

Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

Provider Spotlight!

Preconception care?

What is it, and why do I need to know about it?



Rebecca Martin, FNP
Finger Lakes Community Health

“According to the Center for disease control, “Preconception health care is the medical care a woman or man receives from the doctor or other health professionals that focuses on the parts of health that have been shown to increase the chance of having a healthy baby.” A pretty obvious definition I guess; but why is this so important? Per a CDC report, referring to an article from 2011, “In 2006, 49% of pregnancies were unintended...” Women most likely to have an unintended pregnancy include the following demographics: “unmarried women, black women, and women with less education or income”. These women are at a much higher risk of entering prenatal care later in their pregnancy, and this increases their chances of a poor outcome. The Office of Women’s Health reports that, “Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.” To put this all in perspective, a 2014 study by the CDC ranked the US with the highest infant mortality rate of developed countries with 6.1 deaths per 1,000 births.

What can we do to change this? As primary care providers we are at the front line of care. Especially at FLCH, where our goal is to serve the underserved and special populations. As health professionals, we have an important role in preconception health and health care. Health professionals can support the three goals of preconception care by screening for risks (for example but not limited to: alcohol consumption, smoking, prescription and over-the-counter medication use, excess vitamin intake, and undernutrition), recommending interventions to address identified risks, and promoting health and providing education. (CDC, 2015). Most patients do not get scheduled with their OB/GYN until they are 10-12 weeks along, which is well into the most crucial fetal developmental stage. Be sure to ask your provider about preconception care, because that’s where it all begins. ”

Where Are We (FLCH) This Month?

- **January 3rd:** Tier 2 Meeting, Penn Yan
- **January 5th & 6th:** Romulus School Education
- **January 9th:** W.A.R.E (Wayne Action for Racial Equality) Meeting
- **January 9th:** MLK Committee Meeting, Newark
- **January 10th-12th:** Midlakes High School Education
- **January 11th:** Community Agencies & Schools Together Meeting (CAAST), Geneva
- **January 16th:** Martin Luther King Jr. Annual Celebration, Newark
- **January 18th:** Reproductive & Education Committee Meeting, Geneva Community Health. (10am)
**Join us to help improve the reproductive health of our community and share resources!*
- **January 19th:** Southern Tier Sexual Health Meeting, Bath. (10am)
Finger Lakes Sexual Health Meeting, Hopewell (2:15pm)
- **January 24th:** Wayne Wellness Meeting, Lyons

**Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information go to www.localcommunityhealth.com or contact us today to schedule a time!*



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