

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.

## Let's talk about **V-A-P-I-N-G...**



**Vaping** is an alternative to cigarettes that is based upon a harm reduction model. Vaping is marketed as a “healthy” way to quit smoking. Science has already proven nicotine harms the reproductive system. Sperm and semen quality suffer, egg cells are damaged, and can even cause issues with the fallopian tubes.

Vaping still requires nicotine, but these e-cigarettes are not regulated like traditional cigarettes are. Environmental Science and Technology published a study in 2016 about the harmful emission of vaping, such as irritants and carcinogens. While e-cigarettes have lower levels of emissions than traditional cigarettes, the levels were still in the harmful range. There is still some contention on how much healthier vaping is than smoking cigarettes. The American Heart Association says vaping is not a safer option, yet John Hopkins has published studies showing vaping to be a slightly safer option than cigarettes. Since vaping is relatively new, more time is needed to study how it impacts the human body. University College London Researchers found that vaping does affect sperm and vape juices (flavored vape) affects fertility. Bubblegum juice kills cells in the testicles, and cinnamon juice affected how well the sperm were able to move and swim. Hong Kong medical groups have called for a total ban of e-cigarettes due to their research findings, which are similar to those mentioned already. Smoking or vaping can be hard to quit, but the sooner you stop the quicker your body will heal. **For helpful resources on quitting contact your doctor or call 1-800-QUIT-NOW.**

Source: <https://modernfertility.com/blog/vaping/>



## Partner **SPOTLIGHT:** By: Melissa Gilbert

**Safe Harbors of the Finger Lakes, Inc.** provides services at no charge for individuals, children, and families who have experienced sexual assault, sexual abuse, interpersonal violence, and human trafficking in Ontario, Seneca, and Yates counties. Crisis Advocates can provide legal and medical advocacy and accompaniment, advocacy with social services, support groups for adults and youth, safety planning, assistance with orders of protection, refer-

als to other community supports, and crisis counseling/intervention. SHFL also provides prevention education to the community in all three counties. Prevention education includes regents mandated personal safety presentations in grades K-6<sup>th</sup>, 7-12th grade presentations on healthy relationships and internet safety, 3rd-12th grade Girls Circle and Boys Council empowerment groups, and Not a Number for 7th-12th grade. We also offer

**Safe Harbors**  
of the Finger Lakes  
*Advocate. Educate. Support.*

college bystander intervention, RA trainings, college classroom presentations, and college support groups. *If you have questions or would like to speak to an advocate, contact our 24-hour crisis hotline at 1-800-247-7273.*

## 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

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

For more details visit:

[www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)

# Risk Factors for Gonorrhea Include Kissing

A study was conducted in Melbourne, Australia between March 2016 and February 2017 on gonorrhea transmission in bisexual and gay men who have sex with men (MSM). Research published in May (2019) suggests gonorrhea may be transmitted by kissing. The study included 3,677 men, with the median age being 30, and included three categories: kissing only, sex only (with no kissing), and kissing with sex. This research found that MSM who only kissed other men or kissed with sex, contracted gonorrhea. This means you may be able to get gonorrhea from only kissing someone, no other sexual contact required.

To read more the article is published here: <https://sti.bmj.com/content/early/2019/04/16/sextrans-2018-053896.info> This is new research we wanted to bring your attention to, further research will be required on this topic. Gonorrhea, while currently curable, is becoming antibiotic-resistant (similar to chlamydia). Symptoms of gonorrhea may include sore throat, fever, pain in pelvis, testicle, or vagina, or even pain during sexual intercourse. Anyone who is sexually active is at risk for contracting a sexually transmitted

infection, if not using barrier methods such as condoms or getting tested regularly.



It is important to note that while this study focused on MSM populations, gonorrhea may be transmitted through oral, vaginal, or anal sex with an infected partner. At Finger Lakes Community Health, we recommend regular testing annually, even if you are not showing symptoms. A simple urine test or oral swab can be used to detect gonorrhea and chlamydia. Treatment can be given at any of our offices or by the provider who finds the infection.



## 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*

To register call/email: Olivia Catalano (315) 787-8132 / [oliviac@flchealth.org](mailto:oliviac@flchealth.org)

- 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](http://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](mailto:OliviaC@flchealth.org)



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