

Family Planning Education (FP 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.

Prevent HIV Infection Before It Starts Or After Exposure

Human Immunodeficiency Virus (HIV) attacks the body's immune system. The virus destroys CD4 cells; these cells help your body to fight disease. If HIV is not treated or managed properly, it can severely damage one's immune system leading to Acquired Immune Deficiency Syndrome (AIDS). HIV, like other STI's, can be spread through infected blood, semen, vaginal fluid or breastmilk.

Pre-exposure Prophylaxis (PrEP) is a medication that can be taken by individuals who are considered "high-risk" for contracting HIV. For instance, this could include an HIV negative partner, who is having sexual relations with an HIV positive partner. This medication should be taken every day and should be used with other prevention methods (condoms). According to the CDC, studies have shown to lower risk up to 92% for those who took the medications consistently.

Post-exposure Prophylaxis (PEP) is a medication that is taken after a potential exposure to HIV. PEP should be started within three days of the potential exposure. This medication is taken typically for 30 days as an emergency medication. PEP may be used by healthcare workers who have been potentially exposed, sexual assault victims, patients who think they were exposed during sex, or injection drug users who share needles.

Testing for HIV can be done in different ways. A prick to the finger will allow the provider to get enough blood to test and get results back in less than 20 minutes. Oraquick is a swab (like a q-tip) that is run along the inside of the mouth and tests skin cells. Blood can also be drawn and sent to a lab for testing.

**Talk to your provider today for more information.*



Christopher Lehfeldt, DDS
Finger Lakes Community Health

Provider Spotlight! Are you taking ANTIBIOTICS?

“ Are you aware that a woman can get pregnant while taking antibiotics given to them by their dentist? Not all women know this nor do they tell their dentist that they are taking birth control, such as the pill, using an IUD implant, a shot, or a patch. A recently published survey from Austria says that approximately 3 out of 10 women are aware of this effect, and that half of these women got this information from their primary care provider (PCP). Interestingly, it was also reported that 3 out of 10 men were found to be aware of this effect as well!

One way birth control medications prevent pregnancy is by preventing ovulation by stopping the egg from being released from the ovary to be fertilized by a sperm. Some antibiotics interfere with the menstrual cycle causing ovulation even though birth control medication is taken regularly. Scientific studies have shown that a particular antibiotic (Rifampin, Rimactane) decreases blood levels of estrogen and progesterin contained in birth control medication, the blood level of which isn't enough to prevent ovulation. This particular antibiotic stimulates your liver to process and get rid of these hormones faster than normal. The scientific data isn't conclusive for other antibiotics, but just as a precaution, you should always ask your health care provider or pharmacist whether an antibiotic prescribed by your dentist could change the effectiveness of your birth control pills, implant, shot or patch. If you're worried, it's also a good idea for you and your partner to be safe and use a backup method of birth control to put both of your minds at ease. ”

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

15th Annual Adolescent Health Conference

On Thursday, October 23, Finger Lakes Community Health (FLCH) held our annual Adolescent Health Conference as part of our regular education programs. This year, we had over 100 participants which included several health departments, school personnel, medical professionals and youth serving agencies.

Speakers included: **Frank Giannelli, PA-C** from Finger Lakes Community Health, spoke on what providers commonly see in their adolescent patients and the importance of making healthy sexuality a normal conversation. **Olivia Catalano and Pat Hall, also from Finger Lakes Community Health**, focussed on Title X, current trends in reproductive health, birth control and STI's; **Amy Hickey and Shauna O'Toole from LGBTQ Center of the Finger Lakes** covered Transgender Health; **Judith Wyatt and Loekie Windig from National Alliance of Mental Illness** shared their insights on how mental health directly relates to reproductive health; **Jessica Krohn from D.I.R.E.C.T Consulting** presented on Digital abuse, such as sexting and social media abuse; **John Owens from Monroe County Public Health** educated us on how smartphone applications are leading to increased sexual risks; and **Sarah Blagg from the Sexual Assault Resource Center** presented on healthy vs. unhealthy relationships.

Our conference educated attendees on the importance of talking openly and honestly about reproductive health. We teach youth how to make healthy decisions in every other aspect of their lives, and this is just as important. Adults should share this information with each other as well. We also highlighted how relationships can be examined to know if they are healthy or unhealthy, how youth can access reproductive healthcare as a form of preventative care, and the resources available for youth and adults, for long acting reversible contraception, and on how to build strong relationships.

We want to thank EVERYONE who attended this conference making it our best one yet! We also want to thank Merck for their generous sponsorship of our event. Hopefully you were able to visit their table and connect with their representative, John. Keep your eyes open for the 16th Annual Adolescent Health Conference next year!

Here's what attendees had to say about this year's conference:

"Very informative on topics we don't normally hear about."

"I look forward to this event every year!"

"Surpassed expectations! Thanks!"

"Incredibly well organized conference - great job!"



Where are we and dates to remember in December:

- **December 1st:** World Aids Day
- **December 2nd:** Education Session at Hannick Hall
- **December 2nd & 3rd:** Education Classes at Geneva High School
- **December 5th:** Trauma Seminar at Wayne ARC, Newark **Stop by and visit the FLCH table!*
- **December 9th:** Wayne ARC Presentation
- **December 9th - 11th:** National Sex Education Conference, New Jersey
- **December 14th - 15th:** Education Classes at Geneva High School
- **December 21st, 24th & 28th:** Education Classes with Ontario County Probation



Follow us at **FLCH Family Planning**

Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?

Contact Olivia for more information.



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WAIT! Did you know that FLCH has 5 trained financial advocates who offer bilingual insurance assistance? Our insurance assistance is **FREE** and open to **ALL**. Contact us today for more information or to set up an appointment. Open enrollment runs from 11/1/15 - 1/31/16. **#getcovered**