

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.

## December is **AIDS** Awareness Month

Have you asked yourself, “Am I protecting myself from getting an STI (Sexually Transmitted Infection)?” If you answered no to this question, there are measures you can take to prevent an STI from becoming a reality. Many people in the United States are living with an incurable STI, and a large percentage of those people are unaware they are infected. Each year many people both young and old become infected with an STI, some of which can be lifelong infections. One example of a lifelong STI is HIV (Human Immunodeficiency Virus). HIV attacks the body’s immune system, which is there to protect the body from infections and disease. There is currently no cure for HIV, but there is medication that can help control it so people can live longer, healthier lives. People with HIV may not show symptoms for ten or more years, which is why it is important to get yourself tested. An HIV test is the only way to find out if you have HIV. HIV testing can be done with a finger prick, or mouth swab as a rapid test where you get the results in a few minutes. If either of these test come back positive, you will need to have a blood test to confirm the diagnosis and start treatment. Remember to always use a condom, as experts say they help stop the spread of STIs when used properly. If you would like more information about reproductive health care such as birth control/contraception and STI testing and treatment, please call one of our Finger Lakes Community Health offices or visit [www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com) for more information.



**Myth:** HIV is passed through casual contact or by being next to a person who is infected.

**Fact:** Transmission can happen if HIV infected blood, semen, vaginal fluids or breastmilk gets into your body.



**March**  
**of Dimes**  
*Saving babies, together®*

March of Dimes was founded in 1938 to combat the polio epidemic. For the March of Dimes organization, the polio vaccine was only the beginning. Over the last few decades, the organization has helped eliminate rubella, advocate for regionalized newborn intensive care, fund the development of surfactant and other lifesaving treatments, work to fortify the grain population with folic acid to prevent neural tube defects, and bring newborn screenings to every baby. Today, we have established an ambitious set of goals to reduce preterm birth rates in the U.S. to 8.1% by 2020 and 5.5% by 2030. The Prematurity Campaign Roadmap presents the organization’s plan for achieving these goals, which, if achieved, will result in an estimated 1.3 million fewer babies born prematurely between 2014 and 2030 and associated savings of \$67 billion in health and societal costs. To achieve these goals, the March of Dimes will focus efforts on states with a high burden of preterm births and a high number of overall births, and fund research into the causes and prevention of preterm birth. Seven emerging and established interventions have been selected for the next phases of the campaign, based on the available evidence about their potential contribution to reducing the preterm birth rate. The seven interventions are: reducing non-medically indicated (elective) deliveries, increasing use of progesterone for women with a history of prior preterm birth, reducing tobacco use among pregnant women, encouraging women to space pregnancies at least 18 months apart, increasing use of low-dose aspirin to prevent preeclampsia, advancing interventions for women diagnosed with a short cervix, and reducing multiple births conceived through Assisted Reproductive Technology. Achieving these goals will be challenging, but the outcomes will significantly benefit so many mothers and babies.

## 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

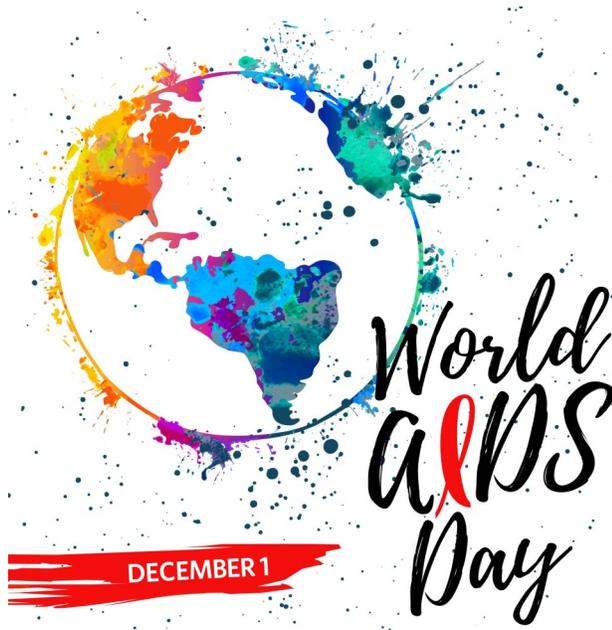
**Community Health**  
60 Main St  
Port Byron, NY 13140  
(315) 776-9700

### 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



## World AIDS Day is December 1st.

AIDS (Acquired Immune Deficiency Syndrome) is a late stage of HIV disease. World AIDS Day is held on the 1st of December each year and is an opportunity for people around the world to unite in the fight against HIV and show their support for those living with HIV. World AIDS Day is said to be the first ever global health day, held for the first time in 1988. This day is important because it reminds everyone that HIV still exists and is still affecting many lives, and it also promotes an increase in awareness and education. The 2017 theme is *“Increasing Impact through Transparency, Accountability, and Partnerships.”*

For more information, visit:

[www.worldaidsday.org/#WorldAIDSDay](http://www.worldaidsday.org/#WorldAIDSDay)

## Where Are We (FLCH) This Month?

- **December 1st:** Keuka College World AIDS Day - Keuka Park (11-1pm)
- **December 4th:** Presentation: ABCs of STDs - FLCC, Geneva
- **December 6th:** Jumpstart - NYS Department of Labor, Lyons
- **December 6-9th:** National Sex Education Conference - Atlantic City, New Jersey
- **December 11th:** Martin Luther King (MLK) Committee Meeting - Newark
- **December 12th:** Parent & Community Presentation - Newark High School
- **December 20th:** Jumpstart - NYS Department of Labor, Lyons
- **December 21st:** Southern Tier Sexual Health Coalition, Bath (10am)  
Finger Lakes Sexual Health Coalition, Canandaigua (2:15pm)
- **December 25th:** FLCH offices closed for the holiday.

*\*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](http://www.localcommunityhealth.com) or contact us today to schedule a time!**



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