

## Cervical Dysplasia Package Insert - English

### **HPV, Cervical Dysplasia, and Genital Warts**

The *Health Science Report*<sup>™</sup> provides comprehensive research in a user-friendly fashion. Just select from the **Research Topics on the adjacent gray column** for easy viewing of important articles.

If you have **HPV** (human papilloma virus), **cervical dysplasia** (abnormal Pap smear), **genital warts**, or **plantar warts**, you've come to the right place. HPV is the only proven cause of cervical cancer, and is implicated in chronic urinary tract infections, vaginosis and vaginitis (with vaginal discharge).

Through intensive research, Dr. Joe Glickman, Jr., M.D. has created an all-natural, holistic, Aloe vera-based supplement called Beta-mannan<sup>™</sup>. Since its development in 1996, Beta-mannan<sup>™</sup> has safely eliminated HPV-related illnesses in only 90 days in the vast majority of cases for thousands of men and women who have followed the treatment recommendations with Beta-mannan<sup>™</sup>.

You're not alone. Everyday thousands of people learn they have an illness related to HPV. HPV is the only known cause of cervical dysplasia, genital warts, and plantar warts. In fact, a recent study completed at Washington State University showed that 32% of the female college students had HPV. Many are told that surgery is the only option. The good news is that Beta-mannan<sup>™</sup> has worked for thousands of people, eliminating the need for surgery, uncomfortable procedures, and dangerous drugs.

How does Beta-mannan<sup>™</sup> compare with cervical dysplasia surgical procedures (such as the LEEP procedure, cryotherapy, cone biopsy, and laser vaporization)?

Beta-mannan<sup>™</sup>:

- All natural, Aloe vera-based, holistic, alternative treatment.
- Higher success rate based on feedback from thousands of customers since 1996.
- Consultation available with many previous patients easily by email.
- Reasonably priced.
- Convenient, painless, and safe use of capsules for 90 days, both orally and vaginally.
- 100% money-back guarantee.

Surgery and related uncomfortable procedures:

- Typical significant risk factors related to any surgery.
- Specific risks of cervical stenosis and infertility.
- Specific risks cervical incompetence and miscarriages.
- Inconvenience, recuperation, and discomfort for 6-8 weeks.

- Usually no previous patients with whom to consult.
- Expensive with no guarantees.

Just as Beta-mannan™ compares favorably with cervical dysplasia treatments, it also compares favorably with traditional genital wart treatments such as cryotherapy, laser therapy, Aldara (imiquimod), podophyllin, and trichloroacetic acid. It is used both orally and topically for genital warts as described in treatment recommendations with Beta-mannan™.

Just select from the **Research Topics on the adjacent gray column** for easy viewing of important articles.

### **Beta-mannan™ for cervical dysplasia or vaginal HPV infection**

For cervical dysplasia or vaginal HPV infection, I recommend that both partners take 4 caps/day orally, for 90 days; the woman also needs to use one capsule twice a day vaginally, except during menstruation. I recommend treatment for both partners in an effort to develop immunity in each. However, partner treatment is not mandatory and has no negative effect whatsoever on the one being treated.

It is best to take one capsule 4 times per day orally, but taking them all at once is still effective. For those who have difficulty swallowing capsules, the capsules may easily be chewed up after allowing them first to soften in the mouth for a few minutes.

In addition, women should use Beta-mannan™ as a vaginal suppository morning and evening, except during menstruation. When used as a vaginal suppository, the gelatin capsule will usually dissolve within a few hours (as a result of body temperature and moisture). The capsule will coat the cervix and vaginal walls with Beta-mannan™, which will become a white, paste-like substance. In other words, the contents of the capsule will not dissolve completely, but the outer capsule usually will dissolve. A whole, unopened, capsule should be inserted with the fingers about 2 inches into the vagina, similar to inserting a tampon. Sharp or long fingernails should be filed down or rubber gloves should be used to avoid scratching the vagina or cervix.

Beta-mannan™ may seem a little messy during sex. If you find that the gelatin capsule is not dissolving or that you want to avoid the whitish paste that discharges over the following couple of days, try the douche method. Simply empty one capsule of the Beta-mannan™ into 2-4 tablespoons of hot water (to aid in dissolving the Beta-mannan™) and stir it up with your fingers. Then use only those 2-4 tablespoons as a douche, morning and evening, making sure first that the solution has cooled down to a luke-warm temperature. Only prepare this solution as you need it and not in advance of the time you plan to use it.

