

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

It's Colorectal Cancer Awareness Month

Colon cancer, also known as colorectal cancer, is very common. There are reportedly more than 200,000 cases of colon cancer in the US every year. It is a treatable condition that often starts out as noncancerous polyps. These polyps can be detected during a routine screening. Doctors recommend that people start receiving screenings for colon cancer starting at the age of 50, unless otherwise directed by a medical provider. Thanks to the Affordable Care Act, preventative services are now covered regardless of your deductible, which means that colon cancer screenings are completely covered by insurance so long as the results come back normal. If the screening comes back positive for polyps or cancer, it becomes a diagnostic medical visit and can be applied to your deductible. Some signs of colorectal cancer to watch for include changes in bowel movements, fatigue, changes in stool consistency, blood in the stool, and abdominal discomfort.

The ability to treat colon cancer depends on both the location of the cancer and how far it has spread. Common treatments include chemotherapy, radiation, or surgery to remove the cancer. There are many programs out there that provide help to people who have been diagnosed with colon cancer or need access to related resources. Reach out to your local Cancer Services Program (1-866-442-CANCER (2262) or the American Cancer Society at (800) 227-2345) for more information regarding treatment, insurance and education. If you're due for your colon cancer screening, call your local FLCH office to schedule an appointment today!

Foods To Naturally Cleanse Your Colon



Avocados

Apple Cider Vinegar, Apples

Vegetables Rich in Chlorophyll and Green Fruits

Dates

Source: NaturalSociety.com

Provider Spotlight:

Minors Access to Sexual Health Services by: **Devin Moore, RN., Finger Lakes Community Health**

“Talking about sex can be uncomfortable for people of all ages. Studies have shown time and time again that young people regard their parents as having the most influence in their sexual health decisions. In New York State, minors whose parents don't want them accessing services related to sexual health are still able to do so without their parents' consent. All 50 US states allow minors to accept and receive STI services, including testing and treatment. In NY, they also may consent to obtaining their own birth control and contraception without parental permission. As medical providers, we are required by law to keep these services confidential, even from parents



or caregivers. We do this to protect the overall health and wellbeing of the patient. At FLCH, we counsel our youth patients about the importance of having an adult to talk to that they can trust. Some kids might prefer their dad over their mom or vice versa, or perhaps choose to put their trust in a sibling or an aunt or uncle. We want to help our patients understand that although it can sometimes feel uncomfortable or embarrassing to ask questions and voice concerns about sexual health, there's nothing wrong with seeking out answers. Many young people are afraid to start the conversation for fear of what their parents will think, but what they don't always realize is that their parents were once their age and had the same questions at the time. At FLCH, we have staff that are equipped to help our patients and caregivers, as well as educators who go out and visit schools and host community events to provide people with information related to sexual health and beyond. We're here to help you get the best care possible, so please don't hesitate to call us for more information or to help get the conversation started.”

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



Patient Safety Awareness Week

March 12th - 18th, 2017

We all need help at some point in our lives. This rings especially true when it comes to medical concerns. For this reason, we at FLCH are dedicated to providing the best possible care to our patients. We have a multitude of medical and dental providers who are passionate about taking the time to get to know you and serve you better. Forming a relationship with your provider can be extremely beneficial to your care. You can do so by asking questions when you don't understand something. Don't be afraid to be honest about your situations and concerns because our team can only help you as much as you allow them to. We ask questions about your medical history, current lifestyle, and risk factors so that we can determine what treatments and/or medications would best benefit you so we can create the optimal treatment plan. Our priority is the wellness of our patients, and we want nothing more than to see you safe and healthy. If for some reason, you feel you are unsure

of any information or unable to follow through with your provider's recommendations, please let us know so that we can create a treatment plan that works for you.

In terms of sexual health, it's extremely important for your safety and overall health to be up front about the reasons for your appointments when you're scheduling them. Far too often, we have patients who will fabricate reasons for appointments because they are embarrassed or afraid. Our appointments aren't always booked immediately; sometimes you might have to wait two weeks or more for a visit, so if you think you've been exposed to an STI or may be pregnant, it's important to be seen by a provider as soon as possible. We offer a higher priority to these types of visits because of their time sensitivity, which is why it's important to indicate the reason for scheduling an appointment. Also, some STIs can cause permanent damage to your body if left untreated. That being said, take charge of your health care today and make sure you see your provider on a regular basis to achieve and maintain your overall health and wellness!

Where Are We (FLCH) This Month?

- **March 2nd & 3rd:** Pal Mac School Education
- **March 5th - 8th:** National Conference NFPRHA (National Family Planning & Reproductive Health Association) 2017
- **March 15th:** Reproductive & Education Committee Meeting, Geneva Community Health (10am)
- **March 16th:** Southern Tier Sexual Health Coalition, Bath (10am)
Finger Lakes Sexual Health Coalition, Canandaigua (2:15pm)
- **March 23rd:** 2017 Career Fair / Open House, Wayne Technical & Career Center, Williamson
- **March 25th:** "Spring Into Health" Wellness Fair, Palmyra Macedon Central School District
- **March 28th:** 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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