

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.

REAL Education Program Completes Another Season!

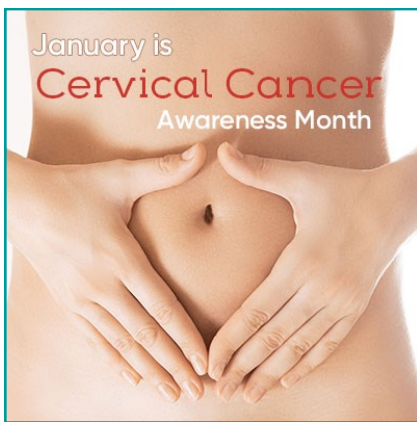
The REAL (Responsible for Every Action in Life) program has been around for over 10 years. Our students learn about relationships, contraception, sexually transmitted infections, goals, priorities, puberty, abstinence and more.

It has been a wonderful experience for us to be able to work with students, empower them to make healthy decisions, and work with many schools at once.

Sixty students from Dundee, Penn Yan, Geneva, Midlakes, Romulus, South Seneca, Victor, Canandaigua, Marcus Whitman, Honeoye, Waterloo and Bloomfield school districts participated in the eight-week educational program. The students who participated in this program are now able to go back to their school and share what they learned with their peers.

As part of our last day, students picked a topic to teach back to the teachers.

Check out this video two students created on puberty! <https://youtu.be/SbDj4yzx45M>



The cervix is known as the mouth of the uterus. This small part of a woman's body can do so much. The cervix produces mucus that changes throughout the month during the menstrual cycle to prevent or promote pregnancy. The cervix opens (a small amount) during menstruation to allow blood to pass through and dilates during childbirth to allow the baby to pass through.

The cervix is a powerful part of a women's body. It can also become ill as well. Women can get cervical cancer, cervicitis, dysplasia, polyps, or even Pelvic inflammatory disease. Polyps can cause vaginal bleeding. Cervicitis is caused by infections, such as chlamydia, gonorrhea, and herpes. Some of these illnesses can be cured. That is why it's important to be tested regularly for STI's, even if you are not showing symptoms. Cervical cancer is often caused by HPV. HPV is a very common virus which could cause warts as well. Every year, 13,000 women are diagnosed with cervical cancer. Gardasil 9 is a vaccine that helps protect against strains of HPV that cause

cancer or warts. This vaccine can be given to youth as young as 9 and to adults up to age 26. Pelvic exams and Pap smears can help detect changes in the cervix and make sure your reproductive health is in top shape. Women should have STI testing yearly, and a cervical exam once every 3 years unless otherwise indicated by your medical provider. **#CervicalHealthMonth**

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: OraQuick Rapid HIV Test



Dr. Tony Mendicino
Finger Lakes Community Health

“The OraQuick Rapid HIV test is a noninvasive, pain free screening that can be done during your routine dental visit. It takes less than a minute to collect an oral swab sample which then is processed at our office. The final result is ready in as little as 20 minutes.

Why take the test? More than 1.1 million people in the U.S. are infected with HIV and the Centers for Disease Control estimates that one in six don't know they are infected.

These uninfected people cause 54-70% of the 56,000 new infections annually. 75% of HIV positive people

will change risky behaviors when they learn their status.

You cannot always tell by looking at someone whether he or she has an HIV infection. The virus may take time to show its effects. A person can have HIV for ten years or more before the symptoms of AIDS appear. Anyone can have the virus without knowing it. The only way to be sure, for yourself and your loved ones, is to take the test.

It is important to find out if you have HIV so that you do not give it to someone else. If you know that you have HIV, you can avoid any activity that may pass it on, and can make sure you receive good medical care. There is medication that can help keep you healthy even though you have the HIV virus.

As part of your health care team, dentists are concerned with your overall health, not just your oral health. The OraQuick test is a way to detect if you may have the HIV virus. If the result is positive, your dentist or medical provider will be able to schedule the appropriate follow up medical care. The sooner that the virus is detected, the greater the chance that it can be controlled and not passed onto your loved ones. Understand that this is a screening test, and although it has been shown to be over 99% accurate in detecting the HIV virus, follow up your medical provider will be necessary.”

Where Are We (FLCH) This Month?

- **January 2nd:** Contraception 101, Canandaigua High School
- **January 4th:** The ABCs of STIs, Canandaigua High School
- **January 8th:** Contraception 101, Midlakes High School
- **January 9th:** The ABCs of STIs, Midlakes High School
- **January 10th:** Center for Excellence STI Training, Hobart & William Smith, Geneva (8-11am)
- **January 18th:** Southern Tier Sexual Health Coalition, Bath (10am)
Finger Lakes Sexual Health Coalition, Canandaigua (2:15pm)

***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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