



HPV & AHCC

HOW A UNIQUE MUSHROOM-BASED SUPPLEMENT CAN HELP CLEAR HIGH-RISK HPV FROM THE BODY

By Sara Lovelady

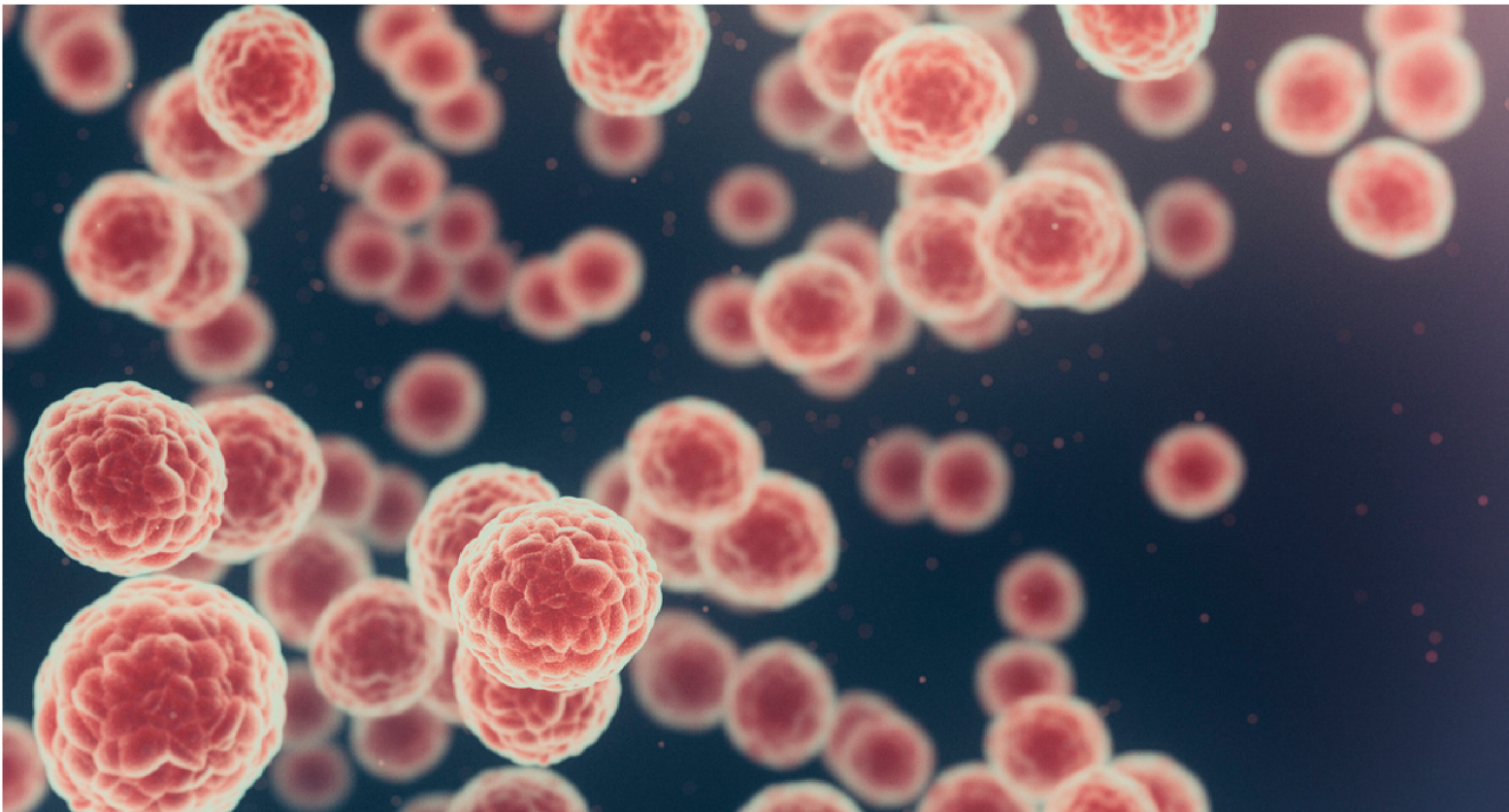
A [new study](#) from the University of Texas-Houston shows a proprietary mushroom-based nutritional supplement can speed the body's ability to clear high-risk HPV – an invisible infection that affects tens of millions of people and causes six types of cancer.

HPV stands for human papillomavirus, a group of 200 related sexually transmitted viruses. You can contract HPV from vaginal, oral, or anal sex – even from someone with no symptoms. Condoms lower but don't eliminate the risk of HPV transmission.[1]

Most variants of HPV are harmless, but some produce

warts around the genitals, anus, mouth, or throat. Others, called high-risk HPV, can set off cell changes that, if left untreated, can lead to cancer of the cervix, vagina, vulva, anus, penis, and throat. There are 14 kinds of high-risk HPV, but two, HPV16 and HPV18, cause most HPV-related cancers.

