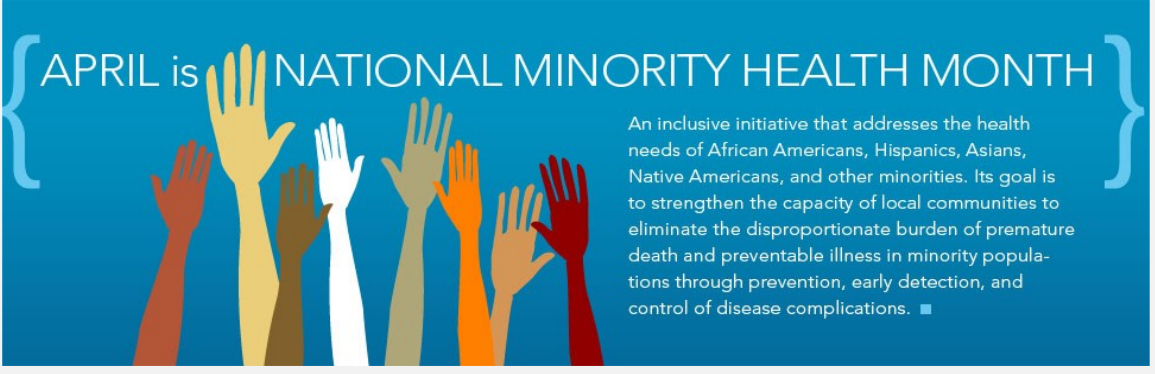


Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.



APRIL is NATIONAL MINORITY HEALTH MONTH

An inclusive initiative that addresses the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities. Its goal is to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications. ■

Your birthplace and the zip code you live in can be factors in predicting your overall health, income, and education. Such factors are known as social determinates of health. These determinants are linked to inequities in health and health care among minorities. This month, we aim to raise awareness about health disparities and the impact they have on our communities. Even with legislation such as the Affordable Care Act in place, minority populations still have higher rates of diabetes, heart disease, hepatitis B, HIV/AIDS, pregnancy, and infant mortality. At Finger Lakes Community Health we serve everyone regardless of race, religion, color, or gender. Every community deserves access to affordable quality healthcare services, and that is what we aim to achieve at our health centers. One example of the presence of health disparities among minority groups is found when examining teen pregnancy. Over the years, the US has seen an overall decline in teen pregnancy. However, the

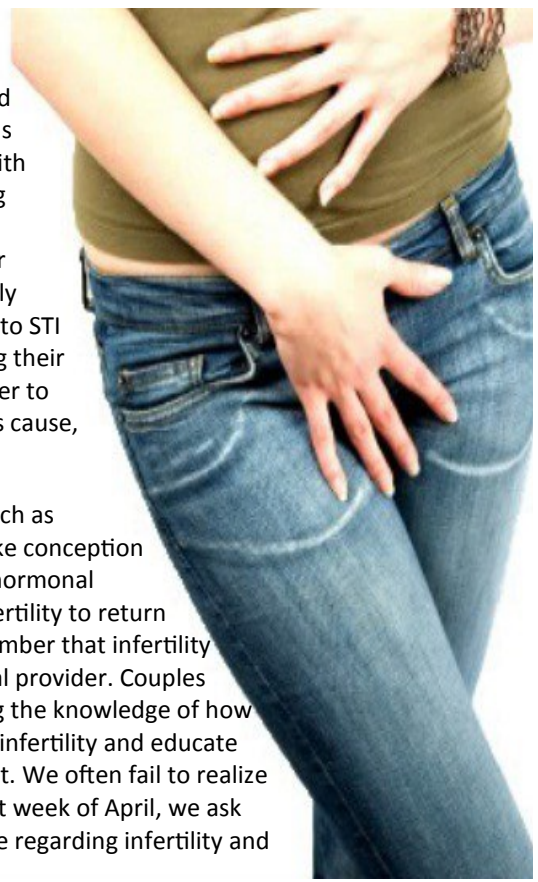
numbers across different minority groups tell a different story. The teen pregnancy rate among Hispanics and African-Americans still remains relatively high. Among Latinas, the rate is almost double that of white teens. For this reason, we at Finger Lakes Community Health are dedicated to expanding access to quality care for everyone. We take the time to get to know our patients and provide excellent care. Our team approach to health care allows patients to gain a better understanding of how their health and wellness extends beyond office visits. We are also diligent about hiring people who speak multiple languages to help overcome language barriers. When everyone is healthy, our communities thrive. Reaching out to suppressed groups and sharing resources is the most effective way to create a healthier community for all. For more information on how you can help improve minority health and overall community health visit: www.minorityhealth.hhs.gov.



