

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.

President Ronald Regan proclaimed October as Pregnancy and Infant Loss Awareness month in October of 1988. One in four women will experience a miscarriage in their lives, but many do not talk about it. A miscarriage is a pregnancy that ends on its own within the first twenty weeks of gestation. Most miscarriages happen during the first thirteen weeks of pregnancy. Miscarriages may occur due to a chromosomal abnormality, hormonal problem, malnutrition, drug use, maternal age, or maternal trauma. It is not always possible to find a reason for miscarriage. Many causes of stillbirths (loss of a baby after twenty weeks of gestation) are unknown, but there are precautions a woman can take before and during her pregnancy to increase the chances of having a healthy baby. Pregnant women should work to get medical conditions such as high blood pressure and diabetes under control, avoid smoking cigarettes, and strive to reach and maintain a healthy weight. According to the Center for Disease Control, each year about 24,000 babies are born stillborn. When considering becoming pregnancy (pre-conception care) we recommend regular exercise, eating healthy, managing stress, keep a healthy weight, taking folic acid daily, and not smoking. These actions will help increase your chances of a healthy pregnancy. Pregnancy and infant loss is a sad event to occur in any partnership, but you do not need to suffer in silence. At FLCH, we offer counseling services from our educators and trained medical professionals. Contact us today if you are interested.



## Pregnancy & Infant Loss Awareness Month



### Partner SPOTLIGHT:



by Darcy Dreyer

March of Dimes leads the fight for the health of all moms and babies. We believe that every baby deserves the best possible start. Unfortunately, not all babies get one. We are changing that.

For 80 years, March of Dimes has helped millions of babies survive and thrive. Now we're building on that legacy to level the playing field for all moms and babies, no matter their age, socio-economic background, or demographics. We support moms throughout their pregnancy, even when everything doesn't go according to plan. We advocate for policies that prioritize their health, support radical improvements to the care they receive, and pioneer research to find solutions to the biggest health threats to moms and babies.

What began with President Franklin D. Roosevelt's personal struggle

with polio led to the creation of the National Foundation for Infantile Paralysis, better known as March of Dimes, and ultimately a cure for the disease. With that success behind us, we began to focus on fighting birth defects, premature birth, and infant death with innovations such as newborn screenings and surfactant therapy. We also promote education for medical professionals and the public about best practices and lifesaving research. We provide comfort and support to families in NICUs and advocate for the moms and babies who need us most. Today we are stronger and more committed than ever to guiding moms through every stage of the pregnancy journey. We are fighting for the smallest among us and advocating for their health each and every day!

## 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

# Let's Talk About Sex, Baby!

October is historically known as "Let's Talk" month amongst the Reproductive Education community.

That's why we at FLCH host our annual professional development conference in the month of October.

This month, we aim to raise awareness about sex, love, and relationships. Research shows that kids want their caregivers/parents to help them understand sexuality.

If you as a caregiver don't feel prepared to have this conversation, we are here to help! We offer one-on-one education sessions, group sessions, access to hundreds of resources, and more. We work in partnership with parents, schools, and many different organizations to discuss this important topic. At FLCH, we love

getting the opportunity to improve communication and

dispel myths. We also help youths get resources to talk to their partner or caregiver about sex, love, and relationships as well. We know the importance of receiving accurate, honest information and knowing places that offer these services. At FLCH, we offer reproductive health services such as access to birth control/contraception, STD testing and treatment, pregnancy testing, cancer screenings, education, and more in all of our health centers. So come on, "Let's Talk" about Sex! We're here to share our resources!



## Where Are We (FLCH) This Month?

- **October 2nd:** "Be An Askable Adult" - Penn Yan Public Library
- **October 2-3rd:** Contraception Education - Palmyra/Macedon
- **October 2nd:** R.E.A.L. - BOCES, Flint
- **October 5th:** Seneca County Youth Summit - Quality Inn/Waterloo
- **October 9th:** "Be An Askable Adult" - Seneca Falls Library
- **October 11th:** National Coming Out Day!
- **October 11th:** 18th Annual Adolescent Health Conference - Waterloo, NY
- **October 15th:** National Latino HIV/AIDS Awareness Day!
- **October 15th:** Sex Trivia - Evening Program at Keuka College
- **October 16th:** Ontario County Probation
- **October 16th:** R.E.A.L. - BOCES, Flint
- **October 16th:** "Be An Askable Adult" - Geneva Public Library
- **October 19-25th:** Asexual Awareness Week! *\*For more information <http://www.asexualawarenessweek.com>*
- **October 22-24th:** Healthy Teen Network Conference - San Diego, California
- **October 25th:** R.E.A.L. - Seneca Falls Library
- **October 26th:** Intersex Awareness Day! *\*For more information <http://intersexday.org>*
- **October 28-30th:** NFPRHA Fall Seasonal Meeting - Atlanta, Georgia
- **October 30th:** R.E.A.L. - BOCES, Flint

*\*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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