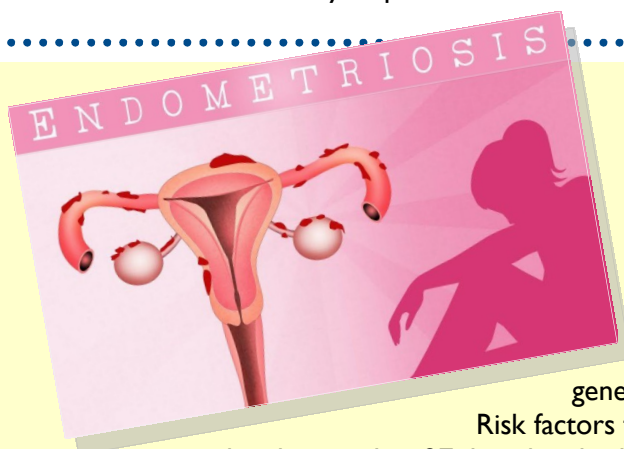
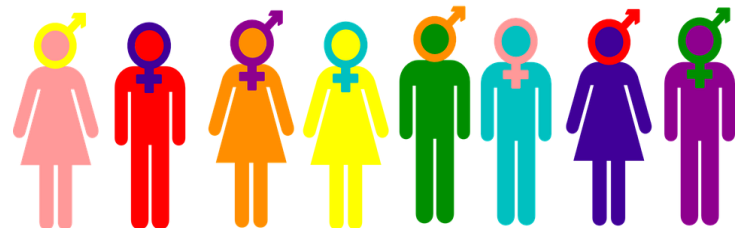


Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

LGBT Health Awareness Week: March 25-31

Everyone deserves access to quality, affordable healthcare. At Finger Lakes Community Health, we strive to offer this to all of the populations we serve. During LGBT Health Awareness week, we work with the National Coalition for LGBT Health to bring attention to the devastating cycle of discrimination and health disparities that affect lesbian, gay, bisexual and transgender (LGBT) people. The CDC states that adults age 18-64 who identified as bisexual experienced serious psychological distress at a higher rate in the last 30 days than their straight counterparts. Bisexual women age 20-64 reported higher rates of obesity than straight women. Bisexual and lesbian women are also less likely to obtain medical care due to cost than their straight counterparts. Those who identify as LGBT also report higher rates of cigarette smoking or drinking. However, LGBT people were also more likely than their straight counterparts to get tested for HIV and receive the influenza vaccine. Having a safe place to go for medical advice, care, and answers is key to keeping all populations healthy. Our care team works tirelessly to provide services to all

populations, and partners with trusted providers to offer services locally. Taking care of your health by not smoking, drinking, or using other drugs helps everyone stay healthy. Getting regular vaccines, seeing your provider at least once a year, and maintaining a healthy weight is key to a long, healthy life. Removing the discriminations that our LGBT clients face is important to us at FLCH, so let's break down these disparities by working together to create a better, more accepting world.



Endometriosis is a disorder where tissue grows on the outside of the uterus instead of growing on the inside of the uterus, as it normally does. The tissue can be found on the ovaries, fallopian tubes, and even the intestines. This tissue is the same tissue which normally passes in a menstrual cycle during the shedding phase. The displaced tissue does not have a place to exit the woman's body and becomes trapped. This can cause the surrounding tissue to become irritated, leading to scar tissue and adhesions. Women will typically experience menstrual irregularities, pain with intercourse, constipation, nausea, and general pain as side effects. Infertility can also be a sign of endometriosis.

Risk factors for endometriosis include starting a period at an earlier age, menstrual cycles shorter than 27 days, low body mass index, family history of endometriosis, alcohol consumption, and having higher levels of estrogen in your body. One-third to one-half of women with endometriosis have difficulty becoming pregnant. An early diagnosis can make this condition easier to manage. This is a treatable medical condition using hormones or surgery. It is important for women to be aware of their body's menstrual cycle and habits and speak to their provider about any concerns they may have. A primary care provider or OBGYN can help treat endometriosis.

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

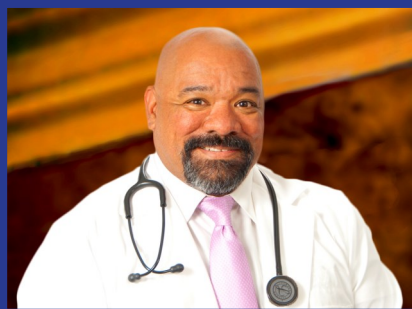
Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

Provider Spotlight!

Colorectal Cancer Screening



Jose Canario, MD
Finger Lakes Community Health

“ Preventative cancer screenings can save your life. As a doctor, my goal is to help you get and stay healthy. The U.S. Preventive Services Task Force (USPSTF) recommends that adults age 50-75 be screened for colorectal cancer. The “Gold Standard” is a colonoscopy, which can see and remove precancerous polyps (abnormal growths) in the colon or rectum if present. If none are seen, then a follow-up colonoscopy can be scheduled to be done again in 10 years. If the gastroenterologist finds polyps, they will remove them. This would make the screening a diagnostic test, if nothing is found in a colonoscopy it is considered preventative. Those at increased risk, who may want to start testing earlier, are people who have colorectal cancer or polyps in their family, a family history of inflammatory bowel disease (such as Crohn’s disease or ulcerative colitis), or a personal history of polyps. Another type of screening is the FIT kit test that can be done at home and mailed into a lab. These tests check for blood in stool and should be done yearly. We ask our patients about many cancer screenings to provide high quality healthcare. Some of these cancer screenings include PAP smears, mammograms, and colonoscopies. If payment is a concern for you, we can facilitate partnering with programs such as the Cancer Services Program to help cover the cost of the test. ”

Where Are We (FLCH) This Month?

- **March 1st:** Reproductive Health Education, Palmyra Macedon High School
- **March 7th:** R.E.A.L. Program / Reproductive Health Education, Newark High School
- **March 14th:** R.E.A.L. Program / Reproductive Health Education, Newark High School
- **March 14th:** Seneca County Motherhood Group, Waterloo
- **March 14th:** Wayne Finger Lakes Career, College & Occupational Trades Fair, Newark BOCES
- **March 15th:** Wayne Tech Career Fair & Open House, Williamson BOCES
- **March 15th:** Finger Lakes Sexual Health Coalition, Canandaigua
- **March 20th:** Healthcare Career Day, FLCC Main Campus, Canandaigua
- **March 18-21st:** National Family Planning Reproductive Health Conference, Washington D.C.
- **March 21st:** R.E.A.L Program / Reproduction Health Education, Newark High School
- **March 28th:** R.E.A.L Program / Reproduction Health Education, Newark High School

**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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