

HPV-Human Papilloma Virus Should You be Concerned?

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activity. Risk factors include starting sexual activity at an early age, with multiple partners. However, any unprotected sexual encounter can pose a risk. For many people, getting vaccinated provides an extra layer of protection. The vaccine is a series of three shots, and can be given between the ages of 9-26.

However, what's important to note is that HPV is not considered to be a sexually transmitted disease. It can occur in patients in monogamous relationships, and it is not a reflection of a lack of fidelity in your respective partner. Currently there are no capabilities to test for HPV in men as the virus is more predominant in women due to its cervical cancer link; however, the Gardasil vaccine can be given to boys as well to prevent possible future HPV infections. In boys, HPV usually presents as genital warts.

If you have further questions regarding the Human Papilloma Virus or the Gardasil vaccine series, please feel free to make an appointment with any of the providers at Cucamonga Valley Medical Group.

did you know?

Bright and dark colored fruits have been shown to be high in antioxidants, which help fight cancer cells and tumors. So next time, don't turn away from those blueberries, eggplants or red cabbage!!



Keep a Look Out CVMG UPLAND is Moving Around the Corner

CVMG is very excited to announce that our Upland location will be moving to a new building in the Summer of 2013. It is located around the corner from our current location, at 1310 San Bernardino Road Suite 105.

Our new office will be on the ground floor. Many of you may know it's location, as it is in the same building as Care for Women's Medical Group where Drs. Johnson, Vu and Forbes currently practice. Our office will be able to have three providers practicing simulta-



neously, just like our Fontana office, and will be better equipped to accommodate our disabled and handicapped patients as well.

While we are sad to bid farewell to our current Upland site, we are excited about continuing our service and care at a new facility that will better serve you, our patient community. Please keep a look out for further information and dates about our expected move.



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vital signs

No. 6 / Jan.-Mar., 2013

A Quarterly Newsletter from Cucamonga Valley Medical Group
News You Can Use for Your Health and Well Being

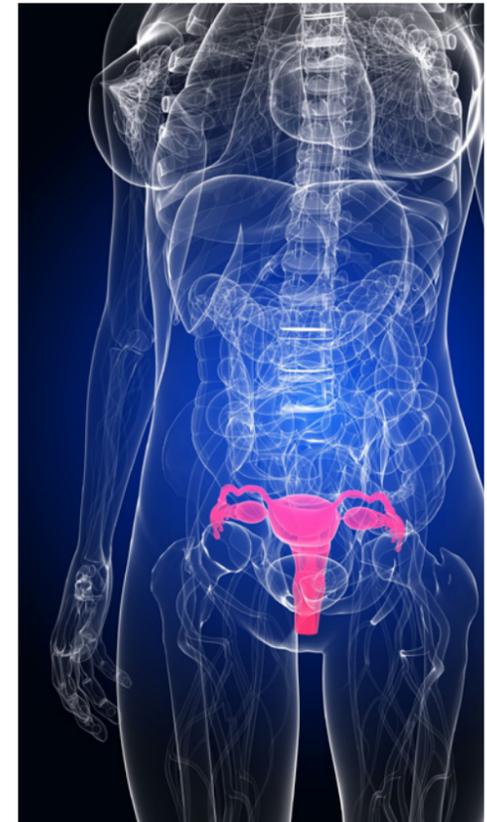
HPV-Human Papilloma Virus Should You be Concerned?

HPV, or the Human Papilloma Virus, has garnered more attention in the past few years as it's link to cervical cancer has become increasingly established. Along with the advent of a vaccine against this virus, this has become a topic of great concern to many of our patients. Hopefully this article will answer and address some of your questions.

HPV is a virus of many types. It is now often screened for in women during their annual well woman exams as part of their pap smears. A positive HPV screen does not mean you have cancer—HPV is often found in younger women, and on repeat testing, it is negative. This is something that we anticipate. However, if you have a positive HPV screen along with positive cellular changes on your pap smear, then it is recommended you follow up with an OBGYN.

The Gardasil vaccine has been developed specifically against HPV. One of the risk factors of having a positive HPV screen is sexual

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