

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.

Provider Spotlight!

IMMUNIZATIONS: Janine Brink, FNP, Finger Lakes Community Health

“The life of the vaccine started a long time ago as an experiment when Edward Jenner invented the first type of vaccination in 1796. This was a person to person inoculation. It proved that a person who was sick with small pox could be exposed to a pox and build enough immunity to defend against developing the communicable disease. Now there are many vaccines to fight many different types of diseases.

Immunizations save lives, protect the vulnerable, and can eradicate communicable diseases. I personally and medically feel they are lifesaving preventative tools for the global population. There are two main types of delivery methods for immunizations: live vaccines and inoculated (dead) ones. They can be given by intermuscular or subcutaneous injection, nasal spray, or skin scraping. Some vaccines are given in periodical order, such as the HPV vaccine. If given before the age of 15 and on time, children only require two injections. If given after the age of 15, three vaccines are required. There are certain types of cervical, testicular, and anal cancer that are tied exclusively to certain types of Human Papillomavirus. The HPV vaccine will protect against the development and/or decrease the risk of developing these types of cancers. For further recommendations and age appropriate vaccines, the CDC is the regulating body that the medical community follows. The CDC website can educate and guide anyone on each type of vaccine available and timelines to be followed. There are also timelines available for someone who has missed vaccines and need to catch up.

With any type of vaccination introduced into the body, there is a risk of side effects. Most vaccine complications I have professionally seen are usually related to a preservative within the vaccine. Some common symptoms after injection are a local, red, raised area that will pass, and/or slight discomfort at injection site. These lifesaving immunizations are thoroughly tested before they are given to the general public and have to meet rigorous medical standards.”



National Health Center Week (August 4th-10th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America’s health centers over the past five decades. Health centers serve 28 million patients – a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities, and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations.

In celebration of this week, here are some facts about your local health care provider:

- Finger Lakes Community Health (FLCH) was founded in 1989. We are 30 years old!
- The original mission at FLCH was to serve our region’s agricultural workers.
- In 2009, FLCH became a Federally Qualified Health Center (FQHC) and expanded services to include everyone in the Finger Lakes region.
- In 2018 FLCH served 28,123 patients!



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
6341 Ridge Rd
Sodus, NY 14551
(315) 483-1199

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

www.LocalCommunityHealth.com



19th Annual

Adolescent Health Conference

Thinking About The Future:

Mental & Reproductive Health Connected

October 17, 2019 • Waterloo, NY

Cost \$50 (Includes lunch) *A professional development training. AHC#19*

For more information call/email: Olivia Catalano (315) 787-8132 / oliviac@flchealth.org

WORLD • BREASTFEEDING • WEEK • 2019

World Breastfeeding Week runs from August 1 to August 7 and during this month we would like to let you know more about LAM or the Lactational Amenorrhea Method of birth control. LAM is a form of natural birth control that relies on the new mother feeding her baby only breastmilk for up to six months and having no periods or spotting during that time. LAM prevents the release of eggs from the ovaries (ovulation) when a mother breastfeeds her child as often as the baby wants, day and night, and does not give the baby any other foods or liquids.

When breastfeeding, the baby naturally puts pressure on the mother's nipple. The pressure on the nipple sends a message to the mother's body to produce a hormone that prevents egg production (ovulation) in the mother. Expressing milk using a pump is not a substitute for breastfeeding in terms of preventing (inhibiting) ovulation.

Women considering LAM should get counseling from a healthcare provider to make sure it is the right choice for their lifestyle, as well as to plan for a new form of birth control as soon as breastfeeding frequency decreases or solid foods are introduced. And of course, no birth control method is 100% effective so using additional methods such as condoms can reduce the chance for pregnancy even further.

As an FYI, all Finger Lakes Community Health Centers are breastfeeding friendly!



Where Are We (FLCH) This Month?

- August 2nd - Bath Baby Cafe World Breastfeeding Week Event
- August 5th - Midlakes HS/MS education
- August 5th - EPIC Zone Geneva
- August 7th - Wayne County Partnership For Strengthening Families- Newark
- August 13th - Martin Luther King committee meeting
- August 19th - EPIC Zone Geneva
- August 27th - Wayne Wellness Committee meeting-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 visit www.LocalCommunityHealth.com or contact us today to schedule a time!
- Would you like to have the RHEd Newsletter emailed to you each month? If so, contact Olivia at: OliviaC@flchealth.org



Olivia Catalano, RH Program Manager
OliviaC@flchealth.org
P: 315-787-8132



Patricia Hall, Health Advocate
PatH@flchealth.org
P: 315-521-7787



Ken Metasavage, Health Advocate
KMetasavage@flchealth.org
P: 315-521-0249

Follow us on TWITTER at **FLCHFPED!**