

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.



Stay on top of your game! In June, Men's Health Awareness Month is celebrated across the country to promote awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This opportunity gives healthcare providers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice, which can result in early treatment for disease and injuries. How can you make health a priority? Learn the steps you can take each day

to improve your health such as getting enough sleep. Adults need between 7-9 hours of sleep, according to the CDC (Center for Disease Control & Prevention). Insufficient sleep is associated with a number of chronic diseases and conditions, such as heart disease, diabetes, obesity and depression. If you're a smoker, it's never too late to quit smoking and doing so has long term benefits that will help to improve your overall health and lower risk of heart disease. Exercise more too! According to the CDC, adults should participate in a minimum of 2 1/2 hours of physical activity a week. If you find this hard to do, you may want to try breaking your physical activity into smaller amounts of time and spreading it out over the course of each week. Eating healthy is also important. You should strive to eat a variety of fruits and vegetables every day, as fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Try to limit consuming drinks high in calories, sugar, salt, fat and alcohol. Last but not least, pay attention to your sexual health. If you're sexually active, remember to use a condom. Discuss contraception options with your partner, get tested regularly, and keep up with your annual exams. Follow up with your doctor if you have questions or concerns. Checkups can help identify issues early or before they become a problem. After all, 80% of those with an STI show no symptoms, so it's always a good idea to see your provider yearly.



**ADOLESCENT
HEALTH
CONFERENCE**
10/19/17 Holiday Inn • Waterloo, NY • 9am - 3:30pm

A professional development training. #AHC17

Prostate Cancer... *Be In The Know!*

Prostate cancer is said to be the second most common cancer among men. One in seven men in the US will be diagnosed with the disease in his lifetime.

Compared to other men, African-American men and men with a family history of the disease are at higher risk of developing prostate cancer. Symptoms include difficulty during urination, weak flow of urine, frequent urination (especially at night), pain or burning during urination, painful ejaculation, blood in urine or semen and pain in your back or hips that doesn't go away. You can be tested for prostate cancer with a digital rectal exam done by a medical provider or a prostate specific antigen test, a type of blood test that looks for elevated PSA levels in blood. The American Cancer Society recommends men at 40 start getting screened.

Talk to your provider about this important health test.

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

Partner SPOTLIGHT:

Counseling & Trauma Services of the Finger Lakes

By: Sherri Borglum, MA, LCAT, ATR-BC, CASAC, RYT

Twenty years ago, the Center for Disease Control and Kaiser Permanente were working to discover risk factors that led to physical disease. The researchers discovered that exposure to certain things during childhood produced a much greater risk for seven out of the ten leading causes of death in the United States. People who were exposed in high doses as children had three times the lifetime risk of heart disease and lung cancer. Was it lead? Was it mosquitos? Was it a virus? The researchers were astounded to find that it was childhood trauma. It was exposure to events such as physical abuse (spare the rod, spoil the child), sexual abuse (most often by someone the child trusts), being a witness to domestic violence (the person I depend on the most is being hurt by the other person I depend on the most), and neglect (worst of all). In the U.S., we spend a lot of money trying to stop violence in the streets. The reality is, 70% of violence occurs in the home.

At first, it was assumed that the higher rates of illness found by the Adverse Childhood Experience Study (ACES) were due to higher rates in the use of substances (alcohol, cigarettes, and street drugs) by those who experienced trauma. While it is true that those who have been traumatized as children use substances at a higher rate, it was found that even those who did not turn to substances also had higher rates of illness. Research found that the body's stress system was overactive, and when it is activated much too frequently, this survival mechanism harms the person's health.

Regarding reproductive health, in addition to the increased use of substances, people who have been traumatized often engage in other risky behaviors such as unsafe sexual practices. When using alcohol or other drugs, judgment becomes impaired, and people are at an even greater risk of being victimized.

We have known for twenty years now that trauma adversely affects health in many ways other than mental health. The good news is that trauma is treatable. There are effective treatments such as Trauma-focused Cognitive Behavioral Therapy (TF-CBT), Art Therapy, and Eye Movement Desensitization and Reprocessing (EMDR). We use all of these modalities at Family Counseling Service of the Finger Lakes. Seeking healing for trauma is important for long-term physical health.

If you would like to discuss this further, please contact Sherri at sborglum@fcsfl.org.

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Would you like to present at our 2017 Adolescent Health Conference?

For more information or to submit a presentation proposal, go to:

www.tinyurl.com/AHC2017PresentProposalForm

Submissions are due by June 15th.

Where Are We (FLCH) This Month?

- **June 2nd:** 3rd Annual New York STD Conference, Niagara Falls
- **June 5th:** Wayne Action For Racial Equality (WARE) meeting, Newark
- **June 8th:** Geneva Hepatitis Listening Session, Trillium Health, Geneva
- **June 21st:** Reproductive Health Committee Meeting, Geneva (Everyone welcome!)

**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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