

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.

M-A-I-N-T-A-I-N Your Reproductive Health

So far, in our Summer FP Ed series, we have discussed the different factors that affect our reproductive health and how to have healthy discussions regarding this very important topic. That being said, the next logical step is focusing on how to maintain the reproductive health that you have built.

Reproductive health, just like the rest of your health, is very important. Regular checkups are recommended with your medical provider. A well woman or well man exam is also recommended once per year. During this check up, your medical provider will check your current pregnancy

prevention method, run STI tests if you request them, and check on your overall health status. Remember to practice safe sex and use protection to prevent STI's.

Being in a healthy relationship is part of good reproductive health. Healthy relationships should be supportive, encouraging, honest and equal. These relationships should have trust, mutual respect and good communication. Finger Lakes Community Health (FLCH) has Licensed Clinical Social Workers (LCSW) or health advocates who can discuss relationships with you further.

At your next visit, ask your provider for a referral.

Provider Spotlight!



Tammy Bogart, NP
Finger Lakes Community Health

Polycystic Ovarian Syndrome (PCOS)... huh?

“Polycystic ovarian syndrome is a condition that causes irregular menstrual cycles because the regular monthly ovulation cycle is not occurring, and the androgen (male hormone) levels are higher than they should be.

In a normal cycle, the ovaries are supposed to make a structure called a follicle once a month, which releases hormones and then releases an egg; this is also called ovulation. In PCOS, the ovary makes many small follicles rather than one large one. The hormone levels get out of balance, and ovulation does not happen like it is supposed to. The cause of PCOS is not completely understood, and so we do not know why this happens to some women.

Signs and symptoms of PCOS usually begin around puberty, but some women may not show signs until late adolescence or early adulthood. The hormone changes can vary among

women so not everyone affected will have the same symptoms to the same degree. The symptoms include absent or irregular and infrequent periods, increased body hair growth most noted on the face or scalp hair loss (balding), mild to severe acne, and difficulty getting pregnant. Weight gain and obesity occur in only about half of women with PCOS. A woman diagnosed with PCOS is at increased risk for diabetes, high cholesterol levels, sleep apnea and infertility.

There is no single test for PCOS, but the evaluation includes several blood tests, a physical exam, and possibly a pelvic ultrasound. The most common treatment of PCOS is birth control pills. The pills do not cure the PCOS, but they can greatly improve many of its symptoms. ”

Contact your Finger Lakes Community Health provider if you have questions or concerns about your PCOS risk.

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

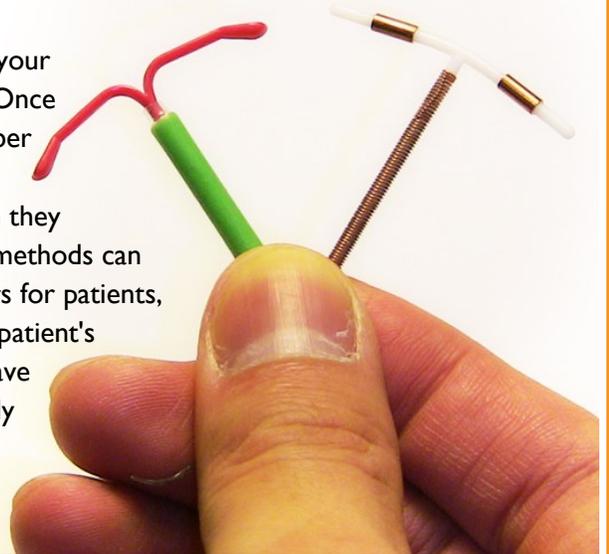
14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

The 411 on IUD's

Intrauterine Devices, or IUD's, are part of the long acting reversible contraception (LARC) family. These methods require one or two visits to a medical provider, which then give the female patient coverage for years of pregnancy prevention. Females using these methods experience decreased cramps and lighter periods. User satisfaction for LARC methods are high. IUD's are safe for almost all women.

These methods do not require regular trips to your medical providers so they are less of a hassle. Once your IUD is placed, you do not have to remember to do anything with it. Some users like to visit their provider to ensure it is in place or if/when they want it removed early to have children. LARC methods can cost anywhere between \$400 and \$1,500 dollars for patients, but many insurance plans now cover these. If a patient's insurance does not cover these methods, we have programs to help provide free or low cost family planning services to patients of FLCH.

All you have to do is ask!



Skyla	Mirena	Paragard
Works by releasing a low amount of hormone (14 micrograms per day).	Works by releasing a low amount of hormone (20 micrograms per day).	Works because it has a small amount of copper in it. No hormones.
Plastic Frame of IUD is 1.1 by 1.2 inches	Plastic frame of IUD is 1.3 inches square	Plastic frame of IUD is 1.3 by 1.4 inches
Tube used to place IUD is 0.15 inches wide	Tube used to place IUD is 0.19 inches wide	Tube used to place IUD is 0.16 inches wide
Can be used for up to 3 years	Can be used for up to 5 years	Can be used up to 10 years

Where Are We? Save These Dates!

September 9th: Hannick Hall, Newark/Yates Office of the Aging

September 10th: Steuben Health Network Meeting, Bath

September 12th: Marion Health Fair

September 16th: Agriculture-Business Child Development (ABCD) Parent Meeting, Williamson

September 17th: Waterloo High School Open House. Waterloo/Southern Tier Sexual Health Coalition & Finger Lakes Sexual Health Coalition Meeting

September 22nd: I&E Committee Meeting, Sodus. **Are you interested in joining our committee that meets quarterly to review our educational materials in Sodus? Contact us today for more information!*

September 26th: World Contraception Day

**For more information, visit: www.your-life.com/en/for-doctors-parents-etc/about-wcd/*

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 for more information.



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