

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.

SEX and Relationships

Our team works to break down barriers that stop people from getting medical care. One of those barriers is the stigma that surrounds sex and sexuality. In our program, we discuss sex and relationships, and empower those we work with to make decisions based upon what is best for their life. Often when people discuss sex, the focus is on the physical activity that happens between people, but there is so much more to it than that. Sex provides physical pleasure, boosts mental health, strengthens your connection with another person, and stimulates the pleasure and rewards center of your brain. Sex may be a physical act, but the importance of social and emotional components must not be overlooked. Feeling secure, appreciated, and healthy in a relationship prior to having sex helps provide a foundation of stability. Being emotionally ready for sex is important. People may go into their “first time” thinking they are ready and feel very different after. Talk to your partner before and after sex. Listening to your feelings and recognizing them develops self-growth. It’s okay to go back to practicing abstinence after engaging in sexual activity if you feel things are moving to fast. Having sex can also move relationships to another level, and preparation to accept that the relationship may end or continue is another important emotional piece when considering sexual activity. Research has shown



sexual activity may boost positive emotions and drop negative emotions (like feeling embarrassed or anxious). Stressing too much about how often you have sex in a relationship may negatively impact your relationship, sex life, and social life. Healthy relationships should be based on a solid foundation of trust, cooperation, consensual activities, and growth.



Ken Metasavage
Finger Lakes Community Health

Meet our new Educator!

Our team has grown by one! Ken Metasavage, our newest educator, joins our team with an educational background receiving a B.S. in Biology from Georgia Southern University and a M. Ed. in College Student Personnel Administration from the University of West Florida. Bringing his experience in young adult development, he is excited to join our healthcare team. Ken has produced several initiatives during his time in higher education to include organization of World AIDS Day, condom accessibility programs, healthy relationship and sexual assault prevention programs. Having a passion for education, Ken believes that preventative care is essential for the healthy development of youth and plays a key role in their growth. Ken is excited to join our team and impact the health of his new community. Ken enjoys local restaurants, breweries and wineries, and playing tennis and board games.

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

Pelvic Inflammatory Disease

PID, or Pelvic Inflammatory Disease can be the result of untreated sexually transmitted diseases (STD) such as chlamydia and gonorrhea. PID can also be caused by other infections that are not STDs, using douches, or IUD insertion. This disease can affect fertility in women. You can reduce the risk of getting PID by having monogamous relationships with an STD-negative partner, getting tested regularly for STDs, and using condoms. Symptoms of PID can include pain in lower abdomen, fever, pain or bleeding during sexual activity, burning sensation when urinating and unusual discharge with bad odor from the vagina. If you have any of these symptoms, an examination by a medical provider and being honest about your sexual activity will help to treat PID. PID can be cured if diagnosed early,

but the treatment does not undue damage that has already been caused to the reproductive system. PID can cause scar tissue to form on the reproductive organs, ectopic pregnancy, or long term abdominal pain. To learn more about PID, you can contact our educators or call to book an appointment with our office.



Where Are We (FLCH) This Month?

- **July 3rd:** Tier 2 Meeting - Penn Yan
- **July 4th:** FLCH offices closed.
- **July 5th:** Ontario County Probation Contraception Education
- **July 10th:** Ontario County Probation STI Education
- **July 10th:** YANA Education Group - Newark
- **July 11th:** Epic Zone - Geneva
- **July 15-18th:** National Title X Clinical Conference - Kansas City
- **July 19th:** Finger Lakes Health Coalition - Hopewell (2:15pm)
- **July 25th:** Public Health Consortium - Canandaigua

**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 or contact us today to schedule a time!*



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