

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.

HPV Vaccination Lowers the Risk of Some Cancers

The Human Papilloma Virus (HPV) is a sexually transmitted infection that is known to cause cancer. According to the CDC, it is thought to be responsible for more than 90% of anal and cervical cancers, about 70% of vaginal and vulvar cancers, and 60% of penile cancers. Cancers in the back of the throat (oropharynx) traditionally have been caused by tobacco and alcohol, but recent studies show that about 60% to 70% of cancers of the oropharynx may be linked to HPV. HPV is primarily spread through direct skin to skin contact. Most of the time, it goes away by itself within two years and does not cause health problems. In some cases, the immune system fights it off naturally, but that's not

always the case. It's only when HPV stays in the body for many years that it can cause these cancers. The best way to protect against HPV is the HPV vaccine. It is recommended that young people get the vaccine at the age of 11 or 12 when potential exposure to the virus is low and the body reacts to the vaccine best. The HPV vaccine, Gardasil helps protect against the 9 most common strains that cause cancer or warts. It consists of two vaccines if given before the 15th birthday, and 3 vaccines if over the age of 15. As the beginning of the school year approaches and school physicals become priority, think about including this vaccine in your child's next checkup.



Provider Spotlight! Mono: "The Kissing Disease"

By Dr. Pedro Gonzalez, Finger Lakes Community Health

"Infective mononucleosis (IM) is an infection caused by the Epstein-Barr virus, a widely disseminated herpes virus family that is spread by intimate contact between susceptible people. The infection is commonly asymptomatic in children, especially those under 4 years of age. Adults between the ages of 25 and 50 are the most susceptible to experiencing symptoms, which can include inflammation of the lymph nodes, sore throat, and fatigue (most common), fevers, and spleen inflammation, which could result in splenic fracture. People in this age group can also experience no symptoms at all.

If you are diagnosed with IM, it's recommended not to participate in contact sports, as doing so can lead to serious, or even lethal spleen ruptures. It's important to mention that infective mononucleosis poses no risk of infecting a fetus in pregnancy if the mother gets infected. The virus is typically spread by

saliva, which is why it is called the kissing disease. It can also be transferred via genital fluids. The virus is actively secreted in the oropharyngeal secretions, so even sharing drinks can transmit the virus.

IM can be diagnosed based on a patient's symptoms and whether they were knowingly exposed to an infected person. The Monospot titer is a test that measures antibodies to the virus. It also measures non-specific antibodies the body produces against sheep and horses, which is a phenomenon that occurs in our immune system as a result of this virus.

To avoid transmitting IM, clean your hands well, don't share drinks, and don't engage in kissing if the other person suspects they are infected. IM typically takes one to two months to go away. **Prevention is the key to fighting this virus."**



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 Rodd
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

August is Breast Feeding Awareness Month

Here are some facts about breast feeding in the US:

- 1 in 4 infants are exclusively breast fed up to the age of 6 months old, as recommended.
- Infants who are breast fed have lower risk of asthma, obesity, Type I diabetes, lower respiratory disease, ear infections, gastrointestinal infections, and sudden infant death syndrome (SIDS).
- Mothers who breast feed lower their risk of high blood pressure, diabetes, ovarian cancer, and breast cancer.
- Lower rates of breast feeding add more than \$3 billion a year in medical costs for



To learn more about breast feeding you can contact your OBGYN or primary medical provider.

There are many resources online, and many communities have breast feeding support groups, such as the Finger Lakes Breastfeeding Partnership. As always, FLCH is proud to be a breast feeding friendly organization and can provide space during your visit for breastfeeding.

Registration is now open!

20th Annual

Adolescent Health Conference

Building the Resiliency Toolbox: No More Shame

October 15th, 2020 (8:30-3:30pm) • A Virtual Learning Experience

Cost \$25 • #AHC20

To register, contact Olivia at (315) 787-8132 / 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 or call us today to schedule at (315) 787-8132.*

Pat Hall, Olivia Catalano,
and Ken Metasavage

**FLCH's Reproductive
Health Team**



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