

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.

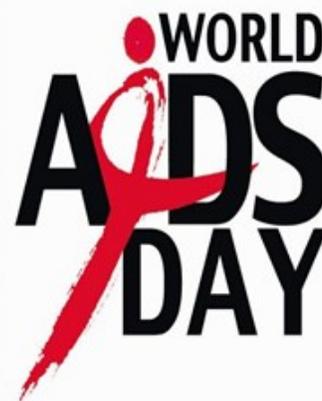
**World AIDS Day** is held on December 1st each year. This is an opportunity to unite in the fight against HIV (human immunodeficiency virus), show your support for people living with HIV, and to remember those who have died.

HIV is a virus that makes it difficult for the body to fight infection and disease. AIDS (acquired immunodeficiency syndrome) is the last, and most severe stage of the HIV infection.

The CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of their routine health care. People with certain risk factors should be tested more often. Certain behaviors increase your risk of contracting HIV:

- Having more than one sex partner.
- Sharing injected drugs and/or sharing needles.
- Being diagnosed with or seeking treatment for another sexually transmitted disease.
- Sex with someone who has been diagnosed with, or is being treated for hepatitis or tuberculosis (TB).
- Anyone who has sex is at risk!

Getting an HIV test is the only way to know your status! At Finger Lakes Community Health, we offer rapid HIV testing with finger stick, which can be done during any office visit. We can also test for gonorrhea, chlamydia, and syphilis with a urine test or blood draw in the office. We offer PrEP, (pre-exposure prophylaxis), which is a medication that can protect you from getting HIV if you have unprotected sex or share needles with someone who is HIV-positive.



## #ThxBirthControl Recap

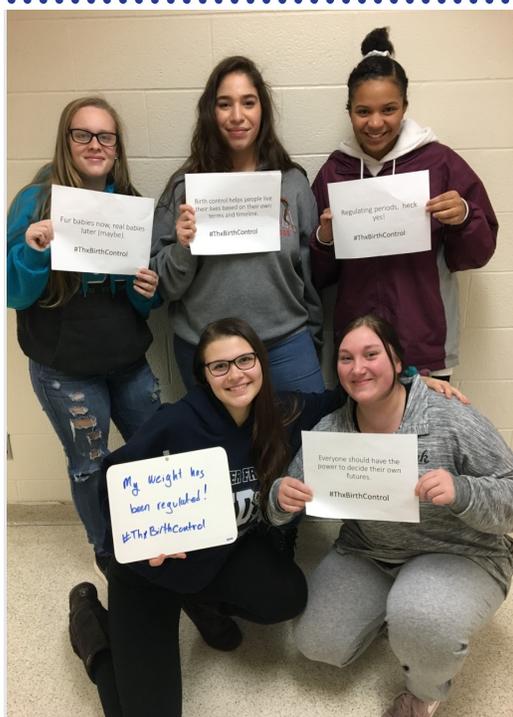
On November 13<sup>th</sup> we partnered with organizations across the United States to share why birth control matters. Birth control, also known as contraception, can be up to 99% effective in preventing pregnancy when taken correctly. It can also decrease period length, regulate periods, decrease acne, decrease risk of certain cancers, help to regulate weight, and it may help with medical conditions like polycystic ovarian syndrome and endometriosis. There are many forms of birth control, from a daily pill, single use condoms, weekly patch, monthly ring, quarterly shot, to methods that last years like the IUD or Nexplanon.

### Quick facts:

- Nearly all women (99%) have used contraception at some point in their lives.
- Of the 62 million women in their childbearing years (ages 15 to 44), 7 in 10 are sexually active and do not want to become pregnant.
- According to a recent survey, 86% of all adults believe that everyone in the U.S. deserves access to the full range of contraceptive methods.
- There are non-hormonal birth control methods.

At FLCH we provide low-cost (or even free) birth control, as well as inclusive education and equitable services to all those we serve. Some birth control methods, like condoms can also prevent sexually transmitted infections. Isn't it great to have access to so many options? Want to find the best method for your lifestyle? Let us work with you.

**Call today to schedule an appointment 315-787-8132.**



## 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

6341 Ridge Rd  
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)

# Provider Spotlight! DEPRESSION.

By Patsy Rogers, RN Behavioral Health, FLCH

“Depression is very common at any age, and impacts millions of people worldwide every year. Depression is treatable! It is more than just feeling sad or anxious from time to time. Depending on the intensity and length of symptoms, it can interfere with daily life tasks, making things so much harder to manage. Its negative impact can not only impair your mental health, but your physical health, too. Many people with depression experience lack of energy, sleep disturbance, weight changes, irritability, difficulty concentrating, and sometimes unexplained physical pain. Depression may happen one time, or it can reoccur throughout one's lifetime. There are different levels and types of depression, and depending on severity of symptoms and diagnosis, the treatment will vary. Researchers are not entirely sure why some people get depressed and why others do not. It appears that it's likely related to a combination of factors (genetic, environmental, trauma in the past, or chemical imbalances in the brain). Seeking professional help is important in both getting a proper diagnosis and receiving individualized treatment. Seeking medical treatment for proper diagnosis is imperative and the first step in safely managing depression.

We offer Behavioral Health services at Finger Lakes Community Health. As part of an integrated health care model, patients must be established and have a primary care physician at FLCH before seeing one of our therapists or the psychiatrist. We have seasoned



therapists that help and treat people of all ages. Additionally, we have an experienced psychiatrist who is able to treat those who are 18 years or older. We can see patients at every FLCH location through use of telehealth, or in person at many of our sites. Contact our Behavioral Health department for more information about our services.”

## Suicide Prevention

If you think that someone is at immediate risk of self-harm or hurting another person:

- Call 911 or your local emergency number.
- Stay with the person until help arrives.
- Remove any guns, knives, medications, or other things that may cause harm.
- Listen, but don't judge, argue, threaten, or yell.

If you or someone you know is considering suicide, get help from the crisis prevention line. Call the National Suicide Prevention Lifeline at 1(800) 273-8255. Locally, you can also call the Comprehensive Psychiatric Emergency Program (CPEP) in Clifton Springs at (315) 462-1080.

## Where Are We (FLCH) This Month?

- Dec. 1 - Canandaigua Academy
- Dec. 2 - Canandaigua Academy
- Dec. 2 - North Rose Wolcott High School
- Dec. 3 - Canandaigua Academy
- Dec. 3 - Wayne Wellness Committee, Lyons
- Dec. 5 - Wayne County Action Program, Sodus
- Dec. 6 - North Rose Wolcott High School
- Dec. 10 & 11 - Presentation at Youth Summit & Panel Discussion, Syracuse
- Dec. 12 - Independent Living Group, Waterloo
- Dec. 19 - Finger Lakes Sexual Health Coalition
- Dec. 24 - All FLCH Locations Close at 12 noon
- Dec. 25 - All FLCH Locations Closed
- Dec. 31 - All FLCH Locations Close at 12 noon

• 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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