

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.

What Impacts Reproductive Health?

Making healthy choices can help protect yourself and your loved ones. According to the Center for Disease Control (CDC) it is important for both males and females to take the necessary steps to protect their reproductive system from infection and injury, to prevent long-term health problems. Over time, actions such as excessive alcohol use can lead to the development of chronic disease and other serious problems. A woman's reproductive system is a delicate and complex system in the body. Protecting your reproductive system means taking charge of your own health, even more importantly so if you plan to become pregnant. Men should also avoid behaviors such as smoking and alcohol use, and maintain a healthy diet and regular exercise.

Preconception health refers to the health of women and men during their reproductive years (the years they can have a child). Taking steps now can help you and your family stay healthy throughout life. Remember to discuss any concerns with your provider so that you can make informed decisions regarding your health and safety. Preconception health is especially important when planning a pregnancy. Maintaining a healthy weight, diet, and

exercise will improve fertility and help prevent chronic disease that make it harder to become pregnant. At Finger Lakes Community Health, we offer comprehensive health services for everyone at any age. Our offices provide medical services, which cover preventive screenings for cholesterol, hypertension, diabetes, lead poisoning, cancers (cervical, colon, testicular, breast) and follow-up care. We offer behavioral health, reproductive health and dental health as well.



Men, we care about you too!

By: Valerie Trunzo, RN at Finger Lakes Community Health

“Men’s sexual health matters too, and engaging in sexual activity presents some risk. You may contract an STD or get someone pregnant. As medical providers, we screen everyone for their desire to become parents in the next year, and strive to help them prevent STDs and have healthy sexual relationships. This means we need to know about the type of sex you have and who you have sex with to provide the best care and advice. Family planning for men means figuring out when you want to have children (if you do), making sure your reproductive organs are working properly, getting STD testing, and having conversations with your partner about their sexual health. One common problem we see is that people do not use condoms for oral sex, as there is a perception that there is less risk. When receiving or giving oral sex, it is important to wear condoms or use dental dams to prevent STDs. STDs can live in the throat and be transmitted between people. We recommend regular testing once a year or with every partner. Just as we take the time to care for your overall health, we care about your sexual health as well. As nurses, we are here as a resource working with your medical provider to help you have the best health possible.”

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

Food Safety for Pregnant Women...



When a woman becomes pregnant, her body naturally undergoes hormonal changes, including changes to her immune system. The immune system is the body's natural reaction or response to "foreign invasion." These changes can make the body more susceptible to contracting a food borne illness. The U.S. Department of Agriculture, Food Safety, and Inspection Service (also known as USDA) reports that food safety is important to everyone. Food safety is especially important to pregnant women and their unborn child. Certain

disease-causing bacteria, viruses, or parasites can contaminate food and can cause foodborne illness. Foodborne illness, often called food poisoning, can come from the food you may have eaten. According to the Centers for Disease Control, pregnant women and their unborn child have a higher risk of developing certain foodborne illnesses. The good news is you can take precautions in selecting and preparing foods to prevent contracting these and other foodborne diseases. Make safe food handling a priority while pregnant and be sure to consult with your doctor about wise food choices.

Additional Food Safety Resources:

- Gateway to Government Food Safety Information, including all recalls and alerts www.foodsafety.gov
- Centers for Disease Control and Prevention, (822) 232-6858 (24/hr recorded information) www.cdc.gov/foodsafety

Where Are We (FLCH) This Month?

- **June 4th:** WARE (Wayne Action for Racial Equality) - Newark
- **June 5th:** Tier 2 Meeting - Penn Yan
- **June 9th:** FLX Pride Community Event - Geneva Lakefront 3-7pm
**All are welcome. Join us for Sex Ed BINGO!*
- **June 13th:** Finger Lakes Works / Jumpstart - Lyons
- **June 13th:** Epic Zone Youth Group - Geneva
- **June 27th:** Finger Lakes Works / Jumpstart - 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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