

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.

Zika Virus Affects Your Reproductive Health

The Zika virus was discovered in 1947 in Uganda. During this last year, Zika has become a widespread epidemic, affecting thousands of people all over the world. Experts predict that the virus will reach New York by July of this year, not only by people traveling to infected regions but also as the seasons change. While in rare cases, Zika is able to be spread through sexual contact, it is primarily spread by mosquitoes. There are two types of mosquitoes that carry the Zika virus: they are the aedes species (specifically the aedes egypticus) and the aedes albopictus. Common signs and symptoms upon infection are fever, rash, joint pain, and conjunctivitis (red eyes). However, most people who become infected don't show symptoms at all.

Zika has been known to affect pregnant women. A baby born to an infected mother can be born with Microcephaly, which is a neurological condition which causes babies to develop smaller heads due to their brains not developing properly. This can also cause other severe neurological issues which could lead to infant deaths. Zika is not only a concern for women. As medical studies continue, some experts say that the virus can be found in men's semen up to 6 months after infection, while infected women can show the virus for only a month. Using condoms can reduce the chances of a male passing the virus to his partner.

Protect yourself from mosquito bites this summer by wearing bug spray with deet, reapplying it as often as indicated on the bottle. If you'll be traveling to areas with Zika exposure, protect yourself with long layered, thick clothing or even by changing travel plans. There are still many unknowns about the Zika virus. Be sure to check the Center for Disease Control website for updates. If you think you have been exposed, it is important to see your medical provider as soon as possible to be screened for risk, referring, and testing. Testing is done by Public Health, using a specific lab.



Honesty Helps Us Give You Care.

“As nurses, we work with medical providers to provide high quality care that is tailored to each patient. As you may know, during each visit, we ask you questions about your sexual history, such as how many partners you've had since you last saw us, if you have sex with people of the same or opposite sex, and if you use contraception. We share this information with the medical provider you see. Even though it can be uncomfortable answering such personal questions, this information is extremely important for us to have so that we can make sure we are aware of your exposure risk for STIs and can give you the best possible care. Our goal in an office visit for reproductive health is to provide you with the care and tools you need to get healthy and stay healthy. While you can reduce risk of STIs by having fewer partners, if you have had many partners since your last visit with us, we are not here to pass judgment. We take the time to care about you as a patient and as a person, and want to ensure that your reproductive and overall health are on a track for success. We're here to answer your questions, give you guidance on health improvements, and provide you care.”



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's YOUR Reproductive Self-Esteem?

Loving and caring for yourself is an important key to success in all aspects of life. According to HealthyWomen.org, sexual self-esteem is important for reproductive health. Someone's sexual self-esteem can be affected by events that occurred during childhood and adolescence, such as being insulted, embarrassed, or even being abused. This can be repaired as we age. It is proven that women with low sexual self-esteem tend to be more likely to engage in high risk activities. Body image also plays a significant role in how we feel about ourselves sexually. Women tend to be very concerned about their weight and may not be comfortable being with a person because of the way their body moves or how they look undressed. The values we teach our youth about self-esteem, their sense of worth, and body image will affect their reproductive and sexual self-esteem as they grow into adulthood.



When in a relationship, whether sexual or otherwise, we all should be looking for love, respect, and understanding from our partners. We deserve to be appreciated and treated well by our romantic partners, in the way that we would expect to be by a friend or family member. Those who have low self-esteem may believe deep down that they don't deserve to be treated well by their partners, and have a skewed sense of what a healthy relationship is. For established medical patients at FLCH we have an in-house counselor who can help anyone who is struggling with overall and sexual self-esteem. It is important to have a good reproductive self-esteem, as it will enable you to make confident and informed reproductive health decisions that are best suited to you and your partner.

Remember:
an important part of loving someone else is loving yourself.

Source: <http://www.healthywomen.org/content/article/your-sexual-self-esteem>

Where Are We (FLCH) This Month?

- **July 6th:** Hannick Hall, Newark
- **July 8th:** WGVA Radio Station, Geneva (Zika Interview) & Provider Luncheon, Dundee
- **July 13th:** CAAST Meeting, Geneva
- **July 26th:** Reproductive Ed & Outreach Committee Meeting, Geneva Community Health. **Join Us!**
- **July 28th:** Ontario County Probation, Canandaigua
- **July 28th & 31st:** Spring Awakening Play Outreach, Geneva Boys & Girls Club

***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!



Olivia Catalano
Health Advocate
OliviaV@flchealth.org
P: 315-521-0249



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