

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.



Many people go into each new year with goals of improving their health, finances, workplace environment, and more. This year, we encourage you to set healthy goals and to take your resolution and break it down into healthy measurable steps. Want to lose weight? Healthy eating, combined with regular exercise, is a great way to lose weight and keep it off. If you work at a desk all day, get up and move during the day. Studies show that prolonged sitting may also impact your health negatively. According to Mayo Clinic, “An analysis of 13 studies of sitting time and activity levels found that those who sat for more than eight hours a day, with no physical activity had a risk of dying similar to the risks of dying posed by obesity and smoking. However, unlike some other studies, this analysis of data from more than 1 million people found that 60 to 75 minutes of moderately intense physical activity a day countered the effects of too much sitting.”

Did you know you can improve your sexual and reproductive health with weight loss? A 2012 Penn State University study found that female bodied people who lost weight experienced improved sexual function, sexual desire, and arousal. Eating better can not only help you lose weight but can help with other health concerns. For example, high cholesterol could cause plaque to build up in blood vessels, slowing blood flow

in your genitals and making it more difficult to get aroused or have an orgasm.

Is your resolution to quit smoking? Talk to your primary care provider about ways to help quit or call **1-800-QUIT-NOW** (1-800-784-8669) to get the help you want. Smoking may impact a male bodied person’s ability to get or maintain an erection, a condition known as erectile dysfunction. This happens because smoking alters the flow of blood necessary for an erection in men. Smoking may also affect a baby developing in utero leading to a variety of health issues. Is this the year you’ll consider having children? Take charge of your health before becoming pregnant (or helping your partner get pregnant) to help secure the best outcome for everyone.

Whatever your goal may be, the best time to make a change is now, and we hope it leads to a happy, healthy you! Our providers are here to help you along the way.

**HOW MANY SERVINGS DO YOU NEED EACH DAY?**

Food group	Children ages 2 to 6 years, women, some older adults (about 1,600 calories)	Older children, teen girls, active women, most men (about 2,200 calories)	Teen boys, active men (about 2,800 calories)
Bread, Cereal, Rice, and Pasta Group (Grains Group)—especially whole grain	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk, Yogurt, and Cheese Group (Milk Group)—preferably fat free or low fat	2 or 3*	2 or 3*	2 or 3*
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)—preferably lean or low fat	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

Adapted from U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.

\* The number of servings depends on your age. Older children and teenagers (ages 9 to 18 years) and adults over the age of 50 need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for nonpregnant women.

## 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

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

[www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)

- 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 visit, [www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)

or contact us today to schedule a time!

- Would you like to have the **RHed Newsletter** emailed to you each month? If so, contact Olivia at: [Education@flchealth.org](mailto:Education@flchealth.org)



## An Inclusive Look at Birth Control:

At FLCH, we refer to birth control as contraception. Why? While birth control is generally marketed toward female-bodied people, contraception is beneficial for anyone who is sexually active, and some methods are even beneficial for people who aren't. There are many types of contraceptives. These include barrier methods, such as condoms, which can prevent both pregnancy and sexually transmitted infections (STIs). There are also hormonal contraceptives, such as the pill, patch, ring, or IUD, which can not only prevent pregnancy, but can also regulate one's menstrual cycle, decrease acne, regulate weight, and more.

Currently, these hormonal methods are only approved for female-bodied people, but our transgender men, non-binary, and genderqueer populations deserve inclusive education, too. Trans men may use a hormonal method to stop their period, since stopping the period phase of the

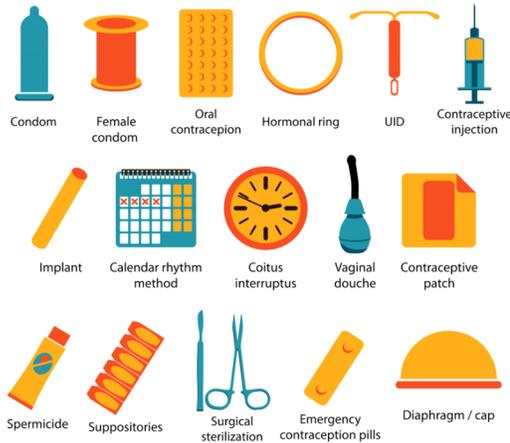
menstrual cycle may help with dysphoria. Some people might not want added female hormones in their bodies and instead, opt for a contraceptive such as the copper IUD. Some IUDs can even

be used while taking testosterone.

Male-bodied people can also benefit from being knowledgeable about contraception. With a strong knowledge of various contraceptives, they can support their partner in their decision to use birth control. Perhaps they might use their knowledge to engage in a conversation about preventing pregnancy, if it's mutually desired. Using a dual method, for example: using a barrier method alongside a hormonal contraceptive,

can prevent both pregnancy and the transmission of STIs. Most importantly, being knowledgeable about the many different methods of contraception can help our patients decide which one works best for their individual needs.

### Contraception methods



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