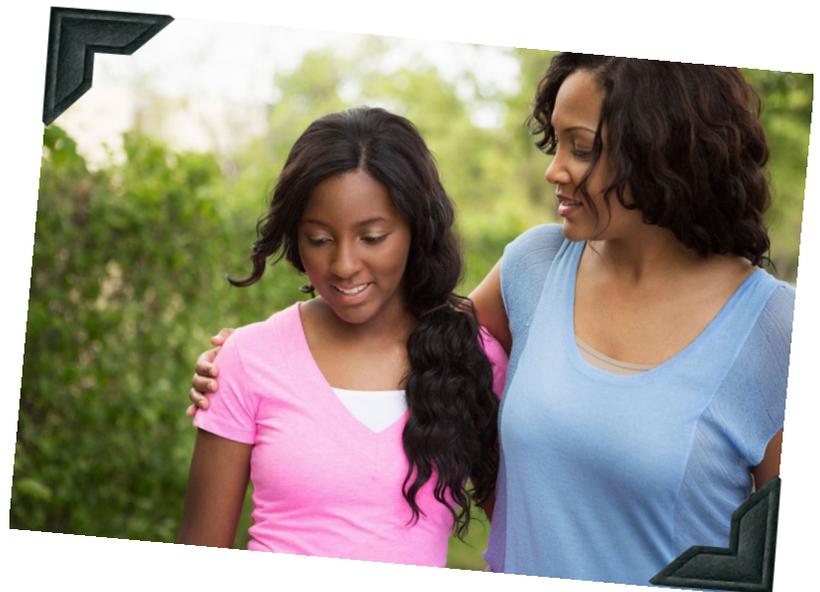


Family Planning Education (FP Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

OCTOBER is... Let's Talk Month

Since 1985, we have been celebrating talking about sexuality as a national event. October's Let's Talk monthly goals are to encourage positive, healthy family communication about sexuality. Teens say that their parents influence their decisions about sex. **Here are some helpful notes to keep in mind:**

- Parents are a child's first teacher.
- Parents can be the best sexuality educators for their children.
- Children typically want sex education from their parents or legal guardians.
- Children may feel uncomfortable about the subject, but they may prefer talking to a parent or a trusted adult to get updated and accurate information.
- Caregivers can help by being approachable and good listeners.
- Parents want to be good sex educators, but may not always understand how to do the job well.
- You CAN be an "askable" parent, a caring parent and a wise counselor.



and... Breast Cancer Awareness Month

October is also Breast Cancer Awareness month. Finger Lakes Community Health works closely with programs like the Cancer Services Program to offer affordable and necessary screenings such as, routine mammograms, to our patients.

Learn more about the Cancer Services Program on page 3 of this newsletter!

Provider Spotlight!



Elizabeth Ryan, M.D.

Finger Lakes Community Health

Screenings Can Save Your Life!

“ Screening means looking for a disease before it causes symptoms. Screening recommendations apply to women who do not have an increased risk of cancer based on family history or genetic testing; you can talk to your provider about whether genetic screening is appropriate. For 2015, the American Cancer Society (ACS) estimates that about 280,000 women will be diagnosed with breast cancer and that about 40,000 women will die from breast cancer. ACS estimates 13,000 women will be diagnosed with invasive cervical cancer and 4,000 women will die from cervical cancer in 2015. These rates are down about 50% from where they were 30-50 years ago as a result of screening.

Breast Cancer: It is recommended that women aged 50-74 are screened every two years. Screenings in your 40's may not be appropriate as they may produce a false positive. We no longer teach patients how to do self-breast exams and do not routinely perform breast exams in the office. It is certainly always appropriate to have a breast exam if you notice a lump, a change in your breast skin, or nipple discharge.

Cervical cancer: Cervical Cancer develops from pre-cancerous change in cervical cells. It is important to note that not all pre-cancerous cells will develop into cancer. Many pre-cancerous cells will go away without any intervention while others may take years to develop into cancer. In rare cases, cervical cancer may develop quickly into invasive cancer. The cause of all cervical cancer is HPV. HPV is a Sexually Transmitted Infection (STI) that as many as 75-80% of sexually active Americans will be infected with by the time that they turn 50. There are over 100 strains of HPV. Some tend to cause genital warts while others are high risk for cancer. Common strains of HPV are 16 and 18, both of which can be prevented with the HPV vaccines.

Methods for screening for cervical cancer are Pap Smear and HPV testing. Current screening recommendations begin at 21 years old regardless of sexual activity. From 21-30, women should be screened once every 3 years with a pap smear. After 30, it is recommended that women be screened every three years. ”

Where will the FLCH Health Advocates be this month?

October 1st & 2nd: Palmyra Macedon School

October 7th: North Rose Open House

October 2nd, 9th, 16th, 23rd, 30th: BOCES Health Dimensions Class. Flint, NY.

October 13th - 16th: Healthy Teen Network Conference. Baltimore, MD.

October 21st: Youth Development Conference. Niagara Falls, NY.

October 22nd: FLCH's 15th Annual Adolescent Health Conference. Waterloo, NY.

October 28th & 30th: Romulus Central School

October 29th: Inspire Conference. Corning, NY.

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

How can the NYS Cancer Services Program Help?

Free Breast, Cervical and Colorectal Cancer Screenings:

Did you know the New York State Department of Health provides FREE breast, cervical and colorectal cancer screenings to uninsured New Yorkers in every county? The Cancer Services Program of Cayuga, Ontario, Seneca, Wayne, Steuben, and Yates Counties are proud to be partnering with Finger Lakes Community Health to provide these services.

Our program provides breast and cervical cancer screenings to uninsured and underinsured women aged 40-64 and colorectal cancer screenings to uninsured and underinsured men and women 50-64 years old.

Quick & Easy Enrollment

A 5-minute phone call will get you started! Then, we mail you a consent form that you review, complete, sign and return in the self-addressed, stamped envelope provided to you. Once we receive your signed consent, we can schedule your screening appointments based on your availability.



**Contact our local office at (315) 462-0602 or the toll-free state line at (866) 442-2262.*

See the Providers You Know & Trust

Cancer Services Program contracts with health care providers all over the tri-county area. If you're a patient at Finger Lakes Community Health, your provider participates in our program. You will be able to see the same doctor that you've always seen and get the same quality care you've always gotten.

Some of our services are done in a hospital, like mammograms and colonoscopies, and others are done in doctor's offices like clinical breast exams and pap smear tests. Women age 40-64 can receive their clinical breast exams and pap smear tests in the local FLCH office.

If you are eligible for a Mammogram or Colonoscopy

These are services that are provided in a hospital setting, and our program is able to offer you the ability to be seen for these procedures in your own community. Since we work with several providers in the tri-county area, you are able to choose where and by whom you would like to be seen.

You May Qualify for an At-Home Colorectal Cancer Screening Kit

The Alternative to Colonoscopy! If you're at average risk for colon cancer, you may be eligible to receive an at-home test instead of having a colonoscopy. This at-home test is called the FIT kit, and if you are eligible, you can receive it through the mail.

**Article written by Jennifer Hurlburt, Cancer Services Program*

Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more?

***Contact Olivia Catalano or Pat Hall for more information. Happy October!**



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You can also visit us online at:

www.localcommunityhealth.com