

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.

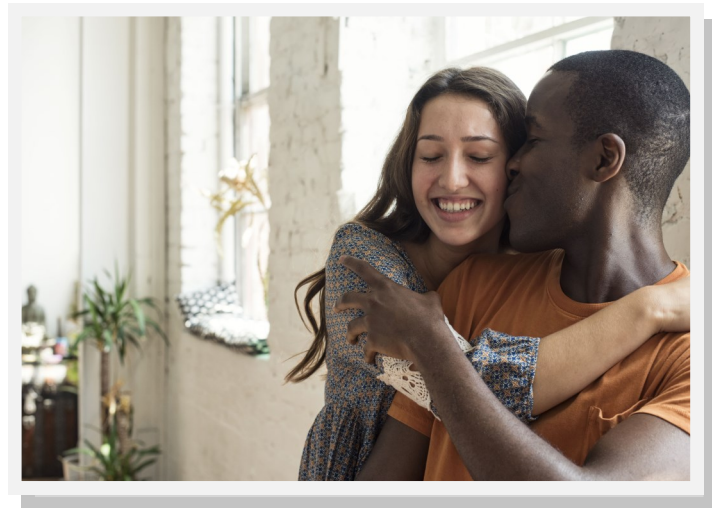
National Healthy Skin Month

Very often people think taking care of your skin simply means wearing sunscreen and moisturizing. However, there are several diseases that you can get from skin-to-skin contact. Condoms are great at preventing many STDs, but there are a few STDs that condoms don't provide enough skin coverage to protect against.

Herpes is a virus that can be transmitted via skin-to-skin contact with the sores it can cause in the genital area, mouth, or at the point of infection. Herpes can also be spread when the sores are not present. Herpes outbreaks are treatable with a prescription or over the counter medication (such as Abreva), though it is not curable.

The Human Papilloma Virus (HPV) is a group of more than 150 related viruses that can also be spread via skin contact. In most cases, HPV goes away on its own and does not cause any health problems. However, when HPV does not go away, it can cause health problems such as genital warts and cancer. There is a vaccine that can be taken before getting HPV called Gardasil that protects against the nine types of HPV that are responsible for the majority of HPV-related cancers and warts. Gardasil can be taken between the ages of twelve and twenty-six. Warts caused by HPV can be treated with cryotherapy or ointments, but HPV is not curable. Recently the FDA approved raising the age to get the HPV vaccine to forty-five. If you missed it before, find out from your doctor if you can get it now.

Pubic lice, also known as crabs, are small parasites that attach to the skin and hair near your genitals. Most people get crabs during sex, but sometimes they can spread through other kinds of close, personal contact. You can get pubic lice where there is other types of coarse hair such as eyelashes, eyebrows, chest hair, armpits, beards, and mustaches. Sometimes pubic lice are spread by using an infected person's clothes, towels, or bed. Pubic lice are easily treated with a medicated shampoo and washing all infected clothing, bed sheets, and towels.



Movember is an annual event involving the growing of mustaches during the month of November to raise awareness of men's health issues including testicular cancer. This disease usually strikes men between the ages of fifteen and thirty-five, when a serious medical problem is the last thing on their mind. The disease and the treatment can also affect a person's hormones and fertility.

Symptoms can include back pain, abdominal pain, coughing, or shortness of breath. Swelling of the breast or tender nipples may occur when the tumor causes excessive hormone production; but the most common symptom, often discovered by accident, is a painless mass on the testicle.

Most cases of testicular cancer can be cured, especially if detected early. Thus, it is important to incorporate regular self-examinations and annual physicals that include a testicular examination. To do a self-exam, hold the top of your left testicle between your thumbs and forefingers, and roll it around gently to feel for lumps. Then do the same thing on the right side. It helps to perform this self-exam in the shower, as the humidity and warmth relax your scrotum. Feel around for any lumps, which can be pea-size or larger and are often painless. If you notice a lump, contact your doctor. Also check for any change in size, shape, or consistency of the testes. Protect yourself this Movember, mustache and all!

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



Janine Brink, FNP
Finger Lakes Community Health

Provider Spotlight!

...more on the Herpes Simplex Virus

“ Herpes Simplex Virus (HSV) is a viral skin infection that can be transmitted through skin contact, including sexual contact. It is estimated that thirty to ninety percent of the population will be exposed to HSV during their lifetime. HSV 1 (associated more with oral cold sores) can be spread to the genital region, and HSV 2 is primarily associated with genital herpes.

Most exposures will present symptoms such as fever, swollen glands, and painful vesicles or rashes that can be on any part of the skin. The vesicles are fluid-filled and look like blisters. During an active outbreak, these vesicles will open and leak fluid that is very contagious and can transmit the virus to other people easily. Outbreaks will usually last between seven to ten days. After a person presents with their first outbreak, they will always have HSV. It may also be the only outbreak a person has or they may have frequent skin outbreaks. Even if there is no outbreak, a person could still contract the virus from an infected individual. HSV 1 & HSV 2 are usually diagnosed by a physical exam, but a culture swab from an area of outbreak or a blood test can be used as well. Severe complications from HSV include blindness (if they are in the eye) and complications for pregnant women and their fetus.

To avoid spreading or contracting the virus use condoms 100% of the time. If you have an oral outbreak, do not share toothbrushes, silverware, lipstick or chap stick. Frequently wash hands well and apply topical meds with a cotton applicator. Also, avoid kissing or oral sex as HSV 1 and HSV 2 can be found in genital area. Treatment is usually used to keep the outbreak area clean and dry. Avoid secondary infections when the vesicles area open such as with cellulitis and impetigo. There are antivirals that can be taken either daily for suppression or taken when needed for outbreaks. The antiviral will help decrease time of outbreak and help with symptoms management. ”



... from the FLCH Team

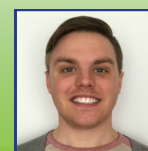
Our team provides medically accurate education regarding a variety of preventative health topics. We work with schools, agencies, and community organizations across the Finger Lakes to provide this free service. Our program offers education on the subject of contraception (birth control), sexually transmitted infections (STDs/STIs), relationships, and so much more. We also have the ability to run a longer program with your group where we discuss topics such as anatomy, body image, communication, and/or birth control. **Please contact us if you are interested in working with us. We are already booking for 2019!**



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