

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.



In an effort to decrease the prevalence and stigma surrounding HIV infections in the United States, the government is developing a strategy to decrease HIV/AIDS as a new infection to zero by the year 2020. Part of the plan involves improving access to care and health outcomes for those who are infected, reduce HIV-related health disparities, and achieve a more coordinated national response to the virus.

The first known case of HIV in humans was discovered in 1959 but didn't find its way to the United States until the 1980s. During that time, many people passed away from this virus because there was a lack of medical knowledge regarding this illness. We know now that HIV is a virus that attacks the immune system. It develops into AIDS in its later stages and can cause death if left untreated. In 1994, AIDS was the leading cause of death among Americans aged 25-44. By 1997, the FDA approved a medication called HAART, which stands for highly active antiretroviral therapy. After its release, this medication was successful in decreasing the number of AIDS deaths. In 2002, the FDA approved a home HIV test that can detect the virus in your

system with 99.6% accuracy. Today, we have medications that can decrease your chance of contracting HIV if exposed: PReP (pre exposure prophylactics), for people who have an ongoing high risk of exposure, and PEP (post exposure prophylactics), for use after a potential exposure. When properly used, both medications have proven very effective in reducing the number of people who contract HIV.

December 1st is World AIDS Day. We encourage you to keep an open dialogue about HIV/AIDS as well as the importance of regular testing and following treatment guidelines. At Finger Lakes Community Health, we have a team of educators who are dedicated to spreading awareness about STIs, including HIV, through a variety of means including newspaper articles, radio programs, school programs, and newsletters. HIV testing can be performed using a mouth swab, a finger prick, or a blood draw. Our medical providers coordinate care with Trillium Health for our HIV+ patients through our nationally recognized telehealth program. We're here to provide affordable, high quality, and compassionate care by taking the time to get to know our patients. Be sure to ask about the services we offer at your next appointment or give us a call today!

The **fight against AIDS** is about **human rights** and reaching those who still lack access to treatment.

This **World AIDS Day**, join the united front against HIV and register for the **21st International AIDS Conference**. **#AIDS2016**



FLCH Telehealth Program **SPOTLIGHT:**

Did you know that you can access HIV services in our health centers? At FLCH, we offer telemedicine services that allow our patients to schedule visits with HIV specialists in collaboration with our primary care providers. Once a patient is diagnosed as HIV positive, they can be referred to our in-house program. The first initial visit takes place at the specialist's office, but the follow-up visits take place in our health center using tele-medicine equipment to consult with the specialist. An FLCH medical provider is also present for the appointment. During such visits, providers manage patient care, discuss medical needs, order lab work, and monitor medications. Telemedicine is a confidential live videoconferencing platform that allows for remote diagnosis and treatment of patients. It helps providers work together to give the best possible care to patients while also decreasing travel time to and from specialist appointments, providing confidential visits in our own communities, and more. We have found that telemedicine helps our patients become more comfortable in getting not only their HIV care, but also their primary and dental care and behavioral health services.



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



Our team provides medically accurate education regarding a variety of preventative health topics. We work with schools, agencies, and community organizations across the Finger Lakes to provide this free service. Our program offers education on the subject of contraception (birth control), sexually transmitted infections (STDs/STIs), relationships, and more. We also have the ability to run a longer program with your group where we discuss topics such as anatomy, body image, communication, birth control.

Please contact us if you are interested in working with us. We are already booking for 2017!

Where Are We (FLCH) This Month?

- **December 1st:** World AIDS Day! (<https://www.facebook.com/events/1135982446490318/>)
- **December 2nd:** Newark High School Info Table
- **December 3rd:** Children's Holiday Health Fair, Lyons
- **December 5th:** WARE (Wayne Action for Racial Equality), Newark
- **December 7th:** Finger Lakes Community College Info Table, Newark Campus
- **December 7-9th:** National Sex Ed Conference, Atlantic City
- **December 12-13th:** Geneva Education Classes
- **December 14th:** Youth & Family Intervention Program, Fire House Café, Williamson
- **December 15th:** Southern Tier Sexual Health Coalition Meeting, Bath (10am)
Finger Lakes Sexual Health Coalition Meeting, Canandaigua (2:15pm)
- **December 19th & 21st:** Seneca Falls Education Classes
- **December 22nd:** Ontario Probation Education Classes, Canandaigua

****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!



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