

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.

April is STI Awareness Month!

Do you know what the number one sign of a sexually transmitted infection (STI) is? Was your answer: burning, itching or rash-like symptoms? This is actually a myth in our society. STI's can have flu-like symptoms or even no symptoms at all. So don't wait until you have burning, itching or rash-like symptoms if you think you may have been exposed. STI's can be transferred through unprotected oral, anal or vaginal sex as well as through skin to skin contact.

At FLCH, we recommend testing for all individuals that are sexually active at

least once per year even if you are in a committed relationship, testing with every partner change or testing if you have signs or symptoms. Here are some facts from the NYS Department of Health:

- ◆ 1 in 2 sexually active people aged 25 and younger will get an STI.
- ◆ Chlamydia is the most commonly reported STI. In 2012, we had 100,000 cases reported in NYS. 2 out of 3 of those diagnosed cases were in the age group 15-24.

- ◆ Gonorrhea is the second most commonly reported STI in NYS. Young adults ages 15-24 made up over 50% of the cases reported in 2012.
- ◆ Of the 3,316 newly diagnosed cases of HIV infection in 2012, 1 in 5 was a person aged 25 or younger.

Effective protection against STI's includes testing with every new partner before sexual activity combined with using condoms.



Provider Spotlight

"The only guaranteed way to prevent sexually transmitted infections is not to have sex. Condoms are your best bet aside from abstinence, but they are only effective when used 100% of the time. I diagnose and treat many STI's every week in our health centers. With proper protection and understanding of STI's, many of these cases could be prevented. One thing I see too often is the use of condoms initially in relationships, but this good practice is too soon abandoned because neither partner seems to be infected. STI's can come on gradually and be subtle. Chlamydia and HIV, for example, often have very mild or no symptoms at all. In fact, I often diagnose chlamydia on routine screenings of patients without symptoms. If treatment is delayed in women, this infection can lead to infertility.

In order to prevent STI's, both partners should take responsibility and use condoms every time that they are sexually active. If someone tells you 'I was tested for everything, and the results were negative', ask them for the lab results. With your partner's permission, take them to your provider to review. Some STI's such as Hepatitis B and Trichomoniasis are not included in routine screenings.

Speak with your provider about these infections to determine whether screening is recommended for you. Always let your provider know about your sexual practices so that they can give you comprehensive, personalized care. Remember, STI's can also be transmitted orally and anally as well."

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

Human Papillomavirus:

Did you know the vaccine may also prevent cancer?

There are about 30 to 40 different types of the Human Papillomavirus (HPV) that can affect the genital area. The CDC states that there are 6 million new cases each year. Of those cases, they estimate that 74% are in young adults aged 15 to 24.

Some types of HPV can clear up on their own, but some that do not may cause cervical, vaginal, anal, throat or vulvar cancers. HPV may also cause genital warts.

While there are 30 to 40 different types of HPV, we know that types 16 and 18 cause about 75% of cervical cancer, 70% of vaginal cancer, and up to 50% of vulvar cancer. Types 6 and 11 are known to cause genital warts.

The HPV vaccine called Gardasil is a series of 3 shots administered over a 6 month time period. This vaccine is recommended for boys and girls. Pediatricians recommend this vaccine from as young as age 9 up through the age of 26. While a 9 year old youth may not be sexually active, the idea is to get the vaccine before they are exposed to the virus in order to make the vaccine more effective.

For more information about Gardasil, call your medical professional to set up an appointment, or visit <http://www.gardasil.com/>



Upcoming ~ Save the Date!

Tuesday, April 7th: Sexual Assault Awareness Day of Action

Sexual violence is an issue of public health, social justice and human rights. Learn how you can make a difference. For more information, visit <http://www.nsvrc.org/saam>

Sunday, April 19th: Wellness Fair - 2:30pm - 4:30pm

Harvest Fellowship Assembly Church, 5790 State Route 104, Williamson, NY

Come meet our health advocates and learn how to keep your home toxin free and how to improve your family's overall health.

April 24th - April 30th: World Immunization Week

As part of an initiative to prevent millions of deaths by 2020, the World Health Organization aims to increase awareness and access to immunizations. For more information, visit <http://www.gardasil.com/>

April 26th - April 29th: National Family Planning Conference

Family Planning advocates from all over the United States will join together in Alexandria, VA, to discuss family planning, program improvements and suggestions; hear updated political information; and learn about long acting birth control options, ACA updates, and more. For more information, go to <http://www.nationalfamilyplanning.org>.

Where are we this month?

This month our FLCH health advocates will be going to the high schools in Port Byron, Sodus and Geneva in addition to community meetings. Would you like us to come to your school or organization? Contact us today to set up a time!

**For more information, visit us at www.localcommunityhealth.com*



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