If the capsule is dissolving fine, but the Beta-mannan™ builds up and does not discharge adequately throughout the day, you should douche once a week to clean out the excess, using a warm water douche.

After 90 days of treatment, get another Pap to confirm that the cervical dysplasia is gone. This treatment regimen for a woman with cervical dysplasia requires 3 bottles of Beta-mannan™ per month for 3 months: 2 bottles to be taken orally, and one bottle to be used vaginally per month, for a total of nine bottles over the 3 month period. If she also has external genital warts, she will need one additional bottle per month to use for topical application to the warts. There are 60 capsules per bottle.

Stop the vaginal use of Beta-mannan™ at least 10 days before your Pap or Digene Hybrid Capture® HPV DNA Test. You may use a douche, if necessary, to wash out any excess Beta-mannan™ so that your doctor will be able to see the cervix more easily, but do this at least 10 days prior to your Pap. Beta-mannan™ is usually successful in cases of cervical dysplasia and/or genital warts when used (1) orally, and (2) topically (for warts in men or women), and (3) vaginally (in women). It is not necessary to use Beta-mannan™ vaginally during menstruation.

### **Beta-mannan™ for warts**

For warts, a topical suspension of Beta-mannan™ should be applied 3 times/day, in addition to taking the Beta-mannan™ orally 4 caps/day. To make a topical suspension for warts, mix the contents of 2 capsules into one teaspoon of gel such as KY Jelly, Vaseline or 100% pure aloe vera gel without perfumes or dyes, usually available at a health food store or pharmacy), This should be enough for the 3 topical applications for the day. Mix up a fresh suspension of gel daily.

Beta-mannan™ is most effective when it is used alone and not in conjunction with other treatment regimens. It usually takes 2-3 months for immunity to develop to HPV using Beta-mannan™. In the meantime, the warts may continue to grow and new warts may form. Once immunity develops, all the warts should be gone within a few weeks, even the ones not treated topically.

Depending on the accessibility and sensitivity of the warts, it helps to gently file down a few warts (unless the warts are on the face), with a fingernail file each day prior to application of Beta-mannan™. This helps expose the HPV to the immune cells by tearing up a few cells. The amount of filing should be minimal and does not need to be done to every wart. The objective is not to file away the warts, but just to rough up the skin of some warts once a day for better exposure of the HPV virus to the immune system.

This treatment regimen for a man with genital warts requires 3 bottles of Beta-mannan™ per month for 3 months: 2 bottles to be taken orally, and one bottle to be used topically as a suspension on the genital warts.

A woman who has genital warts almost certainly has HPV on her cervix, even if no dysplasia is present, and should use Beta-mannan™ orally and topically as well as vaginally (unless pregnant), one capsule inserted twice daily. This requires an additional one bottle per month for a woman; i.e., a total of 4 bottles per month for 3 months.

This treatment regimen for a man, woman, or child (8 years and older) with only plantar warts requires 3 bottles of Beta-mannan™ per month for 3 months: 2 bottles to be taken orally, and one bottle to be used topically as a suspension on the warts. For children, always mix the capsule contents with food. For children 2-7 years old, 2 bottles per month for 3 months is required: 1 bottle to be taken orally, and one bottle to be used topically.

### **Carcinoma in situ**

I want to point out that this information about Beta-mannan™ is based on experience with cervical dysplasia, not carcinoma in situ or cancer of the vulva. If the Pap smear or biopsy shows true cancerous cells (carcinoma in situ or invasive carcinoma) rather than dysplastic or precancerous cells (of cervical dysplasia), then those cancerous cells must be removed by the appropriate surgical procedure. In this case, LEEPs and cone biopsies are the most commonly used procedures, or, in cases of cancer of the vulva, excision of the lesion. Beta-mannan™ should then be used to

prevent a recurrence. Do not rely on Beta-mannan™ to cure cancer. However, you should take Beta-mannan™ to get rid of the HPV which is the primary cause.

**CHILDREN -- Treatment recommendations**

For HPV, cervical dysplasia, genital warts, and other HPV-related diseases.

