

Mayo Clinic Minute: Protecting kids from cancer with HPV vaccine

As the back-to-school checklist grows, one detail that parents and caregivers should prioritize is ensuring all children have their appropriate vaccines.

Mayo Clinic's [Dr. Kim Barbel Johnson](#) says the HPV vaccine should be part of a routine vaccination schedule. It's a preventive measure that can save lives later.

Video	Audio
Kim Barbel Johnson, D.O. Family Medicine Mayo Clinic	"HPV causes a number of cancers. We think of it causing cervical cancer in women, but it also causes vulvar cancer, vaginal cancer, head and neck cancers. And so there are about nine strains of this virus that we know causes a number of cancers."
	It's the most common sexually transmitted infection in the world.
Kim Barbel Johnson, D.O. Family Medicine Mayo Clinic	"We have an opportunity to prevent our children from getting cancer down the road. "
	And that is with vaccination, says Dr. Kim Barbel Johnson.
19:13 = 19:29 Kim Barbel Johnson, D.O. Family Medicine Mayo Clinic	"We want to really take advantage of every opportunity that we have prior to increasing exposure risk. And so the recommendation is that we start to vaccinate our boys and girls, somewhere between 11 and 12. It can be as early as 9."
	The goal is to provide the vaccine before people are exposed to HPV. Dr. Barbel Johnson says the vaccine is safe and works.
Kim Barbel Johnson, D.O. Family Medicine Mayo Clinic	"The data continues to prove that we are doing right by our children — and by young adults — by vaccinating them."
	For the Mayo Clinic News Network, DeeDee Stiepan.