cervical cancer, while **high-risk** types **can** cause cervical cancer.

### It's a very common virus.

How common? Up to **4 out of 5** females will be infected with HPV during their lifetime.‡ For some, this will lead to cervical cancer.

### You could be infected without knowing it.

In most cases, HPV doesn't cause any symptoms and goes away on its own. But if you're infected with a high-risk type that doesn't go away, it may lead to cervical cancer over time.

### You can get it more than once.

Even if you *have* been exposed to HPV, your body doesn't develop long-term protection against it. That means, you could be infected again. Each time, there's a risk the virus won't go away and could lead to cervical cancer.

## Condoms may not be enough.

The truth is, you can be infected with cancer-causing HPV after only one exposure to someone who has the virus. And while condoms provide some protection, HPV can still be spread through contact with areas that aren't covered. In other words, you can get HPV through oral or hand-genital contact – not just intercourse.

### Why is it important that I take action now to help protect myself?

- HPV infections are most common in **teens and young adults** between **18 and 25**.
- If you become infected with HPV, there's no way to know for sure whether your body will clear the virus. If it doesn't, cervical cancer could develop.
- With **regular Pap tests** and **Cervarix™ vaccination**, you can **help protect yourself** against the HPV types that cause most cases of cervical cancer (HPV 16 and 18).

## How can Cervarix™ help protect me?

Because cervical cancer is caused by a virus, it may be prevented by a vaccine. **The Cervarix™ vaccine can help protect you against cervical cancer** by preventing infection with the most common HPV types linked to cervical cancer (HPV 16 and 18).

NOTE: While Cervarix™ helps protect against the HPV types that cause **most** cases of cervical cancer, it doesn't protect against all HPV types. **That's why regular Pap tests are still important and necessary.**



*Cervarix™ is specifically designed to help protect you against cervical cancer.*

## About Cervarix™

- Cervarix™ can help prevent you from becoming infected with the HPV types that cause **most cases** of cervical cancer (HPV types 16 and 18).
- Cervarix™ can help protect young women aged **10-25**.
- If you're currently infected with one of the two most common high-risk HPV types (HPV 16 or 18), Cervarix™ can help protect you against the other type. In addition, if the infection clears, Cervarix™ has been shown to provide protection upon re-exposure.

NOTE: Cervarix™ doesn't treat any HPV-related diseases you may currently have, and won't protect against ones that aren't caused by HPV.

Pap tests check for precancerous cells that are already on your cervix. With the Cervarix™ vaccine, you have a chance to help **prevent cervical cancer** by protecting yourself against the HPV types that cause most cases in the first place (HPV 16 and 18).

## How does Cervarix™ work?

The Cervarix™ vaccine works by helping your body produce **antibodies** against the most common HPV types linked to cervical cancer (HPV 16 and 18). Antibodies help destroy viruses like HPV that could lead to disease.

To boost your body's response to Cervarix™ leading to **long-lasting** antibody levels, the vaccine contains something called an **adjuvant**.

Studies are ongoing to determine the duration of protection. In clinical trials, sustained protection has been observed for up to 6.4 years after the first dose.





## What is an adjuvant?

The word adjuvant comes from a Latin word meaning “to help” or “to enhance” – and that’s just what the Cervarix™ adjuvant was designed to do. It’s a component made from natural compounds that **enhances** your body’s response to Cervarix™ by providing **stronger and longer** protection.

Studies are ongoing to determine the duration of protection. In clinical trials, sustained protection has been observed for up to 6.4 years after the first dose.

## How many vaccinations do I need?

Cervarix™ is given as a series of 3 vaccinations. **It’s very important that you get all 3 Cervarix™ doses.** Why?

**Unless you get all 3, you’re not as protected as you can be.**

Having all three doses helps your body get the best possible response from Cervarix™.

### Here’s how it goes:

<b>Cervarix™ vaccination #1</b>	You choose the date
<b>Cervarix™ vaccination #2</b>	1 month after the first dose
<b>Cervarix™ vaccination #3</b>	6 months after the first dose

Need more flexibility to fit your busy lifestyle? Talk to your doctor or nurse about timing. When you come in for your first dose, ask him/her to help you schedule your second and third doses using the Dose Tracker at the back of this booklet.

**Remember, it’s important to get all 3 Cervarix™ doses.**



## Who shouldn't get Cervarix™?

Cervarix™ is not for those under 10 or over 25 years of age, or for women who have had an allergic reaction (itchy skin rash, shortness of breath and/or swelling of the face or tongue) to it or to any of its ingredients. Ask your doctor for more information.

NOTE: If you get pregnant during the course of your vaccinations, tell your healthcare provider. You should wait until after the baby is born to get your next dose. To report any vaccinations given during pregnancy, call 1-800-387-7374.

## What should I tell my doctor before my first dose?

### Tell your doctor if you:

- Are pregnant or breastfeeding - your doctor will decide if Cervarix™ is appropriate for you. It's recommended that you take precautions to avoid pregnancy for 2 months following Cervarix™ vaccination.
- Have a severe infection with a high temperature – you might have to delay your vaccination until you're better. A minor infection such as a cold shouldn't be a problem, but talk to your doctor first.
- Have a bleeding problem or bruise easily.

In addition, tell your doctor about all other medicines you are taking or have recently taken, including non-prescription medicines and other vaccines.

### Remember:

- If you're getting Cervarix™ and another vaccine at the same time, they should be given in different injection sites with separate syringes.
- If you take certain medicines that suppress the immune system, Cervarix™ may not have the full effect. Ask your doctor if you're unsure.
- The protective effect of Cervarix™ wasn't affected by oral contraceptives (e.g. the Pill) in clinical studies.





## What are the possible side effects?

Cervarix™ is not infectious, so it can't cause HPV-related diseases. However, like all medicines, it may cause side effects, although not everyone gets them. You may have pain or discomfort, redness or swelling at the injection site. These usually clear up within a few days.

Other potential side effects:

Very common (may occur with more than 1 in 10 doses): Headache; aching muscles, muscle tenderness or weakness not caused by exercise, and fatigue. Common (may occur with up to 1 in 10 doses): Gastrointestinal symptoms including nausea, vomiting, diarrhea and abdominal pain; itching, red skin rash, hives; joint pain, and fever ( $\geq 38^{\circ}\text{C}$ ). Uncommon (may occur with up to 1 in 100 doses): Upper respiratory tract infection; dizziness, and other injection site reactions such as a hard lump, tingling or numbness. In rare cases (may occur with up to 1 in 1,000 doses), allergic reaction can occur. Your doctor may ask you to stay behind for a short time after getting the vaccine.

*This is not a complete list of side effects. If you have any unexpected effects while taking Cervarix™, please talk to your doctor.*

## Cervarix™ Dose Tracker

Ask your nurse to help you schedule your appointments using the Dose Tracker below. Usually, the second dose is given 1 month after the first, and the third is given 6 months after the first. However, if you can't make it, there's some flexibility as to when you get these doses.

### Here's how:

**Dose 1:** \_\_\_\_\_  
*(Fill in your appointment date here)*

**Dose 2:** Between \_\_\_\_\_ and \_\_\_\_\_  
*(Dosing window: 1-2.5 months after Dose 1)*

**Dose 3:** Between \_\_\_\_\_ and \_\_\_\_\_  
*(Dosing window: 5-9 months after Dose 1)*

**Unless you get all 3, you're not as protected as you can be.**



The Cervarix™ vaccine is specifically designed to help protect you against **cervical cancer**.

Remember to pick up your prescription and make sure to get all 3 doses.

**To learn more,  
visit [cervarix.ca](http://cervarix.ca).**



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