Program SPOTLIGHT: FLCH celebrates **45 YEARS** of Family Planning Services!

Next month, Finger Lakes Community Health will proudly celebrate 45 years of providing family planning services to the communities in the Finger Lakes. FLCH was founded in 1989, but we merged with an existing family planning center in 2010. Since then, our programs have been successful in expanding these service from two to six counties in the area. Adding family planning services to our scope of practice has helped many people overcome major barriers of access to this type of care. When a patient comes into our health center for a family planning visit, nobody aside from our staff will know the reason for their visit. This is effective in decreasing anxiety for patients accessing medical care and reproductive health services. Everyone shares the same waiting room, whether they're waiting to see a doctor, dentist, or counselor. We proudly offer reproductive health services such as STI testing and treatment, providing various birth control methods, cancer screenings, education, and pregnancy confirmation and care. Join us next month as we celebrate this milestone throughout our health center and our community. Follow are posts about our health center history on our social media accounts, or share how you've benefitted from our services using #45FPFLCH. Most importantly, thank you for being our partner, patient, and helping us provide such crucial services to our community. All of this is possible thanks to you!

Locations: STD & Infertility Awareness...



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

Infertility is defined as the inability to conceive after trying for one year. If left untreated, certain sexually transmitted infections such as chlamydia, syphilis, and gonorrhea can lead to infertility. 80% of people who have an STI won't show signs or symptoms, so it's important to be tested once a year or with every new partner regardless of whether you're experiencing symptoms. Both adults and young people fear being labeled and judged when accessing STI treatment services, but at our health centers, we won't judge you or your choices; we simply want you to be healthy. Also, many people who need access to STI services won't disclose the reason for their visit when making their appointment out of fear or embarrassment. However, in order to reduce the risk of infertility and other complications that STIs cause, it's important to see a medical provider as soon as possible.

STIs aren't the only cause of infertility. Medical conditions such as polycystic ovarian syndrome and endometriosis can also make conception difficult. These conditions can be controlled with the use of hormonal contraception methods. Many of these methods will cause fertility to return rather quickly after discontinuing use. It's important to remember that infertility is not uncommon and can sometimes be treated by a medical provider. Couples will try for months to get pregnant to no avail without having the knowledge of how to deal with this issue. It's essential that we talk more about infertility and educate our peers and our community about how to access treatment. We often fail to realize that many couples have trouble conceiving, so during the last week of April, we ask that you speak up, educate yourself and share the knowledge regarding infertility and how it can be treated with those around you.

Where Are We (FLCH) This Month?

- **April 3rd:** MLK Committee Meeting, Newark.
- **April 3rd:** (WARE) Wayne Action for Racial Equality Meeting, Newark
- **April 5th:** Geneva High School Education
- **April 6th:** Marion Jr.-Sr. High School Education
- **April 6th:** Finger Lakes Community College, Newark
- **April 7th:** Wayne Health Improvement Partnership (WHIP), Newark
- **April 12th:** Reproductive & Education Committee Meeting, Geneva Community Health (10am)
- **April 19th:** Wayne Agency Network Meeting, Lyons
- **April 20th:** Southern Tier Sexual Health Coalition, Bath. (10am)
Finger Lakes Sexual Health Coalition, Canandaigua. (2:15pm)
- **April 29th:** Annual Learning & Wellness Fair - Williamson Middle School

**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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