Importantly, precancerous changes in the cervix rarely cause symptoms, which makes screening through regular pap smears crucial. Precancerous lesions elsewhere in the body may cause itching or bleeding. If an HPV infection progresses to cancer, the cancer can also cause bleeding or swelling.



Infection with HPV is extremely common. In fact, most sexually active people in the United States – about eight in ten – get HPV by age 45.[2] Around half of these infections are with a high-risk form of HPV. This means that 40% of sexually active adults will have been infected with a cancer-causing HPV strain by midlife.

You're probably wondering, "Does HPV go away?" The good news is that in most cases, your immune system clears the infection, meaning HPV goes away with no treatment. This is especially true for young people with strong immune systems.

However, if your immune system can't contain the infection, it becomes chronic. That's when problems start. About 10% of women with HPV infection on their cervix will have a recurrent HPV infection, which puts them at higher risk for developing cancer.[3]

A high-risk HPV infection that lasts for years can lead to DNA damage that may eventually worsen and progress to cancer.

Because HPV is so widespread and usually causes no symptoms, it's difficult to pinpoint what percentage of HPV turns to cancer.

One way to assess the danger of HPV is to look at what percentage of cancers are caused by the virus. According to the National Cancer Institute, high-risk HPV causes about 5% of all cancers worldwide.[4] That percentage skyrockets when looking at the specific types of cancer that high-risk HPV causes, though. For example, HPV is estimated to cause:[5]

HPV-Associated Cancers

91% of cervical cancer cases

91% of anal cancer cases

75% of vaginal cancer cases

70% of oropharyngeal cancer

69% of vulvar cancer cases

63% of penile cancer cases

HPV infection can be prevented with the Gardasil vaccine, which is estimated to be 90% effective.

It is usually given to children aged 9 to 12 and sometimes to teens and young adults. However, the vaccine is not recommended for people over 26 and does not cure an infection once you already have it.[6]

The most common strategy for treating an HPV infection is "watchful waiting." If your HPV infection was discovered through cervical screening, your OB-GYN will continue to monitor your cervix to make sure the infection doesn't begin to cause cellular damage, called cervical dysplasia. However, there are no active medical interventions to treat HPV, which may lead you to feel helpless over your infection. Until recently, there have been no supplements shown to help clear HPV either.

Thankfully, if you an HPV infection, you no longer have to just watch and wait, thanks to a study conducted at the University of Texas-Houston on a proprietary mushroom-based supplement called AHCC®.

AHCC is a natural supplement



ABOVE
The study published in *Frontiers in Oncology* was conducted by researchers at UTHealth and McGovern Medical School in Houston, Texas.

AHCC is the only medicinal mushroom to be clinically validated to help eradicate HPV

derived from medicinal mushroom mycelia (roots). It has been shown in more than 30 human clinical studies to support healthy immune function in a variety of populations, ranging from oncology patients, to those suffering from chronic Lyme disease, fibromyalgia and chronic fatigue syndrome, to individuals battling infections such as hepatitis C and the common flu.

The latest study, a phase II randomized, double-blind, placebo-controlled human clinical trial led by Dr. Judith A. Smith, found AHCC significantly boosted the body's ability to clear an HPV infection. How long did it take for AHCC to clear HPV? The researchers found it worked in six months.[7]

For this study, 50 women with confirmed persistent high-risk HPV infection were divided into two groups. Half the participants took 3 grams of AHCC per day for six months followed by placebo pills for six months. The other half took placebos for the entire 12 month period. Every three months, the patients were evaluated for HPV infection.

In this patient population, the expected clearance rate of HPV infection with no intervention is low: zero to 10%.

After six months, an impressive 58.8% of the women taking AHCC had cleared the infection, while only two patients (10.5%) in the placebo group had after 12 months. Researchers also found that AHCC helped lower IFN-beta, a cytokine that is typically elevated in chronic viral infections. The specialty mushroom extract was well tolerated.

AHCC is the only medicinal mushroom that has been clinically demonstrated to help eradicate HPV. It is not interchangeable with other medicinal mushrooms because it has been specially developed and processed to maximize its immune-boosting capacity.

AHCC is made by cell culturing a specific subspecies of mushroom identified by Japanese scientists several decades ago to have the greatest ability to increase natural killer cell activity.



Its molecular weight has been reduced using a patented enzymatic process to improve its absorption and clinical efficacy. Every batch of AHCC is subjected to DNA pattern testing to confirm its identity (in other words, to ensure it is genuine AHCC). These innovations make AHCC unique among medicinal mushrooms.

AHCC is available from multiple nutritional supplement companies, but steer clear of fake products using different names yet claiming similar benefits. Only genuine AHCC has been clinically tested and found to help clear HPV. ■

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