

12 Causes of HPV in Men

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Why should a person know about HPV? Today, HPV is the most common (STI) in the United States. There are more than 40 types, that can be acquired through vaginal, oral, anal, and skin-to-skin contact.

Research as of late shows that about half of men in the United States have active genital Human Papillomavirus, commonly called HPV. This same study notes that nine in ten men who are eligible for the vaccine are not getting it.

This virus is so important to be aware of because while it causes very few issues early, later on, it can cause six or more different types of cancer- to name a few: cervical, anal, penile, genital, oral, head, and neck cancers. Genital warts are another unfavorable consequence of catching this virus. Finally, the highest-risk types of HPV for causing cancer often present no warning signs or symptoms at all.

1. Skin to skin contact

Not many things are quite as contagious as the prevalent and prevailing HPV STI. The contraction of [HPV](#) can only be controlled through abstinence. Monogamy is helpful at reducing risk. Condoms can help to reduce risk, but they are not 100% effective since HPV is spread through skin to skin contact.

One recent study showed that young individuals who recently began to engage in sexual activity had a 70% lower chance of HPV infection with 100% condom use, compared to those who used condoms less than 5% of the time. There is a chance that the body's immune system can suppress the virus, but, it may lie dormant and pop up later on in life.

The American Cancer Society estimated that in 2017 about 2,100 men would be diagnosed with penile cancer and about 3,000 with anal cancer. According to the CDC, penile cancer screening tests are not available currently.

2. Oral Sexual Conduct

Oral sex used to sound good... now, news such as- increasing rates of HPV have been noted as being transmitted to partners through oral sex- make it... a much more cautious area to explore. Most cancers found at the throat back and near [tonsils](#) are HPV related.

More than thirteen thousand cases are diagnosed each year. Sure, oral sex is great... but this sneaky agent (HPV) won't let you get away with anything! And with frequently zero symptoms, you're left in the dark when it comes to detecting this in a partner.

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Even a test conducted at a medical center may show no trace of HPV, while later it could pop up again. This is because the body's immune system often will suppress the virus. It can still rear its ugly head down the line, though; and at those times, it is absolutely transmittable. Be careful, and know your partner.

3. Vaginal Intercourse

Vaginal intercourse... you probably thought that phrase was fun before reading this article. This article is chocked full of the 50%/50% chance you have of picking up HPV, passing it on, realizing you have it, or (worst case scenario) realizing you have one of the life-threatening symptoms of it... cancer.

Testing, testing, [condoms](#), abstinence, more testing, monogamy, seeing your partner's test results, and sharing this kind of information with each other is of the utmost importance. Cervical cancer was found in 2011 with its highest rates in Hispanic, second highest in African-American, third White, and fourth Asian.

These rates are given here simply to display the vast array of the scope of HPV, as well as the lack of boundaries when it comes to race and gender. The details in this article paint a picture of the dangers of sexual apathy, promiscuity, and/ or having multiple partners.

4. Anal Intercourse

Anal Intercourse – Anal sex seems to be all the rave since Gen Z (those born from the mid-1990s to the mid-2000s), but... the risk of contracting HPV is made higher through anal sex. So if you thought this was the safe route... think again.

While there is no standard HPV test for men to detect high-(cancer) risk strands, lately doctors are urging anal Pap smears for sexually active [homosexual](#) and bisexual men due to the sheer prevalence. These tests can pick-up on any abnormal cells in the anus to try to catch problems early.

HPV associated anal cancer rates were found in 2011 highest in first white, second highest in black, third Hispanic, fourth American-Indian/Native, and fifth-highest in Asian/Pacific Islanders. Also, more commonly in women than men. Swollen lymph nodes in the anal area, changes in bowel habits, anal bleeding, pain, or itching are all symptoms of anal cancer.

5. Homosexual Intercourse

The risk of anal cancer is made about seventeen times higher from homosexual male behavior, compared to heterosexual male behavior. HIV also increases the risk of contracting HPV. There is no treatment for HPV. Because HPV is a [virus](#), it can only be suppressed by the body's immune system, but may later reappear.

The medical treatment teams may simply be able to treat some of the symptoms that are caused by this potentially-deadly, detrimental, and prolific virus. Rates of HPV have continued to rise since its first detection,

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to make this the most common sexually transmitted infection in the USA. Luckily, scientists have developed vaccines, that are unfortunately being severely underutilized.

Even still... these vaccines don't cover the gamut of all the strands of HPV out there that can get you. They are still surely worth the pocket change to get.

6. Heterosexual Intercourse

It's been said that nearly all men will have this virus at some point in their lives. Guy, girl, or others... doesn't make a difference to HPV. Race, ethnicity, type of sexual activity (good old fashioned mission-style heterosexual included), and age are all fair game to HPV.

Immune system strength and health are actually one of the greatest defenders after abstinence, monogamy, and 100% condom usage. It can help protect your body from further destruction and havoc that this virus can wreak on an individual and their loved ones.

