

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.

Sexual Health... it's more than just Sex!

The minute sex comes up in conversation, the atmosphere in the room changes. Society says this is a topic that should not be discussed, and it is assumed that people simply “know” where to get information and services from. If people knew where to get this information, we wouldn't have a 50% unintended pregnancy rate in the United States, or have the highest rates of STI's in all the developed nations in the world. Americans aged 15-24 make up about 50% of all new STD diagnoses. We need to work to remove the stigmas created by society to improve our nation's overall sexual health. We talk about our mental health, physical health, and social health, but we never discuss our sexual health. Sexual health impacts and is impacted by all other aspects of our health. Often, society focuses on the physical act of sex, forgetting the emotional and social components that come along with it. Youth are turning to pornography to learn what sex is, how to do it and how to treat their partner. If we don't talk about sex at home, in schools, and/or in social settings, where else will they learn?

As a society, we are doing a disservice to our youth (and adults) by not talking about sexual health. Even when youth are taught from the adults in their lives, it's “the birds and the bees,” or “the talk”. This should not be a one-time discussion, it should be a conversation that continues during all stages of life. This conversation can begin at a young age with topics such as relationships, what is healthy and unhealthy, and goals and priorities. We should be discussing how to get help when needed, and how to decide what you want in a relationship. Relationship conversations should be all inclusive, reminding people that there are many different types of relationships in life. By having conversations like this that open the door and address factors that lead to healthy sexual development, we allow our future youth and adults to make better choices. Admitting this is sometimes an uncomfortable topic, calling body parts by their proper names, and not dismissing the topic when it arises are all great places to start. Get talking today!



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Breast Cancer



October is well known as breast cancer awareness month and there are more than 200,000 cases diagnosed each year. Cancer forms when cells in the body are able to mutate. It can be found in both men and women, so it's important that everyone is aware of the symptoms. Many people are aware of lumps and how they can be a sign of breast cancer, but did you know that bloody discharge from the nipple, swollen lymph nodes, and changes in the shape or texture of the nipple can also be symptoms?! Treatment can be done through chemotherapy, radiation or surgery. Clinical breast exams are often done in partnership with pelvic exams and pap smears (which is a service used to check for cervical cancer). Guidelines recommend that you have a pelvic exam once every 3 years starting at age 21, unless you have a history of abnormal pap smears or cervical cancer. These same guidelines say you should start having mammograms at age 50. These services are preventative care services and covered for free by insurance. If you are concerned about the cost of these services, call your insurance, cancer services, or our office for information on other programs that may be able to help you.

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

Program SPOTLIGHT:

Cancer Services Program by: Margaret Maynard

The Cancer Services Program of Ontario, Seneca, and Yates Counties offer free breast and cervical cancer screenings (and diagnostics if necessary), to women between the ages of 40-64, and offers colorectal cancer screenings (and diagnostics if necessary) to men and women between the ages of 50-64 who have no health insurance or are very under-insured with high deductible plans. The program also may be able to serve people over 64 if they have no Medicare, or have a Medicare plan that doesn't cover necessary diagnostics, and people younger than 40 if they are at high risk. If someone has a positive screening for cancer, the program may be able to enroll them into a special NY State Medicaid Cancer Treatment Program (MCTP) that will cover all treatment. According to the NY State Department of Health, colorectal cancer is the 2nd leading cause of cancer deaths in New York State, and 1 in 8 women will develop breast cancer. The Cancer Services Program is working hard to try to reduce those rates by catching issues early through screenings. To help make colorectal screenings easier, if a person is at average risk for colorectal cancer, an easy, in home fecal test called a FIT kit, can be mailed directly to their home. All local hospitals and many local providers participate in this program, so most people are able to stay closer to home for their screenings. The Cancer Services Program of Ontario, Seneca, and Yates Counties is funded by the NY State Department of Health. Call 315-462-0602 to see if you qualify!



ADOLESCENT HEALTH CONFERENCE

10/19/17 Holiday Inn • Waterloo, NY • 9am - 3:30pm

A professional development training. #AHC17

Where Are We (FLCH) This Month?

- **October 2nd-4th:** Healthy Teen Network Conference - *Baltimore, MD*
- **October 3rd:** NYS Youth Bureau Conference - *Syracuse, NY*
- **October 9-10th:** Classroom Education - *Pal Mac High School, Palmyra, NY*
- **October 10th:** WARE (Wayne Action for Racial Equality) - *Newark, NY*
- **October 13th:** Girl Scout Presentation on Healthy Relationships - *Phelps, NY*
- **October 19th:** Adolescent Health Conference - *Waterloo, NY*
- **October 24th:** Parenting Forum: Sexting - (6-7pm) *County Office Building, Penn Yan NY*
- **October 25th:** Jumpstart - *NYS Department of Labor, Lyons, NY*
- **October 26th:** Seneca County Youth Summit - *Waterloo, NY*

***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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