Chapter 9
Recommendations

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- Multicentric studies should be carried out in different parts of India using urine samples among normal asymptomatic women. Even though urine samples are 10-15% less sensitive compared to cervical samples in detecting genital HPV infection, for large epidemiological surveys this is an ideal mode of sampling.
- Health education programmes should be initiated among rural Indian women and great care should be undertaken in communicating the information without creating unnecessary anxiety and fear. Women should be motivated to follow healthy lifestyle and maintain sexual and menstrual hygiene.
- Public health initiative in sexual and reproductive education of Indian population can lead to fall in morbidity and mortality due to cervical as well as other genital cancers.
- Through newspapers, radio and television Indian population should be educated regarding the asymptomatic nature of the infection, need for screening and importance of personal hygiene especially during menstruation and after sexual exposure.
- Women detected to be positive for high-risk HPV infections should be followed up long-term and at the onset of pre-neoplastic changes they should be managed as per guidelines.
- A hospital-based study comparing uncontaminated urine drained by the indwelling catheter and self-collected urine sample from the symptomatic

population has to be undertaken to demonstrate the predilection of the virus to the anogenital tract.

- Few studies from Europe and the United States detected HPV-DNA after disinfection of endovaginal probes using common disinfectants. In Indian set up, such studies will be helpful in preventing the acquisition of hospital acquired HPV infections. Infertility centres and Gynecology clinics where transvaginal ultrasonograms are frequently used, hospital disinfection policy should be modified accordingly.
- Natural history of oral HPV infection is poorly understood and worldwide an increase in HPV-associated oropharyngeal cancers has been observed. HPV-associated tumours are more prevalent among non-smokers and demonstrates a better response to treatment modality and higher five-year disease free survival rate. Noninvasive samples like oral fluid is a promising alternative for detection of HPV. Hospital-based studies from India will give more information on the HPV prevalence and predominant types in head and neck cancer cases.