

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.

Vulva... It's the Whole Package

The clitoris, labia, vaginal opening, and opening to the urethra (the opening where urine is released) collectively make up what is properly known as the vulva. Many people don't even know this term exists, and instead refer to these parts as the vagina. The vagina is actually inside of a female's body. While vulvas all have the same parts, they often do not look the same. As part of a routine pelvic exam, medical providers look for abnormal cells which can be cancerous. Some of these cancerous cells are linked to HPV infections, yet the most common vulvar cancer is keratinizing, which is not associated with HPV.

A pelvic exam should be done by a medical provider once every three to five years, or more often if abnormal cells have been found before or there is a history of cancer in your family. **AWESOME NEWS:** In October 2018, HPV vaccinations were approved for adults up to age 45. This vaccine (2 shots if given before age 15, 3 shots after 15 years old) can prevent many types of cancer and warts. The National Cancer Institute states that virtually all cases of cervical cancer and 95% of anal cancers are associated with HPV. Ask at your next medical appointment for more information.

This body part is just as important as our eyes, nose, and mouth.

Here are a few tips to take care of the vulva:

- Use warm water to wash the vulva.



- Wear 100% cotton underwear. Avoid wearing irritating fibers if you have delicate skin or are prone to vulvar irritation.
- Limit wearing pantyhose or panty girdles. These can trap in heat and moisture, providing an ideal breeding environment for organisms. If you need to wear these, try to wear cotton ones when possible.
- Avoid feminine hygiene products. These can irritate the vulva (such as a feminine spray, deodorant, scented oils, sanitary pads, and powders)
- When using personal lubricants, make sure they are water or silicon-based products.

Now go on with your vulva health knowledge and spread the word about this important topic!

Partner SPOTLIGHT:



"Strengthening Families Through Collaboration"

Arc Wayne • Catholic Charities of Wayne County • Clyde-Savannah CSD • Cornell Cooperative Extension
 Council on Alcoholism and Addictions of the Finger Lakes • Delphi Rise • Evalumetrics Research • Finger Lakes Community College
 Family Counseling Services of the Finger Lakes, Inc. • Finger Lakes Community Health • Literacy Volunteers of Wayne County
 Lyons CSD • Marlon CSD • Monroe BOCES • Newark CSD • North Rose-Wolcott CSD • Palmyra-Macedon CSD
 Person Centered Services • Pioneer Library System • Real Life Counseling • Red Creek CSD • Scarlet Thread Ministries • Starbridge
 Sodus CSD • Victim Resource Center • Wayne Action for Racial Equality • Wayne Behavioral Health Network • Wayne CSD
 Wayne County Action Program • Wayne County Board of Supervisors • Wayne County Connection to Learning
 Wayne County Department of Aging and Youth • Wayne County Department of Social Services • Wayne County Public Health
 Wayne County Rural Health Network • Wayne County Workforce Development • Wayne-Finger Lakes BOCES • Youth Advocate Program

The Wayne County Partnership for Strengthening Families is a consortium of thirty-eight agencies, organizations, and school districts in and around Wayne County that provide valuable services to help, coach, and uplift individuals and families in order to empower them to be their best selves. United in purpose, the Partnership helps to share information, pool resources, and promote cooperation to get partner services to where they can do the most good. The full Partnership meets five times per year, and three work groups meet more frequently to tackle issues surrounding Behavioral Health, Education, and Family Resources.

For more information about the Partnership, visit www.wcpsf.org or www.facebook.com/WCPSF

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

March is Colorectal Cancer Awareness Month

Sometimes called colon cancer for short, colorectal cancer begins when healthy cells in the lining of the colon or rectum change. The colon, also called the large intestine, is an important part of the digestive system. According to the CDC (Centers for Disease Control and Prevention), colorectal cancer is the second leading cause of cancer-related deaths in the United States. It is the third most common cancer in men and women. Colorectal cancer affects men and women of all racial and ethnic groups, and is most often found in people who are 50 or older. The United States Preventative Services Task Force recommends colon cancer screening at age 50. Differences in hormones, genetics, environmental exposures, and other factors can lead to differences in risk among different groups of people. For most cancers, increasing age is the most important risk factor. If you are 50 or older, get screened for colorectal cancer. During a screening, providers look for abnormal growths called *polyps*. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before developing into cancer. Early and regular screenings can identify colorectal cancer at an early stage when treatment can often lead to a cure.

Ways to reduce risk:

- Get screened for colorectal cancer routinely, beginning at age 50
- Learn your family history and talk to your doctor about being screened early
- Limit alcohol consumption
- Avoid tobacco use
- Increase physical activity (talk to your doctor before starting any exercise, to avoid injury)
- Find out how screening can help prevent colorectal cancer

Colorectal cancer screening saves lives!

TRUE or FALSE?

- Colorectal cancer is the 2nd leading cancer killer. **TRUE** FALSE
- Both men and women get colorectal cancer. **TRUE** FALSE
- Colorectal cancer often starts with no symptoms. **TRUE** FALSE
- Screening helps prevent colorectal cancer. **TRUE** FALSE

Where Are We (FLCH) This Month?

- **March 1st:** PAL MAC High School
- **March 4th:** Advocacy Day - Albany
- **March 4th:** Keuka College
- **March 4th:** EPIC Zone - Geneva
- **March 13th:** Wayne County Partnership for Strengthening Families
- **March 14th:** Seneca County Independent Living Group
- **March 18th:** EPIC Zone - Geneva
- **March 21st:** Finger Lakes Sexual Health Coalition
- **March 26th:** Wayne Wellness Coalition

**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!*

**Would you like to have the RHEd Newsletter emailed to you each month? If so, contact Olivia at: OliviaC@flchealth.org*



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