

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.

## How Often Should You Get Sexual Screenings???

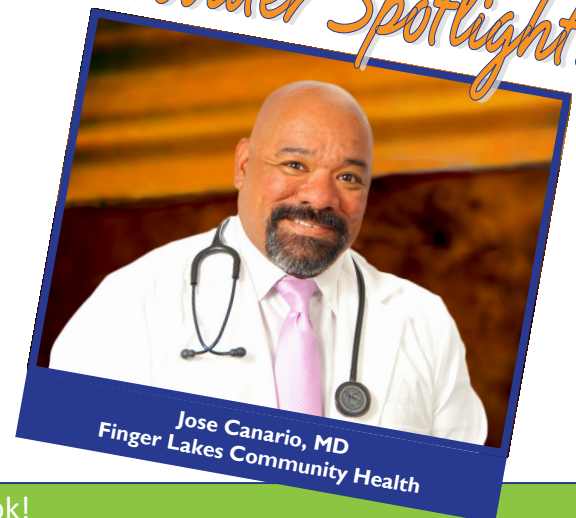


Visiting your primary care provider once a year at minimum is important in promoting overall health, as it allows you to maintain your relationship with your provider while also staying healthy and being more likely to notice anything that may start to change with your health. The same goes for STI testing and family planning services. Having an STI test once a year, or with every new partner, ensures that you know your status at all times. We at FLCH often get asked exactly how often someone should see their doctor for reproductive health services. For females, we recommend a visit once a year for a pelvic exam and once every three years for a Pap smear. A Pap smear is a procedure in which the provider tests the cells of the cervix for changes, which can detect cancer in the early stages. If you have an abnormal Pap smear your provider may call you back to set up an appointment for a colposcopy. This is a procedure that requires a closer look at the cells on the cervix, and sometimes results in sending a cell structure to the lab. If you do not have abnormal Paps, or carry other risk factors, it's recommended to have a Pap smear once every three years. At a sexual health appointment, your provider will also check for lumps in the breast or visual changes with a clinical breast exam. Men should also have testicular exams once a year to check for lumps or changes. These regular check-ups are key to your overall health. At FLCH we can help with your medical and dental needs or your reproductive health ones. ***\*Even if you have a primary care provider elsewhere you can see us for reproductive health services, just let the receptionist know you need a family planning appointment when calling.\****

## Hepatitis B is an STI.

“Hepatitis B Virus (HBV) is a virus that affects the liver, causing inflammation. HBV is commonly transmitted through sexual contact. Only a small percentage of people infected with HBV will develop chronic liver disease, these are the people who are potentially infectious to partners. HBV is an STI that can be spread through unprotected intercourse. This would be especially dangerous to women who are pregnant as it can be transmitted to the fetus. This would give the fetus an 80% chance of developing a chronic infection. HBV only shows symptoms in about half of those infected. Symptoms include jaundice, fever, upper abdominal pain, nausea, swelling and fluid accumulation in the abdomen. Being honest with your provider when we ask questions allows us to give you the best medical care possible. We will not and are not here to judge you, but to help you be as healthy as possible. At FLCH we provide HBV testing in addition to many other STI test, simply call for an appointment and tell them you would like STI Testing.”

### Provider Spotlight:



Jose Canario, MD  
Finger Lakes Community Health

## 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

# Group B Strep and Pregnancy: It Matters!

**Have you ever heard of Group B Strep (GBS)?** 25% of pregnant women carry GBS. This bacteria is found in the digestive tracts of both men and women. The Center for Disease Control and Prevention (CDC) states that this is the leading cause of sepsis and meningitis in newborns. Infections could happen during pregnancy or early on in life. GBS can lead to harmful pregnancy outcomes such as premature birth, illness, lifelong handicaps, stillborn birth, or even death. For pregnant women, a test is done between 35-37 weeks. If a woman tests positive for GBS an IV antibiotic is given to her prior to delivery of the baby to prevent transmission. **If you are considering becoming pregnant, it's important to educate yourself on preconception, pregnancy, and post-conception care.**



## ADOLESCENT HEALTH CONFERENCE 10/19/17

Holiday Inn • Waterloo, NY • 9am - 3:30pm

A professional development training. #AHC17

\*\* Registration opens this month-watch for the email as spots are limited. Scholarship deadline 9/15 \*\*

## Where Are We (FLCH) This Month?

- **July 5th:** "Jumpstart," NYS Department of Labor, Lyons
- **July 10th:** Wayne Action for Racial Equality (WARE), Newark
- **July 10th:** Wayne County Dr. MLK Planning Committee Meeting, Newark
- **July 11th:** Parent/Student Education, ARC, Newark
- **July 11th:** Palmyra - Macedon Summer School Education
- **July 11th:** Education Table - Finger Lakes Community College GED Class, Newark
- **July 20th:** Southern Tier Sexual Health Coalition, Bath (10am)  
Finger Lakes Sexual Health Coalition, Hopewell (2:15pm)
- **July 24th-26th:** NYS Health Education Leadership Training, Carey Institute, Rensselaerville, NY

*\*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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