Click on the condition below for treatment details. Review the columns at the right to determine the number of bottles needed for initial treatment and preventative maintenance.	Beta-mannan™		
	TREATMENT (required before preventative maintenance)		AFTER TREATMENT (preventative maintenance)
	Bottles per month	Total bottles	Bottles per month
Flat warts	2	6	0
Laryngeal papillomatosis	1	3	1
Oral warts	1	3	1
Plantar warts	2	6	0

**MEN -- Treatment recommendations**

For HPV, genital warts, and other HPV-related diseases.

Click on the condition below for treatment details. Review the columns at the right to determine the number of bottles needed for initial treatment and preventative maintenance.	Beta-mannan™		
	TREATMENT (required before preventative maintenance)		AFTER TREATMENT (preventative maintenance)
	Bottles per month	Total bottles	Bottles per month
Flat warts	3	9	0
Genital warts	3	9	0
Laryngeal papillomatosis	2	6	1
Lichen sclerosis	3	9	1
Oral warts	2	6	1
Plantar warts	3	9	0
Prevention only, after primary treatment for warts or treatment for carrier state, or without recent history of warts	1	Indefinitely	1
Suspected carrier state	2	6	1
Urethritis	3	9	1

## **NON-PREGNANT WOMEN -- Treatment recommendations**

For HPV, cervical dysplasia, genital warts, and other HPV-related diseases. <b>Click on the condition below for treatment details. Review the columns at the right to determine the number of bottles needed for initial treatment and preventative maintenance.</b>	<b>Beta-mannan™</b>		
	<b>TREATMENT (required before preventative maintenance)</b>		<b>AFTER TREATMENT (preventative maintenance)</b>
	<b>Bottles per month</b>	<b>Total bottles</b>	<b>Bottles per month</b>
Cervical dysplasia without external genital warts	3	9	1
Cervical surgery with cervical dysplasia and external genital warts	4	12	1
Cervical surgery with cervical dysplasia without external genital warts	3	9	1
External genital warts with cervical dysplasia	4	12	1
External genital warts without cervical dysplasia	4	12	1
Flat warts	3	9	0
Laryngeal papillomatosis	3	9	1
Lichen sclerosis	4	12	1
Oral warts	3	9	1
Plantar warts	3	9	0
Prevention only, after primary treatment for genital warts, cervical dysplasia, treatment for carrier state, or without recent history of genital warts or cervical dysplasia	1	Indefinitely	1
Suspected carrier state	3	9	1
Urethritis	4	12	1
Vaginitis	4	12	1
Vaginosis	4	12	1
Vulvar dysplasia (VIN)	4	12	1
Vulvar vestibulitis syndrome	4	12	1

### **Nutrition and smoking effects on the immune system**

A strong immune system is critical to fighting HPV or any viral infection. Most importantly, to protect your immune system, it is helpful to avoid smoking (tobacco and marijuana). Second only to chemotherapy, smoking is the most damaging health hazard to the immune system. If you smoke, you MUST stop smoking. I am reminded of the well-known Bible verses in Deuteronomy 30:19-20 in which God says: "I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and

your descendants may live; that you may love the Lord your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days.”

Good nutrition is important to support the immune system, so be sure to take adequate vitamin and mineral supplements, omega-3 free fatty acids, and adhere to a high fiber diet. The simplest way to get enough fiber and some omega-3 free fatty acids is by eating 10 tablespoons of freshly ground flax seeds per day mixed with orange juice or sprinkled on cereal. Flax seeds are available in most health food stores for \$1 per pound. Use a simple \$20 coffee grinder available from most discount stores for grinding the seeds. Start off with 1 tablespoon of ground flax seeds per day and gradually build up, over a 2-week period, to 5 tablespoons twice a day.

Since HPV can be spread by any skin-to-skin contact, it may be helpful to wash your hands, before and after using the bathroom, and cleaning your fingernails with a scrub brush and soap. Herpes is not as easily transmitted as HPV, but good personal hygiene will also minimize the risk of transmission for herpes.

Most Beta-mannan™ treatment failures occur in people who (1) smoke, or (2) have serious immune system problems characterized by allergies, frequent illnesses, or autoimmune disorders. In these cases, it sometimes takes 180 days or longer to see results with Beta-mannan™.

