

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 **STI** Awareness Month...

Sexually Transmitted Infections (STIs) are infections passed from person to person by sexual contact. Sexual contact includes vaginal, oral, and anal sex. You can also get STIs from skin to skin contact, sharing infected toothbrushes or razors, and sharing clothing, bedsheets, or towels with others. STIs are serious, but luckily most are curable. Some STIs infect only your sexual and reproductive organs while others, such as HIV, Hepatitis B, and Syphilis, can cause damage all over your body. A person can have an STI and show no signs or symptoms. Common symptoms of STIs include abnormal vaginal discharge, urethral discharge and/or burning in men, flu-like symptoms, fatigue, and unusual odor. Symptoms may go away, but the STI will not unless you receive treatment. Some bacterial STIs include chlamydia, gonorrhea, trichomoniasis, and syphilis. STIs caused by viruses can be controlled, but not cured. Once you get a viral STI, you keep it for life, but most are manageable. Some viral STIs include HIV/AIDS, genital warts, Human Papilloma Virus (HPV) and Hepatitis B virus.

The Center for Disease Control (CDC), states the US has the highest rate of STIs in the resource-rich world. In the US, about 20 million new infections occur each year.

Half of these occur among American young people (15-24 years old) who are more at risk for STIs than older adults. The only sure way to avoid STIs is to not have vaginal, anal, or oral sex. If you are sexually active, you can reduce your risk of getting an STI by using condoms, dental dams, talking with your partner, and being tested regularly. You cannot tell if someone has an STI just by looking at them. The only for sure way to know that you do not have an STI is to be tested. Testing can be done by a finger prick, urine test, or blood draw. There are programs available to have these services covered at low-cost or free, simply ask when you have them done.



Partner **SPOTLIGHT:** Wayne County Public Health reports on STIs

By: Ryan Mulhen

Sexually Transmitted Infections (STI) are one of the most persistent public health issues for a local health department to work on. The number of cases for different types of STIs can vary year to year, but trends upward or downward over a longer period of time can be a wonderful indicator of progress or areas in need of improvement. Gonorrhea cases have gone down over the past few years, but Wayne County continues to see a drastic rise in the number of Chlamydia cases among its residents.

One way to combat this drastic rise in Chlamydia cases is the use of Expedited Partner Therapy, or EPT. EPT works like this: A patient who receives a Chlamydia diagnosis can tell their provider that they need a prescription for their partner. The provider can write a prescription for the patient *and* the partner all at once, without any additional appointments or testing. Then, when the sexual partner goes to the pharmacy to receive their medications for treatment, they will be asked several screening questions by the pharmacist, in order to safely receive their medication. EPT is protected by law in New York State, and can be used by anyone who has received a diagnosis for Chlamydia only.



Public Health
Prevent. Promote. Protect.
Wayne County, NY

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

Infertility Awareness Week: April 22-28, 2018



Infertility is when a person has been trying to become pregnant and has not been able to for one year. This common health ailment is often not discussed, with as many as 200,000 diagnoses a year. Thirty percent of the time the infertile partner is the female, thirty percent of the time it is due to the male partner. Some STDs, such as chlamydia, can cause infertility. Infertility can be due to low hormone levels or ovulation trouble. A woman may ovulate, but if an egg is not mature it cannot be fertilized to grow properly into a baby. At Finger Lakes Community Health we address factors such as drinking and drug use, smoking, weight, and stress, which can affect fertility. Maintaining a healthy weight, exercising, and taking care of your body can improve fertility in both men and women. There are hormonal contraception such as the pill, patch, or nuva ring to help regulate a woman's cycle to increase her chances of becoming pregnant. There is no reason to struggle in silence; if you know someone who has experienced this or are experiencing this yourself, we would love to take time to help you

plan your family. Part of pre-conception care (or planning for a pregnancy) includes regular check-ups with your medical provider, as this can catch problems early on. **Call the Finger Lakes Community Health center closest to you to discuss your options.**

Where Are We (FLCH) This Month?

- **April 3rd:** Tier 2 Meeting, Penn Yan (9:15am)
- **April 17th:** Snack & Chat with Ontario County school nurses
- **April 18th:** Reproductive Health Education - Newark High School
- **April 18th:** Reproductive Health Table - Finger Lakes Community College / Newark Campus
- **April 19th:** HIV & Hep C Conference, Rochester
- **April 19th:** Finger Lakes Sexual Health Coalition Meeting - Canandaigua (2:15pm)
- **April 25th:** Reproductive Health Education - Newark High 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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