

Family Planning Education (FP 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.

## What, exactly, affects my Reproductive Health?

Reproductive health is more than just making decisions regarding reproducing; it also includes things such as taking birth control and protecting yourself from sexually transmitted infections.

There are many factors that can impact your reproductive health; things such as diet, exercise, nutrition, smoking, drug use and alcohol consumption.

Unhealthy weight can affect your reproductive health. If you are a female with a BMI over 30 it is important that you discuss your hormonal birth control with your provider, since it may not be as effective. Being overweight can also affect your metabolism, hormone metabolism, and the follicular environment. Being underweight can also be risky for a female as this can cause your body to stop ovulation. Overweight men may have problems with erectile dysfunction and low testosterone levels which affect the production of sperm. Male diabetic patients who require insulin

treatments may have abnormal sperm.

The foods we eat also affect our reproductive health. For males, a diet rich in: carbohydrates, fiber, fruits and vegetables tend to improve semen quality. According to the National Public Library of Medicine, National Institute of Health males who eat a lower amount of proteins and fats found this beneficial for fertility. For women, a diet which is high in meat correlates with a higher chance of developing ovulatory infertility, if the meat is chicken or turkey. Taking vitamins can help both men and women keep healthy reproductive systems.

Exercise can help to increase sperm count for men. Regular exercise also helps to control weight, in conjunction with proper diet. This also helps decrease the side effects relating to your reproductive health, as mentioned above.



### Provider Spotlight!



**Lindsay Borglum, PA**  
Finger Lakes Community Health

## Smoking & Reproductive Health

“We all know by now that smoking is bad for us, but did you know that smoking harms nearly every organ in the human body? This includes those responsible for your reproductive health.

Women who smoke are at an increased risk of gynecological cancers such as cervical cancer, vulvar cancer, and certain types of ovarian cancers. Menstrual irregularities are more likely to occur in smokers. Smoking cigarettes while using combined hormonal methods of contraception can increase the risk of serious side effects such as stroke and heart attack; this risk increases with heavy smoking and is quite marked in women over 35 years of age. Women who smoke are also likely to begin menopause earlier than women who do not smoke, which increases the risk of developing osteoporosis and cardiovascular disease.

Smoking can negatively affect a woman’s fertility – studies have shown women who smoke are more likely to have trouble getting pregnant. Infants born to women who smoke are at increased risk for pre-term delivery, low birth weight, birth defects or even early infant death. Maternal smoking during pregnancy can adversely affect a child’s long-term growth and development.

Tobacco use affects reproductive health for men too. Smoking is a key cause of – and contributor to – erectile dysfunction due to the damage smoking does to the veins. Smoking also affects a man’s sperm by decreasing sperm count, reducing mobility of sperm and increasing the risk for birth defects and miscarriage. This can result in reduced male fertility.”



## 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

# What is TITLE X?

## Did you know Finger Lakes Community Health is a Title X funded health center?

Title X is a federal grant program that helps couples or individuals prevent, plan and space their births.

This leads to improved outcomes for women, men, and the infants themselves. Title X funding also allows us to provide community based education and outreach programs within our service area.

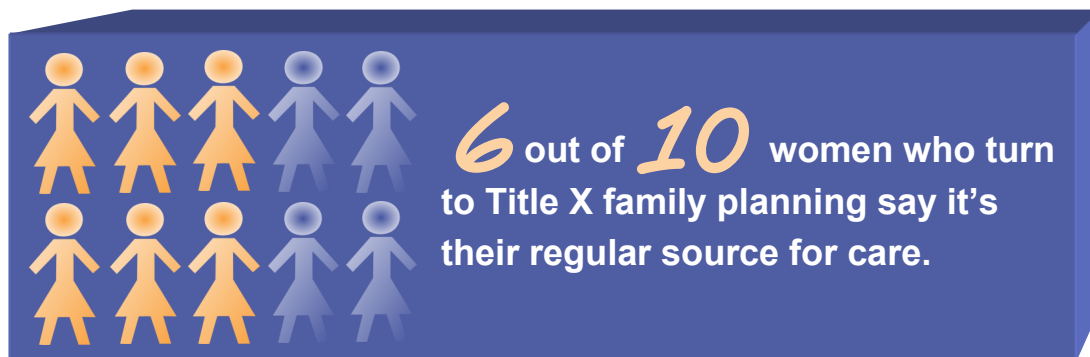
In addition, as a recipient of these grant funds, we are able to provide quality family planning services to any individual 12 years of age or older that is able to have or father children. This program benefits people who are uninsured, underinsured, or those who need confidential services. This money helps to provide services such as cervical cancer screenings,

STI/STD testing, birth control, contraception counseling, reproductive health counseling and education, treatment of STI/STD. and more.

### Thanks to Title X funds:

- **In 2008**, every public dollar spent on contraceptive services saved an estimated \$3.74 in money that would have been spent on Medicaid costs related to pregnancy care, delivery and medical care to infants in their first year of life.
- **In 2011**, Title X health centers/clinics served 5 million people; 92% of those were women and 8% were men. It is estimated this money helped to prevent 1 million unintended pregnancies.

(Source: HHS.Gov)



## Upcoming ~ Save These Dates!

### October 22nd: 15th Annual Adolescent Health Conference

Hosted by Finger Lakes Community Health. Join us at the Holiday Inn in Waterloo, NY as we network and discuss the most up-to-date reproductive health information.



**Olivia Vendetti**, Health Advocate  
OliviaV@flchealth.org  
P: 315-521-0249



**Patricia Hall**, Health Advocate  
PatH@flchealth.org  
P: 315-483-1199