### **Partner considerations and HPV**

Many women ask if their partners can keep reinfesting them after the woman is cured of cervical dysplasia or genital warts, and if their partners should be treated.

For a woman, after surgery, after using Beta-mannan™, or after no treatment at all, whichever course is taken, she will either develop immunity or she will not. She is more likely to develop immunity using Beta-mannan™ than with surgery. If she develops immunity, then she cannot catch the same HPV type from her partner and she is no longer contagious for that HPV type. She is cured of that HPV type. However, if she does not develop immunity, then she will still have HPV. Either way, her partner's status will have no effect on her unless he catches a different HPV type and transmits that to her.

Sex with a man who has the same HPV type will not have a negative influence on the effectiveness of Beta-mannan™ for the woman. The woman cannot get reinfected by having sex with him. Think of HPV viruses (there are over 70 types) like the common cold viruses, in respect to immunity. Once a woman 'gets over' a common cold, she has developed immunity to one of over 300 common cold viruses and will never get infected by that same cold virus again.

If a man's partner has cervical dysplasia or genital warts, then there is a good chance that the man is a carrier. On the other hand, he may be immune to the specific HPV types of his partner. Nevertheless, it is impossible to prove that he has HPV unless he has (1) visible genital warts, or (2) a positive Digene Hybrid Capture® HPV DNA Test on a penile urethral swab done by a urologist. However, even if the warts are not present and the Digene Test is negative, it does not prove that he does NOT have HPV; this merely strongly suggests that he does not have HPV. Like most things in medicine, it is easier to prove the positive than the negative.

Moreover, since Beta-mannan™ is just as effective in men with genital warts as in women with genital warts or cervical dysplasia, it would be worthwhile if a man, even without warts, wants to decrease his chances of being a carrier by taking Beta-

mannan™ as a precautionary measure. He should take 4 caps/day orally, for 90 days.

**PREGNANT WOMEN -- Treatment recommendations**

For HPV, cervical dysplasia, genital warts, and other HPV-related diseases.

<b>Click on the condition below for treatment details.</b>  <b>Review the columns at the right to determine the number of bottles needed for initial treatment and preventative maintenance.</b>	<b>Beta-mannan™</b>		
	<b>TREATMENT (required before preventative maintenance)</b>		<b>AFTER TREATMENT (preventative maintenance)</b>
	<b>Bottles per month</b>	<b>Total bottles</b>	<b>Bottles per month</b>
Cervical dysplasia without external genital warts	2	6	1
Cervical surgery with cervical dysplasia and external genital warts	3	9	1
Cervical surgery with cervical dysplasia without external genital warts	2	6	1
External genital warts with cervical dysplasia	3	9	1
External genital warts without cervical dysplasia	3	9	1
Flat warts	3	9	0
Laryngeal papillomatosis	3	9	1
Lichen sclerosis	3	9	1
Oral warts	3	9	1
Plantar warts	3	9	0
Prevention only, after primary treatment for genital warts, cervical dysplasia, or treatment for carrier state, or, without recent history of genital warts or cervical dysplasia	1	Indefinitely	1
Suspected carrier state	3	9	1
Urethritis	3	9	1
Vaginitis	3	9	1
Vaginosis	3	9	1
Vulvar dysplasia (VIN)	3	9	1
Vulvar vestibulitis syndrome	3	9	1

**Preventative maintenance for HPV**

Preventative maintenance with Beta-mannan™ is particularly important if you have ever had HPV problems such as cervical dysplasia or genital warts because these problems may be an indication of a weak immune system.

If you do not have cervical dysplasia or genital warts, and you want to take Beta-mannan™ simply as preventative maintenance, I recommend 2 caps/day orally, and, for women, one capsule per WEEK vaginally, except during menstruation, indefinitely.

For those who have previously had cervical dysplasia or genital warts, it would be worthwhile to take Beta-mannan™ for prevention purposes in the dosage of 2 caps/day orally, and, for women, one capsule per WEEK vaginally, except during menstruation, indefinitely. If your partner takes it simultaneously, then you would be less likely to get cervical dysplasia or genital warts again.

