

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.

HPV & Gardasil (Human Papilloma Virus)

The Human Papilloma Virus or HPV is the most common sexually transmitted infection (STI). The Center for Disease Control (CDC) predicts that over 80% of people will get an HPV infection in their lifetime. HPV is a group of more than 150 related viruses that are spread via sex, vaginal, anal, or oral, and some skin to skin contact. In some cases, HPV goes away on its own and does not cause any health problems. When HPV does not go away, it can cause health problems like warts and cancer. Common plantar warts are caused by a strain of HPV. It can even be spread if no symptoms are present. Seven types of HPV lead to 20,000 cancer cases per year in the U.S. HPV can be found during a Pap smear for women. During this exam a provider would get a sample of the cells on the cervix and send them to a lab for testing. If they test positive a colposcopy may be done to take a closer look at changes on the cervix. Testing can be done to see the specific strain of HPV a woman has. During a colposcopy, a sample of tissue may be taken and sent to a lab for further evaluation. Currently there is no test for men to find out if they have HPV.

One way to prevent HPV is through vaccination, before exposure. No need to fear Gardasil is here! Gardasil is a vaccine that protects



against the nine types of HPV, the seven that lead to cancers and two others that lead to other diseases. For persons 9 through 14 years of age the immunization is taken 2 doses due to the prime immunity response at that age. For persons 15-26 years of age the immunization is taken in 3 doses. Other preventative measures that you can take can include regular cervical screening for women. Use of condoms can also help prevent the spread of HPV, however they do not provide enough coverage from skin to skin contact to reach 100% protection.



Partner

SPOTLIGHT: LGBTQ Services of the Finger Lakes by Chelsea Snyder

Pride month was a huge success in June! The LGBTQ Center, now an advocacy program under Family Counseling Service of the Finger Lakes, is the leader of LGBTQ services in the Finger Lakes Area. Not only did the 'Center' have 1,500 people attend the 2018 FLX Pride Festival on the shores of Seneca Lake in Geneva, they also are continually growing their services and educational outreach. The 'Center' has several support groups including You Are Not Alone (YANA) for youth 10-18 years old that identify as lesbian, gay, bisexual, trans*, queer or are questioning their identity, or want to be better allies. The group meets in Geneva on Mondays and Tuesdays in Newark and is planning to expand into Seneca County this Fall. Additionally, there is a support group for 18 and over adults who identify as transgender and gender expansive that meets monthly. It is also a great resource for loved ones who have trans* students, children, or spouses. The 'Center' also provides free trainings to local businesses, agencies, schools, and community members that include how to be an ally, Safe Zone, and LGBTQ 101. ****If you are interested in helping your staff grow and your workplace be more inclusive and welcoming for the LGBTQ community, please contact Chelsea Snyder by emailing lgbtq@fcsfl.org or by leaving a voicemail at (315) 331-8493 ext. 2606.***



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

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Did you know that one in every fifteen people living in the United States depends on health center services? Health Centers, like Finger Lakes Community Health, deliver high quality, cost effective, accessible care while serving as critical economic engines helping to power local economies. Health Centers are also proud to celebrate over 50 years of service and continue to be ranked among the highest quality and cost effective care providers in the nation. Health Centers provide their services to all people, regardless of their ability to pay or insurance status.

Finger Lakes Community Health is proud to serve all our patients. Not only do we provide medical, dental and counseling services, we also provide reproductive health care to include: annual exams, routine gynecological care, birth control options, pregnancy testing, emergency contraception, STI testing and treatment, and referrals for other reproductive health needs. We also provide education to the communities that our centers serve. Our health advocates use evidence based programs to deliver information across the Finger Lakes on topics centered around pregnancy prevention, healthy relationships, birth control methods and STI prevention.

*If you would like to request free programs from our Health Advocates, you can contact us via phone at 315-521-0249. We are proud to serve you! Follow this event on social media, or post your own success story using #NHCW18 or #CHCSuperPower. Happy Health Center Appreciation Week!



Tonier Cain
to speak at
18th Annual
Adolescent Health
Conference!

It's time to register for the hottest conference of the year! Finger Lakes Community Health's 18th Annual Adolescent Health Conference will take place on October 11th at the Quality Inn (former Holiday Inn) in Waterloo, NY.

This year we are excited to have national keynote speaker, Tonier Cain on our agenda! Tonier Cain will implore attendees with her experience by developing a universal understanding of the nature of trauma. As a former crack addict, racking up 83 arrests, rapes and beatings were no stranger to her life growing up. Tonier was homeless, pregnant and incarcerated. Despite all of these adverse childhood experiences she overcame them to become an internationally recognized trauma care expert and survivor. Tonier will discuss the abuse she was subject to at the hand of her mother, drug addition, mental health, commu-

nity trauma and leave you feeling inspired and wanting more!

In addition to Tonier Cain's presentation, the conference will include several other speakers. Darcy Dreyer, from March of Dimes will discuss structural racism and implicit bias and their impact on health outcomes that drive the need for reproductive justice. Chelsea Snyder, from Family Counseling Services of the Finger Lakes will provide a workshop on Sparking Resiliency in LGBTQ Youth, including a youth panel. Jennie Knox, from Pregnancy Resource Center of the Valleys Inc. will discuss underserved areas of reproductive health including religious communities and how we can work to fix those gaps. And Lynn Staack, from the Advocacy Center will discuss sexual harassment, abuse and assault and how we can work with high school students to provide resources to stop problematic behaviors, support students and work to prevent sexual violence.

The Adolescent Health Conference is a professional development conference and is open to anyone who works with youth or adults. Seating is limited at this highly anticipated event so we invite you to register TODAY at <https://tinyurl.com/HealthConference2018>

Questions or inquiries? Call Olivia at (315) 781-8138.