

# Pain Medicine

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## An exercise intervention to reduce adverse events with HPV vaccination

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**Introduction:** Human papillomavirus (HPV) has been identified as a necessary cause of cervical cancer, but is uniquely vaccine preventable. HPV vaccine programs face several challenges such as high rates of local adverse events (AE) and psychogenic response which may reduce vaccine acceptance and contribute to low coverage rates. Exercise at the time of vaccination has been investigated for its potential to adjuvant the immune response, which would be a valuable effect in multi-dose vaccines such as HPV. Notably, exercise may also provide analgesic effects to reduce pain and alter the occurrence of AE.

**Method:**

**Notes:**