

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.

Welcome Gardasil 9!

Gardasil, the vaccine to protect against dangerous HPV strains, was previously known as Gardasil 4, which protected against four strains of this virus. As of June 1, 2017, all Gardasil vaccines are now Gardasil 9. Gardasil 9 protects against nine of the over 150 strains that exist (numbers 6, 11, 16, 18, 31, 33, 45, 52, 58). Gardasil is a vaccine series which could prevent the types of HPV that could lead to cancer or even genital warts.

Just like vaccines for measles, chicken pox, or hepatitis, a child should get the vaccination before being exposed to the illness. The American Cancer Society and Center for Disease Control recommend children start this vaccine series around age eleven. It can be started as early as nine, and administered at any point until the age of twenty six. Studies have shown that the earlier a child receives this vaccine the more effective it is. Another benefit of children receiving this vaccination early on is that if the vaccine series is started and finished before age fifteen, they only receive two shots, whereas if the vaccine series is not finished before age fifteen it becomes a three shot series. Vaccinations, along with exercise and a healthy diet, are some important steps you can take to decrease your likelihood of getting cancer.



Why 9 HPV Types?

Broader disease coverage due to more HPV types

Worldwide estimated type contribution for certain HPV-related cancer and disease cases	4 HPV types cause: (6, 11, 16, and 18)	5 HPV types cause an additional: (31, 33, 45, 52, and 58)	9 HPV types cause a total of: (6, 11, 16, 18, 31, 33, 45, 52, and 58)
Cervical cancer ¹	70% ¹	20% ¹	90% ¹
Vulvar cancer ^{2,a}	75% ²	15% ²	90% ²
Vaginal cancer ^{3,a}	65% ³	20% ³	85% ³
Anal cancer ^{4,a}	85% ⁴	5%–10% ⁴	90%–95% ⁴
High-grade cervical precancers ^{5,a,b}	50% ⁵	30% ⁵	80% ⁵
Low-grade cervical lesions ^{5,a}	25% ⁵	25% ⁵	50% ⁵
Genital warts ⁶	90% ⁶	No contribution ⁶	90% ⁶



Program **SPOTLIGHT:** **Safe Harbors** by: Melissa Gilbert

Safe Harbors of the Finger Lakes, Inc. provides services, at no charge, for individuals, children, and families who have experienced sexual assault, sexual abuse, and/or interpersonal violence in Ontario, Seneca, and Yates Counties. Our vision is for our communities to overcome the stigma and burdens of sexual and interpersonal violence; and to be safe and secure from these harmful acts and crimes. Crisis services provided include legal and medical advocacy and accompaniment, advocacy with social services, support groups for adults and youth, safety planning, assistance with obtaining orders of protection, referrals to shelter, and crisis counseling/intervention. We also provide prevention education to the community in all three counties. Prevention education includes regents mandated personal safety presentations in grades k-6th ; 7-12th grade presentations on healthy relationships and internet safety; and 3rd -12th grade Girl's Circle and Boy's Council empowerment groups. We also offer college bystander intervention, RA trainings, college classroom presentations, and college women's groups. If you are in crisis and would like to speak to an advocate, contact our 24 hour crisis hotline at 800-247-7273.

For more information on any of our services, please contact our office at 315-781- 1093.

17th Annual

Adolescent Health Conference... Register TODAY!

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

Mark your calendars because October 19th is the 17th Annual Adolescent Health Conference! This professional development conference brings together medical professionals, teachers, community health agencies, public health and more to learn about factors that affect adolescent health and development (as well as adults).

This year we will have an amazing education line up. In the morning, our education team will discuss preconception and inter-conception care as it relates to pregnancy. We will discuss the HPV vaccine, drug use and reproductive rights, justice and health. Our medical provider, Matt Thuja, PA, will provide medical insight on what is being seen in the field of reproductive health and offer strategies on how to help patients. The morning will wrap up with a session on HIV medication (PeP & PrEP), adherence, and treatment of the virus. Lunch will be included in conference registration and take place on the grounds.

After lunch, there will be a selection of four sessions, of which you can attend two. The sessions will include: sexting, intersectionality, trauma in children and how it affects development, and a teen panel on sexuality. Limited number of seats available. So far, this year's conference sponsors include, UnitedHealth Care and Merck.



Sign up today at:

<https://tinyurl.com/2017AdolescentHealthConference> *Only a limited number of scholarships available!

Where Are We (FLCH) This Month?

- **August 1st:** National Night Out in Lyons - *Lyons Community Center*
 - **August 1st:** Tier I Meeting - *Penn Yan*
 - **August 1st, 8th, 15th & 22nd:** Askable Adult Classes start this month! Join us at Geneva Community Health to learn tips on how to talk to youth about sexuality, relationships, consent and more! - *Geneva*
 - **August 4th:** World Breastfeeding Week (community event) - *Dorman Library, Bath 11-1pm*
 - **August 7th:** MLK (Martin Luther King) Committee Meeting - *Newark*
 - **August 12th:** "Marion Kids Karnival Health Fair" - *Macedon*
 - **August 16th:** Reproductive Ed Meeting. Join us at Geneva Community Health to learn more about what's happening in our community! - *Geneva 10am*
 - **August 17th:** Lunch & Learn: Trillium Health. Come learn about healthy and unhealthy relationships, including sexting. Free lunch provided - *Bath (12-1pm)*
- Finger Lakes Sexual Health Coalition - *Canandaigua 2:15pm*

***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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