

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.

Finger Lakes Community Health (FLCH) is now certified as a Breastfeeding Friendly Facility by the New York State Department of Health (NYSDOH)!

Finger Lakes Community Health is proud to announce that we have been officially certified as a breastfeeding friendly facility. While we have always been breastfeeding friendly, we took the initiative to take this to the next step by getting certified by the NYSDOH. In order to receive this 5-year certification, we provided training to our staff to promote, support, and protect breastfeeding.

Breastfeeding is beneficial for women and their families. According to the American Academy of Pediatrics, breastfeeding can help decrease postpartum bleeding and can decrease the risk of breast and ovarian cancers. Under the correct conditions, it can also be used as a form of birth control, called the lactational amenorrhea method.

Our staff are here to help mothers by answering questions about breastfeeding, supporting their decision to breastfeed, and providing comprehensive assistance with the process. We encourage exclusive breastfeeding for the first 6 months of life, with continued breastfeeding for as long as it's mutually desired by mother and baby. Once breastfeeding is established, bottle feeding can also be used, typically around three or four weeks of age. We can help mothers learn how to maintain lactation when separated from their infants by using breast pumps or hand expressing milk. We are proud to be part of the local breastfeeding support network!



Provider Spotlight!



Spencer Phippen, DDS
Finger Lakes Community Health

Dental Health & Conception

“Routine dental care includes a cleaning every six months, as well as annual x-rays. Brushing your teeth, flossing, and using mouthwash daily is good for everyone, but when considering becoming pregnant or being pregnant, we want mothers to remember the importance of dental care. While you can get dental work done during pregnancy, the best time to take care of any dental issues, such as a crown or filling, is before pregnancy. If a pregnant person needs to have these procedures done, it is best to do them during the second trimester. Making sure your mouth is healthy can promote a healthy pregnancy. Periodontal disease has been linked to premature labor. When a woman is pregnant, hormones may make her more susceptible to gum disease. These same hormones make the gums more susceptible to plaque. Gingivitis is common during the second trimester, causing gums to swell or bleed. It's important to remember that if your gums do bleed, you should still brush, floss, and use mouthwash in order to keep plaque from building up. It is not only safe, but also recommended to have your teeth cleaned during pregnancy. As dentists, we are here to help keep your mouth clean, prevent infections, treat infections, and keep you healthy.”

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 Rd
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



Urinary Tract Infections... ouch!

Urinary tract infections (UTIs) are rather common in women and female-bodied people, but can affect anyone regardless of sex or gender. This very common condition occurs in about 3 million people per year. A UTI can occur in any part of the urinary system including the kidneys, ureters, bladder, or urethra. Symptoms of UTI in female-bodied people can include pelvic pain, increased urination, pain during urination, and blood in the urine. In a male-bodied person, UTIs can cause pain during urination, frequent urge to urinate, inability to start urinating, slow urine or leakage, sudden need to urinate, blood in urine, cloudy urine with strong odor, and pain in the central to lower part of abdomen. A UTI, if left untreated, may lead to a kidney infection, which can cause back pain, nausea, vomiting, and fever. There are two primary types of UTIs: urethritis (infection in the urethra) and cystitis (infection in the bladder). UTIs can be diagnosed by your medical provider

from a urine dip, and are treated with antibiotics. Intercourse is a very common cause of UTIs. Certain contraceptive methods, such as using a diaphragm, can lead to more frequent UTIs, as this contraceptive method doesn't allow the bladder to fully empty. Spermicides can also kill the good bacteria in the vagina, which is another known cause of UTIs. However, these aren't the only ways you can get a UTI. Dehydration, being postmenopausal, consuming a diet that's high in sugar, and bacteria being introduced into the urethra can also cause an infection. People can prevent UTIs by staying hydrated, wiping front to back, and peeing after sex. UTIs do not impact fertility, but can be dangerous for a pregnant woman, as they can lead to a kidney infection. If you have any of the symptoms mentioned, let your provider know.

Where Are We (FLCH) This Month?

- Oct. 1, 7, 8, 15, 21, 22, 28, 29** - Responsible for Every Action in Life (REAL) Program - BOCES Ontario County
- Oct. 1, 15, 29** - EPIC Zone - Geneva, NY
- Oct. 1** - Finger Lakes Community College - Newark, NY
- Oct. 2** - Human Trafficking Presentation, Yates County & Keuka College Tabling, and Clyde-District Wellness Committee
- Oct. 4** - Hobart & William Smith Colleges Tabling
- Oct. 7** - Rounded Recovery Connections-Ontario Cty, Risk Taking Behavior Presentation-NYS Youth Bureau Conference, Student Health & Wellness Committee-Canandaigua, and WARE (Wayne Action For Racial Equality)-Newark, NY
- Oct. 9** - Wayne County Partnership for Strengthening Families
- Oct. 10** - Youth Summit Presentation - Seneca County
- Oct. 17** - 19th Annual Adolescent Health Conference: Professional Development Training - Waterloo, NY
- Oct. 22** - Wayne Wellness Committee Meeting - Lyons, NY
- Oct. 28 - Oct. 30** - Healthy Teen Network Conference - New Orleans, LA

• **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 or contact us today to schedule a time!**



Olivia Catalano, RH Program Manager
OliviaC@flchealth.org
P: 315-787-8132



Patricia Hall, Health Advocate
PatH@flchealth.org
P: 315-521-7787



Ken Metasavage, Health Advocate
KMetasavage@flchealth.org
P: 315-521-0249

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