

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.

## How Well Do You Know Our Services?

Finger Lakes Community Health (FLCH) offers a wide variety of services to the communities that we serve. We see patients regardless of their insurance status, and help patients who are uninsured enroll in insurance or other programs to help them cover services. Our offices provide full medical treatment, covering everything from physicals, sick visits, diabetes, immunizations, and follow up care. Our skilled providers come from many different backgrounds, and display cultural competence and humility as we work with patients.

Our offices also offer dental care. We provide exams, cleanings, routine extractions, emergency dental care, school based dental care, and fillings. We also provide preventative reproductive health care. This includes birth control, STD testing and treatment, hormone replacement therapy, pap smears, pelvic exams, breast exams, and education.

Our offices also have many other resources outside of medical providers, such as patient navigators, who help decrease barriers to care for all patients. These wonderful employees can help you make appointments, connect you to other services, and more. From our front desk staff to all those working behind the scenes that you may never meet, we really do take the time to care for you. All of our offices are connected under the parent name, Finger Lakes Community Health, but you may know us by the local name in your area such as Geneva Community Health. If you have more questions about our program, feel free to reach out and ask our educators!



Cancer can form anywhere in the body, and occurs when cells start to grow out of control. These uncontrollable cells can then spread to other areas of the body. Ovarian cancer starts in the ovaries, and can go undetected until it spreads to other areas of the body like the pelvis and abdomen. Unfortunately, if ovarian cancer is not found until the later stage, it is often fatal. Symptoms of ovarian cancer include abdominal bloating or swelling, quickly feeling full when eating, weight loss, discomfort in the pelvis area, changes in the bowel habits, and a frequent need to urinate, according to the Mayo Clinic. There are three types of ovarian cancer: epithelial tumors (which are in the thin layer of tissue that covers the outside of the ovaries), germ cell tumors (very rare, and begin producing

cells in the egg) and stromal tumors (start in the tissue that contains the hormone-producing cells and are normally diagnosed at an earlier stage). Epithelial tumors are the most common and make up about 90% of all ovarian cancers. Risk factors for ovarian cancer include age (most common in women between 50-60), estrogen hormone replacement therapy, age when menstruation starts and ends, having zero history of pregnancies, fertility treatment, use of an IUD, polycystic ovary syndrome, and smoking. If you have signs of cancer or a family history of cancer, it is important to see your doctor to discuss your symptoms.



## 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



Janine Brink, FNP  
Finger Lakes Community Health

## “ Polycystic Ovarian Syndrome (PCOS)

PCOS is one of the most common causes of infertility in women. It is frequently found in adolescents. Signs and symptoms of PCOS consist of irregular, and/or heavy menstrual periods, facial and body hair darkening, acne, obesity, and insulin sensitivity that can be seen by a ring around neck of dark pigmented skin that we call acanthosis nigricans. If these signs and or symptoms are found during a physical exam, the next step would be laboratory evaluations along with an ultra sound of the ovaries and uterus. Laboratory evaluation will look into endocrine lab work and evaluation, while general lab work will include screening of blood sugars, cholesterol, and liver and kidney functions. PCOS also increases the risk for future development of diabetes, hypertension, hyperlipidemia, endometrial cancer, and cardiovascular accidents such as stroke and heart attacks. By having proper evaluation and treatment we can decrease the patient’s chance for these conditions occurring. We can also intervene at a young age for patients who are adolescents to provide education on lifestyle modification and help them implement important changes, such as increasing activity and switching their diet to be low carbohydrates and increased vegetables. Recommendations also include increasing activity and movement to at least 30 min a day for 5 days a week. This will not only decrease symptoms for patient, but it will help increase their chance for fertility in the future, regulate hormones, regulate metabolism, and create a healthy lifestyle for adulthood. In extreme cases, we can also start therapy with Metformin. Metformin will aid in prediabetics to promote weight loss and control blood sugar. Weight loss of ten percent can reverse the irregular menstrual cycle and decrease the symptoms of secondary sex characteristics like acne and facial hair. This will also aid in giving the patient the best possible chance for fertility.”



## ADOLESCENT HEALTH CONFERENCE

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

A professional development training. #AHC17

\*\* Find out more and register here: [www.tinyurl.com/2017AdolescentHealthConference](http://www.tinyurl.com/2017AdolescentHealthConference) \*\*

## Where Are We (FLCH) This Month?

- **September 4th:** Sexual Health Month Education - Keuka College
- **September 7th:** Family Fun Fair - Seneca Falls
- **September 10-12th:** NFPRHA September Meeting, California
- **September 11th:** WARE (Wayne Action For Racial Equality) - Newark
- **September 13th:** Gould’s Employee Health Fair - Waterloo
- **September 18th:** Martin Luther King (MLK) Committee Meeting - Newark
- **September 19th:** Finger Lakes Community College (Education/Outreach) - Newark
- **September 21st:** Southern Tier Sexual Health Coalition - Bath (10am)  
Finger Lakes Sexual Health Coalition - Hopewell (2:15pm)
- **September 26th:** Jail Advisory 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](http://www.localcommunityhealth.com) or contact us today to schedule a time!



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