

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.



The GREAT American SMOKEOUT (GASO) *be a quitter. it's never too late*

GASO is an American Cancer Society campaign that aims to stop smoking for cancer prevention. Most people understand that smoking increases the risk for heart, vascular, and lung disease. However, many do not realize that smoking can also lead to problems with fertility in both men and women.

How does smoking impact reproduction?

- Erectile dysfunction and pregnancy complication rates increase.
- Chemicals in cigarette smoke speed up the loss rate of eggs, meaning that menopause occurs 1-4 years earlier in women who smoke.
- Male smokers can suffer decreased sperm quality with lower sperm counts, motility, and increased numbers of abnormally shaped sperm.

How does smoking impact fertility?

- Women who smoke do not conceive as efficiently as nonsmokers.
- Infertility rates in smokers are about 2x the rate of infertility found in nonsmokers.
- The risk of fertility problems increases with the number of cigarettes smoked daily.
- Increased risk of miscarriage.
- Offspring birth-defect rates are higher among patients who smoke.
- Smokeless tobacco (vaping) also leads to increased miscarriage rates.
- Ectopic pregnancies and preterm labor also occur more often among female smokers.

Fertility treatments may not be able to fully overcome smoking's effects on a person's fertility. Quitting smoking can improve fertility, though the decrease of the egg supply cannot be reversed. The rate of pregnancy complications due to smoking decreases the longer a person has not smoked.

Quitting smoking can be difficult but studies show that the chance for success is much higher if you work with your health-care provider and/or a support group. Sometimes, temporary use of a nicotine replacement (such as nicotine gum or patch) and/or prescription medications like Varenicline or Bupropion can improve smoking cessation rates. Though it generally isn't advised to use these during pregnancy, you and your health-care provider might consider their use during pregnancy after weighing the risks and benefits.

Risks From Smoking:



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
6341 Ridge Road
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

Thanksgiving is also National Family Health History Day!

Did you know that Thanksgiving is also National Family Health History Day?

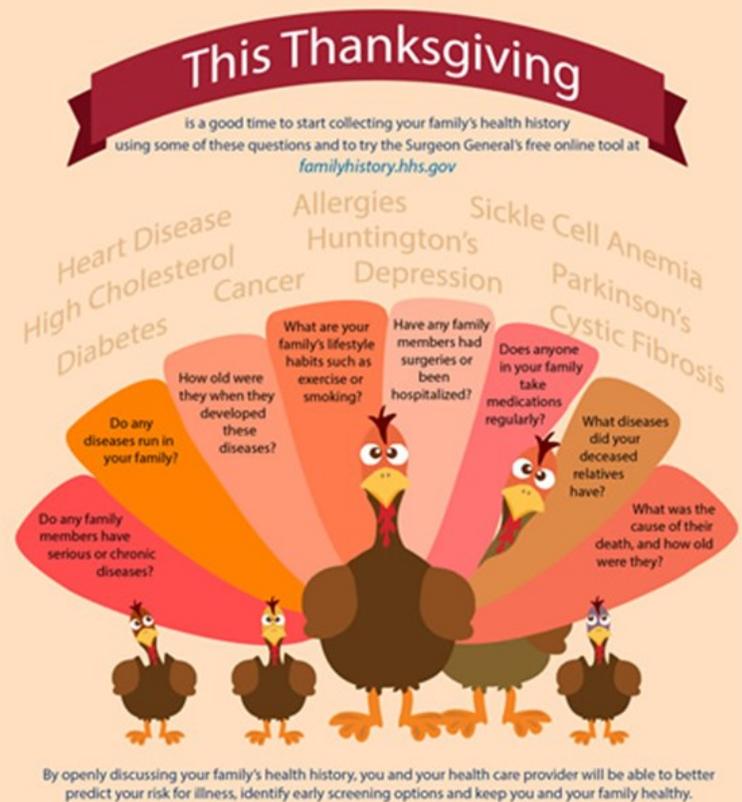
Even if you don't have a parent or sibling with cancer or diabetes, you might be more likely to get a disease if other people in your family have or had the disease. However, having a family health history of a disease doesn't mean that you will get it. Knowing your family health history risk can help you if you act on it. We recommend these tips to discuss health history:

- Talk to your family.
- Ask questions.
- Record information and update it whenever you learn new family health history information.
- Share family health history information with your doctor and other family members.

Many of these chronic diseases and health issues that run in families can affect reproductive health. Some of these health issues are:

- Heart Disease
- High Blood Pressure or Hypertension
- Diabetes
- Cancers (Uterine, Ovarian, Cervical, Breast, Testicular)
- Osteoporosis
- Anemia
- Pregnancy complications
- Weight Issues

As part of preconception planning (if you want to have a baby), being aware of these components of your health, managing any chronic illness you may have, and talking with your doctor will help keep you healthy.



We have a *NEW* addition to our team!

Olivia Clinton, our newest health advocate, joins our team with a Bachelor's of Science (B.S.) in Individualized Studies with a concentration in Sexual Health Studies from SUNY Buffalo State College. Bringing her experience in reproductive health outreach, she is thrilled to join our healthcare team. During her undergraduate time, Olivia participated in various events that helped educate her college community. She worked in her health center on campus facilitating workshops on sexual health and healthy relationships on campus. Olivia co-facilitated "Take Back the Night," an awareness event centered around domestic violence and violence towards women. She also worked at Keuka College hosting

programs for students and creating a safe environment on campus. Having a passion for health education, Olivia believes that everyone deserves access to comprehensive reproductive healthcare. She is excited to join our team and impact the health of her hometown communities in Yates and Steuben counties. Olivia enjoys working on embroidery projects, taking care of her ever-growing plant collection, and exploring all of the local breweries and wineries around the Finger Lakes area.



Olivia Clinton, Ken Metasavage, and Olivia Catalano

FLCH's Reproductive Health Team

Follow us on TWITTER at **FLCHFPED!**