

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.

## June is National Adult Sex Education Month!

Reproductive health is important at any age. 50% of pregnancies in the United States are not planned and 1 in 2 people by age 25 will have a sexually transmitted infection (STI). If you are sexually active at any age, you should ask yourself, "Do I want to have a kid in the next year?" If the answer to that question is no, then you and your partner should have a discussion about what methods you want to use to prevent pregnancy and also STI's.

Everyone who is sexually active, regardless if you are with a same sex partner, opposite sex partner or both you put yourself at risk of contracting an STI if you are not safe about your choices. You can contract an STI from unprotected oral, vaginal or anal sex. Getting tested for an STI can be as simple as a urine test.

As adults we lead busy lives. Our days are filled with work and personal obligations. We can easily forget to take our pill, change the patch or even visit your provider for your birth control shot. It's important to remember your reproductive health. The choices we make today can affect our lives for years to come. Stay on top of your sexual health by keeping up to date on the latest information for which STI's are common, signs and symptoms, birth control methods and how important making informed decisions is to your overall sexual health. Visit our Facebook page (FP Ed) for up to date information at the tip of your fingers.

Seniors, who are sexually active also need to take care of their reproductive health. While most of the seniors do not need to worry about having child-

ren, they do need to worry about sexually transmitted infections. STI rates are on the rise amongst seniors.



*Finger Lakes Community Health provides full medical, dental and reproductive health services. If you aren't happy with your current birth control method, or want to learn more about your reproductive health, call us to set up an appointment today: 315-531-9102 or visit our website at [www.localcommunityhealth.org](http://www.localcommunityhealth.org) to find our nearest health center to you.*



Robert Shelly, MD  
Finger Lakes Community Health

## (Provider Spotlight!) Dude. Seriously?

"Men's health is important. Men often do not visit a medical provider until they have a medical issue or have a cold they can't shake themselves. Here are a few medical facts for men that you might find surprising:

**#1. Getting your shots can help to prevent sexually transmitted infections.** Using condoms every time you have sex is the most important thing to do to prevent getting an STI or passing one on to your partner. But two recommended shots provide added protection against these. *The Hepatitis B Vaccine* prevents a serious liver infection that you can get from sex. *The HPV vaccine* prevents human papilloma virus, the cause of genital warts in both men and women and different types of cancers in both men and women. HPV vaccine is recommended for men and women age 26 or younger. Check with your provider to be sure you're protected!

**#2. Cancer of the testicles is the most common type of cancer in young men.** A new or growing lump on a testicle can be a sign of this cancer. Some doctors recommend doing a regular self-exam to check for lumps. Most public health experts no longer recommend this, because it's not effective at detecting testicular cancer. But if you notice a lump or other changes, see your provider.

**#3. Erectile dysfunction is common in younger guys.** About 1 in 4 men who visit a medical provider for problems with having erections are under 40 years old. But don't borrow Uncle Ralph's Viagra or buy a supplement you see on TV. That is rarely the solution for younger men. Common causes of ED include: anxiety or depression, smoking, drinking too much alcohol, not getting exercise, using narcotics or other drugs, some prescription medications, and some medical conditions. Strive for a healthy lifestyle first of all, and see your provider for other solutions."

Find FP Ed on Facebook!

## 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



## THANKS TO THE AFFORDABLE CARE ACT:

MOST INSURERS MUST NOW  
COVER AT LEAST ONE FORM  
OF BIRTH CONTROL WITH  
**NO OUT-OF-POCKET EXPENSES**  
IN EACH IDENTIFIED CATEGORY,  
INCLUDING THE RING, IUDs,  
AND THE PILL.

#ACAWORKS

Under the Affordable Care Act, insurance companies are required to cover birth control as part of the preventative services provision. Different insurance companies have interpreted the law one way and only cover some forms of birth control. In the middle of May the Obama Administration issued further guidance which clarified the rules on contraceptive coverage. They stated that Insurance plans must cover without co-pays or deductibles at least one form of contraception in each of the 18 FDA approved methods for women. Plans have to offer easily accessible and timely processes by which a woman can get her preferred method

that she and her provider believe is medically necessary if the plan does not otherwise cover the method without cost sharing. Plans also have to cover a full range of preventative services, including contraception for dependents on plans. Dependents, under the ACA may stay on a parents plan until they are 26.

For a full list of FDA approved methods visit:  
<http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM356451.pdf>

## Where are we this month?

This month our FLCH health advocates will be visiting the Bloomfield, Seneca Falls and North Rose High Schools. You can also find us at the Ovid Strawberry Festival and the Five Points Wellness Fair. Would you like us to come to your school or organization? **Contact us today to set up a time!**

## Upcoming ~ Save These Dates!

**June 9th - 15th: Cervical Screening Awareness Week**

**June 15th - 21st: Men's Health Awareness Week**

**June 27th: National HIV Testing Day**

**October 22nd: 15th Annual Adolescent Health Conference**

*Hosted by Finger Lakes Community Health. Join us at the Holiday Inn in Waterloo, NY as we network and discuss the most up-to-date reproductive health information.*



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