



**Public Health**  
Prevent. Promote. Protect.  
Steuben County NY

# Wellness Matters

December 2015 / January 2016

## Community Calendar

### Bath Baby Café

Every Friday  
11 am—1 pm  
Dormann Library, Bath

### Freedom From Smoking Cessation Class

Begins Monday,  
November 23  
5:30 - 6:30 pm  
Steuben County Office Building, Bath

**Steuben County Public Health wishes each of you a very happy and healthy holiday season!**

**Like us on Facebook for the latest Public Health updates and more: [Facebook.com/SCNYPublicHealth](https://www.facebook.com/SCNYPublicHealth)**

### Inside this issue:

Bath Baby Café	1
Smart Steuben	1
Cervical Cancer Awareness	2
HPV Vaccine	2
National Influenza Vaccination Week	3
Directory	4

## babycafé

Bath Baby Café is going strong every Friday at the Dormann Library. Join us anytime between 11 am and 1 pm on Fridays for breastfeeding support and socialization for moms and children. Bath Baby Café offers a drop-in supportive environment staffed by trained Certified Lactation Counselors (CLCs) and Peer Counselors from Steuben County Public Health (SCPH), Healthy Families Steuben, the S2AY Rural Health Network, and WIC.

Beyond getting questions answered about breastfeeding, moms are able to receive hands-on help with latch concerns or other feeding questions. Snacks and refreshments are provided, and the library offers a fantastic space for all ages.

Expectant moms and those not breastfeeding are also greatly encouraged to visit the Baby Café to hear what others are experiencing and to have questions answered. The Bath Baby Café offers a wonderful support network and easy access to professionals to help both before and after the baby arrives.

To help create support and recognition of other breastfeeding moms in the community, Bath Baby Café is giving away charm bracelets and charms to participating moms. All moms will receive their bracelet and one charm on their second visit to the café. Charms will also be given to moms on their fourth and sixth visits, and moms will receive charms to commemorate breastfeeding milestones of 1, 3, 6, and 12 months.

Bath Baby Café will not be open on the following Fridays: December 25 in observance of Christmas Day and January 1 in observance of New Year's Day. Please contact SCPH with questions by calling 607-664-2438 or emailing [joannet@co.steuben.ny.us](mailto:joannet@co.steuben.ny.us).

### Smart Steuben: Your Health, Your Life

Be on the lookout in upcoming months for the Smart Steuben logo seen on the right. Smart Steuben is a collaboration of health-oriented groups in Steuben County who are working towards making the community healthier. The group includes representation from SCPH, our three area hospital systems: Guthrie Corning Hospital, St. James Mercy Hospital, and Arnot Health, and other community and non-profit agencies. The initiatives worked on by Smart Steuben are part of Steuben County's Community Health Improvement Plan (CHIP) and are related to reducing obesity, hypertension, and heart disease in our community. The Bath Baby Café, Freedom from Smoking, and National Diabetes Prevention Program are all initiatives from the CHIP. For more information on the CHIP visit: [http://www.steubencony.org/Files/Documents/publichealth/steuben\\_chip.pdf](http://www.steubencony.org/Files/Documents/publichealth/steuben_chip.pdf).



## January is Cervical Cancer Awareness Month: What Do You Need to Know?

### Prevent Cervical Cancer

with the **Right Test**  
at the **Right Time**

Screening tests can find abnormal cells so they can be treated before they turn into cancer.



- ① The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- ① The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.

HPV is the main cause of cervical cancer.



- ① HPV is a very common virus, passed from one person to another during sex.
- ① Most people get it, but it usually goes away on its own.
- ① If HPV doesn't go away, it can cause cancer.

### Most women don't need a Pap test every year!

Have your 1st Pap test when you're

# 21

If your test results are normal, you can wait **3 years** for your next Pap test.



HPV tests aren't recommended for screening women under 30.

### HPV Vaccine is Cancer Prevention

As noted in the infographic to the side, HPV is the main cause of cervical cancer. There is a vaccine available for both females and males to protect against the most harmful strains of HPV that can lead to cancer.

Here's what you should know about the vaccine:

- Recommended for boys and girls to get the vaccine at age 11 or 12 so they are protected before being exposed to HPV
- Vaccine is given in 3 shots over 6 months
- Women can get vaccinated up to age 26
- Men can get vaccinated up to age 21; in some cases it is appropriate for men up to age 26
- Call your doctor's office today to find out if they offer the vaccine. Call SCPH if you have trouble finding the vaccine.



