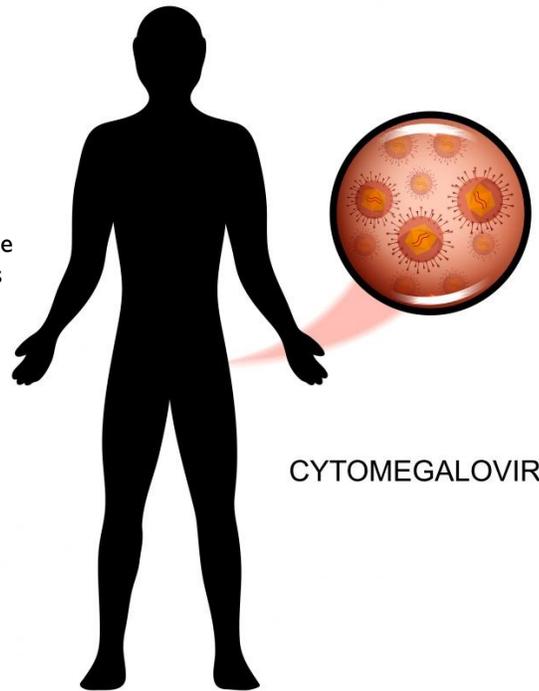


Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

## Congenital Cytomegalovirus (CMV) Awareness Month ... huh?

Cytomegalovirus (pronounced sy-toe-MEG-a-low-vy-rus), or CMV, is a common virus that can infect people of all ages. According to the Center for Disease Control and Prevention (CDC), over half of adults will have been infected by CMV by age 40. Once transmitted, the virus stays in a person's body for life and can reactivate. Most people infected with CMV show no signs or symptoms. However, the virus can cause serious health problems for pregnant women and unborn babies, as a woman can pass CMV to her unborn child. When symptoms are present, a healthy person might experience mild illness and fatigue, but people with weakened immune systems who get CMV can have more serious symptoms affecting things such as the liver, eyes, stomach, and intestines. Babies born with CMV can also experience these symptoms, as well as growth problems and hearing loss. CMV can be transmitted through body fluids such as semen, breast milk, urine, blood, and tears. It can also be spread through sexual contact, organ transplant, and blood transfusion. Unlike HIV, **CMV is not an STD**, but it can be transmitted via unprotected sex. The virus doesn't require treatment, but it may be cause for concern among those with weakened immune systems. CMV is treated using antiviral medications. The best way to prevent infection is to avoid sharing food or drinks with children and practice regular handwashing, particularly after changing diapers.



*Provider Spotlight!*



## What is Reproductive Health?

By Nikoal Kijowski, LPN, Finger Lakes Community Health

“As a primary care center, we care about your holistic health, or the health of your whole body. We want your mind, body, and spirit to be well. Our team can care for all parts of the body, including oral health, mental health, and even nutritional health. During our routine medical care, we ask questions about reproductive health. These questions typically include: “what type of sex do you have, how often, what type of protection do you use, and what gender are your partners.” Even if you are not sexually active, you should still talk

about reproductive health with your provider to make sure you are staying healthy. Reproductive health includes managing chronic illness, such as diabetes, weight, or heart health. It also includes working with your provider to plan a healthy pregnancy, or working with your provider to help prevent pregnancy if you are not interested in becoming a parent. We offer options such as natural family planning and various contraceptive methods to assist you with your reproductive health. Providing high-quality, comprehensive reproductive health care is part of our promise to take time to care for you. Feel free to ask questions during your medical visits, and never be embarrassed when speaking with your health care team, as we only use the information discussed during your visit to provide individualized care to you. We are always here to talk reproductive health and can even refer you to our trained educators for more in depth conversations at any age.”

## 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

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

[www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)



**National HIV Testing Day (NHTD)** was first observed on June 27, 1995. NHTD is meant to encourage people to get tested for HIV, know their status, and get linked to care and treatment. HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection. No effective cure exists for HIV, but with proper medical care, the virus can be controlled. Some groups of

people in the United States are more likely to get HIV than others because of many factors, including their sex partners, their risk behaviors, and where they live. The only way to know for sure if you've been infected with HIV or any other STD is to get tested. At FLCH, getting tested is easy. We offer a rapid test, an option that allows you to get your results within 10 minutes, as well as a blood draw, where the results come back within one week. Know your status!

According to the CDC, risky behaviors, such as having anal or vaginal sex without using a condom, having multiple sex partners, or sharing needles or syringes play a big role in HIV transmission. Anal sex is the highest-risk sexual behavior. If you don't have HIV, being a receptive partner (or bottom) for anal sex is the highest-risk sexual activity for getting HIV. If you do have HIV, being the inserting partner (or top) for anal sex is the highest-risk sexual activity for transmitting HIV. Taking medicine to prevent HIV (Pre-Exposure Prophylaxis (PrEP) and using barrier methods during sexual activity such as condoms, may significantly reduce the chance of contracting HIV for people at risk.

### Facts:

- **Having another STD can increase the risk of getting or transmitting HIV.**
- **You and your partner should get tested regularly, even if you show no signs or symptoms.**
- **HIV is not transmitted by sweat, saliva or tears.**



19th Annual

## Adolescent Health Conference

*Thinking About The Future:*

Mental & Reproductive Health Connected

October 17, 2019 • Waterloo, NY

Cost \$50 (Includes lunch) *A professional development training. AHC#19*

For more information call/email: Olivia Catalano (315) 787-8132 / [oliviac@flchealth.org](mailto:oliviac@flchealth.org)

- 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 visit [www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com) or contact us today to schedule a time!
- Would you like to have the RHEd Newsletter emailed to you each month? If so, contact Olivia at: [OliviaC@flchealth.org](mailto:OliviaC@flchealth.org)



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