

**Podophyllin** - This plant extract is applied directly to warts once a week by a physician. This liquid eventually destroys areas affected by the virus, but it must be completely washed off four to six hours after it is applied so surrounding tissues do not become damaged. This medication cannot be used during pregnancy.

**Surgery** - Large or extremely resistant warts may require surgical excision or laser surgery.

**Follow-up tests must be done for immediate detection and removal of new growths.**

### Prevention:

**To avoid infection, avoid getting re-infected and avoid infecting others:**

- Abstain from sexual activity or delay first sexual contact.
- Limit your number of partners and use condoms for all sexual contact.

**.Ensure you and your partners get tested regularly.**

Women should have regular Pap tests because of the link between genital HPV and abnormal Pap results.

**Get IMMUNIZED!** A vaccine is available for **women and men** to help prevent genital warts and cervical cancer. Ask your doctor for a prescription which is 80% covered by CUSA drug plan. For more info check [www.hpvinfos.ca](http://www.hpvinfos.ca).

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)



613-520-6674  
[carleton.ca/health](http://carleton.ca/health)  
2600 CTTC Building



## What are Genital Warts?

- Genital warts are found on the genitals and in the surrounding area, around the anus, or sometimes, in the mouth.
- Genital warts are a very common sexually transmitted infection.

Canadian doctors are NOT required to report genital wart cases.



## What are the causes?

- Genital warts are caused by the highly contagious human papilloma virus, commonly known as HPV.
- Genital warts take between three weeks to six months to appear (three months on average).

## What are the symptoms?

- There are few or no symptoms for up to six months .
- Genital warts first appear as tiny, almost invisible growths in moist body areas, such as the genitals, the anus and the mouth.

- Genital warts are generally soft, fleshy and painless. However, they can also cause itchy and painful irritation, and may produce a bad-smelling discharge. They can also cause pain during intercourse and urination.
- Despite treatment of warts, most people have recurring symptoms.

People carrying HPV can transmit the virus to someone else, regardless of whether or not they are showing visible symptoms.

## How are genital warts diagnosed?

- A physical examination by a doctor is usually enough to diagnose genital warts, given their characteristic shape and size. Weak acetic acids may be used to help verify whether warts are present.
- Genital warts are often associated with other STIs, such as vaginitis, gonorrhea, syphilis, and chlamydia. So, a doctor may run further tests.
- People who suspect they have been infected should see a doctor right away, even if there are no visible signs of the virus.



## The following people may be at risk for genital warts and should be examined by a doctor:

- Anyone who has more than one sexual partner.
- Anyone who has sexual contact with a person who has multiple sexual partners.
- Anyone who has a sexual partner infected with genital warts.
- Being infected with the virus once does not make someone immune to genital warts. Re-infection is possible after re-exposure to the virus.

## How are genital warts treated?

- Treatment of genital warts can be difficult. Re-occurring symptoms are common, even after treatment. The success of treatment is largely reliant on patience and regular application of the prescribed medication.
- There are various techniques for removing genital warts, depending on how widespread the infection is and how the warts react to treatment:

**Cryosurgery** - This involves freezing the warts with liquid nitrogen in a doctor's office or medical centre once a week until the warts have completely disappeared.