Genital warts, as mentioned earlier in this article, are one of the symptoms of HPV in men (and women). Treatment for these includes cream, laser, or surgical removal. This is regardless of the transmission route. Vaccines, as mentioned throughout this article, are another defender. The more defenses you have, the better!

7. Bisexual Intercourse

Bisexual intercourse means to have sex with both men and women. HPV chances increase seventeen times for bisexual behavior. Vaccinations may be this category of sex's best bet for beating the HPVs. Some of the top reasons given for parents not vaccinating their boys are that it wasn't "recommended", or that it wasn't "needed or necessary", and finally "lack of knowledge"

These words will hopefully help change people's minds and get them thinking about these vaccines that were once so popular when they first came out. Again, abstinence is the only sure-fire way to stay away from this potentially deadly virus, but... a vaccine can't hurt your chances, right!? You may be thanking yourself later on down the line if you get it done early on in life. It's never too late, though! Ages 11-26 in men are recommended for one of these available vaccines.

8. Any sexual contact

The information provided in this article seems to provide a persuasive argument for monogamy, condom use, and abstinence to support health. While some forms of these cancers caused by HPV may be rare, many of the other types are proliferating in the United States and abroad.

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If you already have HPV, a few tips to help your body fight the virus include: stop smoking, avoid oral contraceptives- as these have been linked with an increased likelihood of cancer in individuals who already have HPV, and thirdly, take [B vitamins](#) (such as B12 and Folic acid-MTHF) and vitamin E.

Some studies show that if you already have HPV, you have good chances that within eight months, your body will clear the virus... in fact, in 50% of cases this is predicted, and 90% of cases within two years. This is not guaranteed, though. And it can still come back later if your immune system weakens.

9. Weak Immune Function

Men with weak immune function are more likely to experience HPV infection than those with healthy immune systems. Similarly, those men with vulnerable immune systems also have a harder time clearing the virus as well. Unfortunately, there is no known cure for HPV, and infected men often experience recurrences of the disease later in life when the immune system is low.

Those men infected with HPV should consider boosting their gut health to improve their chances of clearing the disease faster. Introduce a probiotic supplement to your diet that contains as many live strains of healthy bacteria as possible. Remove any refined sugar and processed foods from your diet to reduce intestinal [inflammation](#).

Over 70-percent of our immune system resides in our GI tract. Therefore, if you want the best chances of recovering from HPV infection, include foods in your diet that contain prebiotic fiber to enhance gut biome health and improve digestion.

10. Promiscuity

Men who live a promiscuous [lifestyle](#) are the highest risk group for contracting HPV. The chances of infection increase if you're a man between the ages of 19 and 26-years old. As one of the most prevalent STI's in America, HPV infections are becoming a serious problem in many communities across the United States.

Men in the highest age risk group tend to be risk-takers themselves. Instead of preparing for sexual encounters, they may choose to engage in unprotected sex with another partner more readily than older men.

Abstinence is the only real solution for men infected with HPV. Until the contagious symptoms clear and the virus shows no signs of appearing in blood tests, its best to stay away from sexual contact with anyone.

Even if your blood test comes back negative for HPV, it's vital to realize it could recur at some stage in the future. Always use protection for the sake of your health and that of your partner as well.

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11. Poor Diet and Lifestyle Choices

As previously mentioned, the majority of our immune cells reside in the gut. Men who lead sedentary lifestyles void of exercise and filled with poor food choices are more likely to have weak immune systems prone to infection. Fast food, soda, alcohol, smoking, and sugar products all play a significant role in increasing intestinal inflammation.

If left untreated, this inflammation affects biome health, the trillions of live bacteria living in your GI tract. As a result, your immune system cannot deal with the HPV virus and has a difficult time creating enough white blood cells to fight off the infection.

The best way to fight the infection is to ensure you're eating a nutritious [diet](#) and getting enough exercise. Speak to your doctor and ask them to recommend a nutritionist and personal trainer if you have no nutritional or workout experience. Working with a professional will help to reduce your learning curve and get you on the fast track to good gut health.

12. Previous STI Infection

A medical history of a previous infection with a sexually transmitted disease is one of the risk factors involved in the cause of HPV in men. Individuals living with an [STI](#) already experience low immune function due to struggling to fight off the existing infection.

When another invading pathogen, viral, fungal, or bacteria enters the body, it battles to resist the disease and is more likely to risk further infection. Men should take a proactive approach to their sexual health. Consider arranging a quarterly or bi-annual doctor's appointment, depending on your level of promiscuity. Let your medical professional screen for any STI's and give you peace of mind.

It's important to note that condoms aren't always a practical solution at stopping the spread of STI's. Never have sexual contact with a partner while the virus shows in your blood tests. Even if you have protected sex, there's still a high chance they can contract HPV from your other body fluids.