Preventative maintenance is particularly worthwhile in the event you are exposed to one of the other 70+ HPV types. There is very little cross-immunity between the different HPV types. This means that if you have immunity to one HPV type, you may not necessarily have immunity to another HPV type. Some prefer to continue Beta-mannan™ after the initial 90 days in the event of additional exposure to other HPV types. That is a very good idea until age 35-40, after which time most men and women have been exposed to the common HPV types.

In addition, since Beta-mannan™ has many other health benefits for the immune and cardiovascular systems, it should actually be a daily supplement for everyone. It is perfectly safe to take up to 8 caps/day of Beta-mannan™ indefinitely. I have been taking 4-8 caps/day of Beta-mannan™ since 1996.

### **Treatment with Beta-mannan™ basics**

The same Beta-mannan™ capsules are used for oral, vaginal, and topical use. For oral use, it is best to take one capsule 4 times per day, but taking them all at once is still effective. For those who have difficulty swallowing capsules, the capsules may easily be chewed up after allowing them first to soften in the mouth.

To make a topical suspension for warts, mix the contents of 2 capsules into one teaspoon of a gel, such as KY Jelly, Vaseline or 100% pure aloe vera gel without perfumes or dyes, usually available at a health food store or pharmacy. This should be enough for the 3 topical applications for the day. Mix up a fresh suspension of gel daily.

Depending on the accessibility and sensitivity of the warts, it helps to gently file down a few warts (unless the warts are on the face), with a fingernail file each day prior to application of Beta-mannan™. This helps expose the HPV to the immune cells by tearing up a few cells. The amount of filing should be minimal and does not need to be done to every wart. The objective is not to file away the warts, but just to rough up the skin of some warts once a day for better exposure of the HPV virus to the immune system.

Women who use Beta-mannan™ for cervical dysplasia should get another Pap smear afterwards to make sure it has become normal. After 90 days of treatment, wait at least 10 days, then get another Pap to confirm that the cervical dysplasia is gone.

Stop the vaginal use of Beta-mannan™ at least 10 days before your Pap or Digene Hybrid Capture® HPV DNA Test. You may use a douche, if necessary, to wash out any excess Beta-mannan™ so that your doctor will be able to see the cervix more easily, but do this at least 10 days prior to your Pap. Beta-mannan™ is most successful in cases of cervical dysplasia and/or genital warts when used (1) orally, and (2) topically (for warts in men or women), and (3) vaginally (in women). It is not necessary to use Beta-mannan™ vaginally during menstruation.

## **Yeast infections and Beta-mannan™**

Beta-mannan™ can cause increased vaginal secretions when used vaginally, particularly if HPV is widespread throughout the vagina. Occasionally, in about 10% of cases, this increased moisture may encourage the development of a yeast (Candida) infection in some women.

On the other hand, many women with frequent yeast infections have reported that Beta-mannan™ has decreased the incidence of their yeast infections.

Yeast is normally present in the vagina along with other types of bacteria. When the delicate balance of "vaginal flora" is disturbed, most commonly by antibiotics or acid-base disturbances, the growth of yeast becomes the most prevalent component. A yeast infection, the most common form of vaginitis, is generally characterized by a cheesy type of discharge having a sweetish odor and is usually associated with itching; however, the odor of the Beta-mannan™ and the odor of an HPV infection may obscure this typical yeast odor. In addition, the normal whitish discharge from the undissolved Beta-mannan™ can be mistaken for a yeast infection and can cause some mild irritation and itching, particularly when a significant HPV infection is present. The diagnosis of a yeast infection is made by microscopic examination of a vaginal swab and identification of the organism, *Candida albicans*.

If a yeast infection develops while using Beta-mannan™, Monistat® One-Day or Three-Day suppositories should be used. These are available in most grocery store pharmacies, over-the-counter (without prescription), and usually clear up a yeast infection in a few days. Beta-mannan™ may continue to be used orally and vaginally while using Monistat®. If a yeast infection reoccurs, the vaginal use of Beta-mannan™ should be decreased to one capsule/day or to one capsule every other day.

Vaginal use of Beta-mannan™ is very important in the treatment of HPV and herpes. The possible minor inconvenience, relatively speaking, of a yeast infection should not be a significant concern.

Thank you for your interest and please keep me informed of your progress and your results with Beta-mannan™. PLEASE let me know if I can be of further help.

Sincerely,

Joe Glickman, Jr., M.D.

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