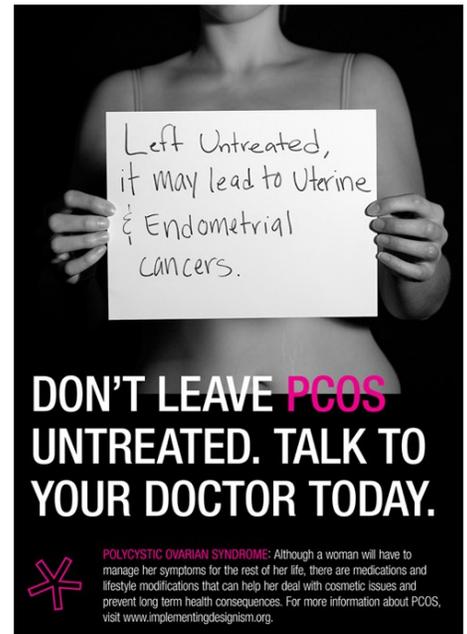


Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

Polycystic Ovarian Syndrome (PCOS)

Did you know that Polycystic Ovary Syndrome (PCOS) affects almost 27 percent of women during childbearing years? Women of childbearing age range from 15 to 44 years of age as defined by the CDC. According to the Center for Disease Control (CDC), PCOS is a condition that affects a woman's hormone levels, causing cysts and enlarged ovaries. Women with PCOS produce higher-than-normal amounts of male hormones, known as androgens. The most common symptoms are irregular periods, pelvic pain, acne, excess hair growth, headaches, obesity and darkening of the skin. This hormone imbalance may cause women to skip menstrual periods and may make it harder for them to get pregnant. PCOS can contribute to long-term health problems like diabetes and heart disease. Hormonal contraception such as birth control pills or nexplanon and diabetes medication can help fix the hormonal imbalance and improve symptoms. The PCOS Awareness Association suggest talking to your doctor about how long you have had symptoms, what has helped, and if you have a family history of PCOS. If these symptoms seem familiar to you or someone you know, make an appointment to see your doctor today. Take charge of your health!



Do you know the **5** Gynecological Cancers?

Every 6 minutes a woman in America is diagnosed with a type of gynecological cancer. Gynecological cancers start in a woman's reproductive organs and are always named for the part of the body where it starts, even if it spreads to other parts of the body later. There are five main gynecological cancers you should know about: cervical, ovarian, uterine, vaginal, and vulvar. Although there is no way to know if someone will get gynecological cancer, it is important to know the signs and symptoms and to pay close attention to your body.

If you have unusual bleeding, talk to your doctor right away. You should see a doctor if symptoms last for more than two weeks. Other symptoms to watch out for include: pelvic pain, frequent urination, vaginal odor, watery pink or white discharge from the vagina, pain during intercourse, obvious mass, open sores, and

persistent itching. Signs and symptoms are not the same for everyone, and are not always associated with cancer. Educate yourself on different ways to reduce your risk, such as screenings, which help to look for the disease before there are symptoms. Some gynecological cancers are caused by the Human Papillomavirus (HPV), a very common sexually transmitted infection. The HPV vaccine protects against the strain of HPV that most often causes cervical, vaginal and vulvar cancers.

Center for Disease Control (CDC) reports that, of all the gynecological cancers, only cervical cancer has a screening test. The PAP test can find this cancer early, which is when treatment works best. Take charge of your health, keep annual screenings with your doctor, and ask what you can do to lower your risk for gynecological cancers.

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



Jessica Sullivan, PA-C
Finger Lakes Community Health

Provider Spotlight!

The Importance of Protecting Yourself Against STIs

“There are many types of sexually transmitted infections (STIs). Did you know that Chlamydia is the most common STI and it is easily preventable?”

What is Chlamydia? Chlamydia is a bacterial infection that is spread via sexual intercourse. It is treated with antibiotics. It can be spread via vaginal, anal, or oral intercourse through both semen and vaginal fluids and it can infect many body parts, including the vagina, penis, cervix, anus, urethra, eyes, and throat.

Are there long-term consequences to having Chlamydia? Having Chlamydia puts females at an increased risk for developing pelvic infections, which can further lead to infertility (the inability to have babies). Chlamydia can cause infertility problems in men as well.

How can I protect myself from getting Chlamydia? USE CONDOMS. This is the single most effective way to prevent getting an STI. Get tested yearly with your partner to be sure of your status. Here at Finger Lakes Community Health, we offer confidential in-house testing for all patients.

When should I wear condoms? You should wear a condom during EVERY SEXUAL ENCOUNTER, whether you are engaging in vaginal, oral, or anal intercourse. All of these activities can transmit Chlamydia.

Why is Chlamydia so common? Chlamydia is easily transmitted because most people do not have any symptoms of an infection, so they think they do not need to use condoms to protect themselves and others from the STI. The infection can then be easily passed along to other sexual partners.

Should I get tested for STI? YES. If you are sexually active and not using condoms, you are at very high risk for contracting an STI, especially if you have multiple sexual partners. You will not know if you have Chlamydia without testing.

Where can I get STI testing done? All of our health centers at Finger Lakes Community Health provide testing for all STIs. Testing is quick, easy, and 100% confidential. We also provide FREE CONDOMS to everyone, just ask! ”

Where Are We (FLCH) This Month?

- **Sept. 3rd:** Labor Day. FLCH offices closed.
- **Sept. 4th:** Tier 2 Meeting - Penn Yan 9:15am
- **Sept. 5th:** FLCH Education & Outreach Committee - Join us! 10am
- **Sept. 10th:** Keuka College Tabling - Sexual Health Awareness
- **Sept. 13th:** Suicide Prevention Coalition Meeting - Lyons 10am
- **Sept. 20th:** Finger Lakes Sexual Health Coalition - Canandaigua 2:15pm
- **Sept. 27th:** FLCC Tabling - Sexual Health Awareness
- **Sept. 27th:** Red Creek Central School District Open House - 5pm

*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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18th Annual Adolescent Health Conference October 11th, 2018 • Waterloo, NY



Featuring...
Tonier Cain
Breaking the cycle of Trauma.

The Adolescent Health Conference is a professional development conference that is open to anyone who works with youth or adults. Registration closes Sept. 30th. We invite you to register TODAY by going to: <https://tinyurl.com/HealthConference2018>
Questions or inquiries? Call Olivia 315-781-8132