When you turn **30** you have a choice:

If your test results are normal, get a Pap test every **3 years**.

OR

Get both a Pap test and an HPV test every **5 years**.

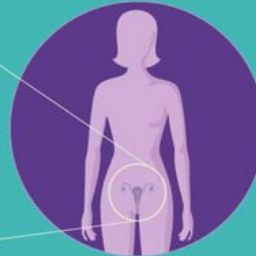
### You can stop getting screened if:

- ① You're older than **65** and have had normal Pap test results for many years.



- ① Your cervix was removed during surgery for a non-cancerous condition like fibroids.

The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).



No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.



More information about cervical cancer: [www.cdc.gov/cancer/cervical/](http://www.cdc.gov/cancer/cervical/)

For more information on Cervical Cancer Awareness Month and to view this infographic visit:

<http://www.cdc.gov/cancer/dcpc/resources/features/cervicalcancer/>

For more information on the HPV vaccine visit:

<http://www.cdc.gov/hpv/parents/vaccine.html>





HAVE YOU  
GOTTEN  
YOUR FLU  
VACCINE?



*IT'S NOT TOO LATE!*

**DECEMBER 6-12, 2015**

IS NATIONAL INFLUENZA VACCINATION WEEK (NIW)

[www.cdc.gov/flu/nivw](http://www.cdc.gov/flu/nivw)

Call your doctor's office or visit your local pharmacy to get your flu shot today. Find a list of pharmacies offering flu shots and other adult immunizations in Steuben County by visiting [http://www.steubencony.org/Files/Documents/publichealth/2015-16\\_pharmacies\\_offering\\_adult\\_vaccines.pdf](http://www.steubencony.org/Files/Documents/publichealth/2015-16_pharmacies_offering_adult_vaccines.pdf) If you have questions or need help getting a flu shot, call Steuben County Public Health at 607-664-2438.

A yearly flu vaccine is recommended for everyone 6 months and older.

Vaccination is especially important for protecting those at high risk for serious flu complications, including:

- young children
- pregnant women
- adults 65 years and older
- anyone with chronic health conditions like asthma, diabetes, and heart disease.

**Get your flu vaccine.**

It's safe and your best protection against the flu.



Centers for Disease Control and Prevention  
National Center for Immunization and Respiratory Diseases



**Public Health**  
Prevent. Promote. Protect.  
Steuben County NY

Return Service Requested

## WELLNESS MATTERS

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**PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
BATH, NY  
14810  
PERMIT NO. 1**

We're on the web!

[http://www.steubencony.org/  
publichealth](http://www.steubencony.org/publichealth)

To change how you receive *Wellness Matters* contact the Health Educator at [loreleiw@co.steuben.ny.us](mailto:loreleiw@co.steuben.ny.us) or call 607-664-2438.

Find us on Facebook!

[https://www.facebook.com/  
SCNYPublicHealth](https://www.facebook.com/SCNYPublicHealth)

### CLINIC / OFFICE DIRECTORY

#### OFFICE HOURS

**Monday - Friday 8:30 am - 5:00 pm**

#### TELEPHONE NUMBERS

**Bath Office:** 607-664-2438  
**Toll Free:** 1-800-724-0471 (any office)  
**After hours:** 1-800-836-4444

#### HIV TESTING CLINICS

Clinics are held in **Bath only**. Please call ahead for an appointment.

#### SEXUALLY TRANSMITTED DISEASE

**(STD) TESTING** is available. Please call for information about free testing.

#### TUBERCULOSIS PROGRAM

Screening tests for TB are available by appointment only, for a fee of \$25.

#### IMMUNIZATION CLINICS:

**All clinics are by appointment only**

**BATH:** Steuben County Office Building  
3 E. Pulteney Square, Bath, NY

#### Day clinic:

**1:00 - 3:00 pm on 2nd Wednesday  
every month**

#### Evening clinic:

**4:30 - 6:30 pm on 4th Tuesday  
every month**

#### ADULT VACCINES ARE AVAILABLE.

Please call for an appointment.

Please note: clinics are no longer held in Corning or Hornell. Call to schedule an appointment in Bath today.