

Like clockwork

from Dr. Laura Corio, M.D.

WOMEN'S HEALTH ISSUES

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Dealing with HVP

Human papillomavirus (HPV) afflicts the lower genital tract. It can cause genital warts, cervical dysplasia and lead to cancer of the cervix if left untreated. My patients tell me it's painful to treat to the point of being traumatic. There are several methods of dealing with genital warts for instance; the most common are cauterization (burning off) and cryosurgery (freezing off). The idea is that by inflaming the local tissue the body will be stimulated to mount an antibody response and thereby prevent recurrence. Once you've had treatment for HPV, you need to have regular checkups to catch any reoccurrences. Pap smears should be done every three months for two years. If tests come up normal then you can revert back to a typical yearly schedule.

We can certainly discuss some complementary and alternative treatments for HVP if you're interested though I want to stress that I don't recommend using them without medical supervision. They are most definitely not a substitute for standard medical care. In fact, I think they are best used as preventative measures once you've been treated and are looking to bolster your immune system.

One of the best natural changes you can make to protect yourself against HVP (and to fight cancer in general) is to become a veggie lover. Beets, carrots, fresh cabbages and asparagus contain antioxidants that have been shown to strengthen the immune system against HVP. Other top anti-cancer fruits and vegetables include: broccoli, cabbage, cauliflower, yams, pumpkin, squash, plums, blueberries, cherries, dark grapes, raspberries, pomegranate, cantaloupes, apples, lentils and beans. Some small studies with Shitake and Reishi Mushroom have demonstrated anti-viral activity against HPV and the emergence of genital warts.

Avoid eating nitrate-laden lunchmeat, hot dogs, or any foods that contain nitrate preservatives. Limit alcohol, sugar, refined carbs, junk food and white flour. Avoid rancid oils. If you must indulge in these foods, consider taking Ester C - Vitamin C to destroy the cancer causing nitrosamines that these foods produce as they digest.

Take a daily comprehensive multi-vitamin that contains selenium, chromium, all of the B vitamins, magnesium and calcium plus natural Vitamin E. Consider taking grape seed extract; herbal experts consider it to be a potent cell protector and antioxidant. Coenzyme Q10 is also thought to oxygenate cells and destroy free radicals.



Boost Your Immunity

To fight further infections, learn to be a veggie lover!



Dr. Corio's Resources

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PEARLS

The Question: Can pass on HPV to my partner?

Dr. Corio Says: Some sobering information about this virus: Experts believe that some 70 percent of the adult population in the U.S. is infected with some form of HVP – if not a far higher percentage. It's most often detected in women through tests like a pap smear but the male partners of an infected women are highly likely to test positive for the virus as well. Barrier contraceptives such as condoms are not 100 percent effective in preventing transfer of the virus; viral infection can occur from any type of sex including anal and oral sex. Either gender may carry the virus for years without ever knowing they are infected because there is typically no sensation of discomfort unless there are warts around the anus; visually the infected tissue does not look very different and must be examined carefully by a medical professional. Up to 80 percent of all cervical cancer in women has been shown to occur in association with HPV. These are the facts and why I believe it is so important to consider vaccination for young girls and why women – and men -- of all ages must be checked on a regular basis.

The Question: Should boys receive HPV vaccination?

Dr. Corio Says: Two HPV vaccines, Cerarix and Gardasil, are licensed by the FDA and recommended by CDC. Both are very effective against HPV types 16 and 18, which cause most cervical cancers so both vaccines prevent cervical cancer and precancer in women. However, only Gardasil protects against HPV types 6 and 11, the HPV types that cause most genital warts in females and males. The CDC recommends that all girls who are 11 or 12 years old get the 3 doses of either brand of HPV vaccine but didn't add HPV vaccination to the recommended immunization schedules for males because studies suggest that the best way to prevent the most disease due to HPV is to vaccinate as many girls and women as possible. Parents of boys can decide if Gardasil is right for their sons by talking with their sons' health care providers. Gardasil is effective for males ages 9 through 26 years. Anyone regardless of gender who has already had sexual contact before getting all 3 doses of an HPV vaccine might still benefit if they were not infected before vaccination with the HPV types included in the vaccine they received. The best way to be sure that a person gets the most benefit from HPV vaccination is to complete all 3 doses before sexual activity begins.

Doctor & Office Hours

Doctor's Hours

Monday	12:00 PM-6:00 PM
Tuesday	9:00 AM-3:00 PM
Wednesday	9:30 AM-2:30 PM
Thursday	8:00 AM-2:00 PM

Office Hours

Monday	10:00 AM-5:00 PM
Tuesday – Friday	9:00 AM-4:00 PM

Make an Appointment

Call 646-422-0730 during our normal office hours.



News Flash

Researchers from Dartmouth Medical School believe they have uncovered a link between HPV and a higher risk of developing squamous cell carcinoma, the second most common form of skin cancer. While the correlation piqued researchers' interest, it's too early to make blanket statements about whether HPV leads to or causes skin cancer; they do know for certain that it doesn't in every single case. Instead, they call for more research to pinpoint which forms of skin cancer are most likely related to HPV and thus most likely to be prevented from treatment or even early vaccination. If you've already been diagnosed with HPV, it's smart to add routine, annual skin checks to your medical to-do list to make sure skin cancer doesn't make a surprise appearance. Actually, you should be doing this no matter what.

Sources for newsletter: CDC, NIH.gov, uptodate.com