

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.

American Heart Month: **Heart Health & Sex**



It's normal to be worried about having sex if you have a heart condition. You may be concerned about how much exertion your heart can handle. However, the chances of you having a heart attack during sexual activity is extremely low. Cardiovascular events - such as heart attacks or chest pain caused by

heart disease - rarely occur during sexual activity, because sexual activity is usually for a short time.

You shouldn't fear sexual activity unless you are experiencing any symptoms. You should abstain from any heavy physical exertion, including sex, until you see a doctor if you have cardiac symptoms such as: chest pain, shortness of breath, irregular heartbeat, nausea, or indigestion. If you have any of these symptoms you should be evaluated by your medical provider.

On a brighter note, sex has been shown to benefit heart health. Studies suggest that men who have sex at least twice a week and women who report having satisfying sex lives are less likely to have a heart attack.

Don't be shy about starting a conversation with your doctor about heart disease and your sex life.

Ref: John Hopkins University & American Heart Association

Talking During Sex Increases Pleasure!

Sexual consent is an agreement to participate in a sexual activity. Often, sexual consent is something that is believed to kill the sexual mood. But new research shows that is not the case. A new scientific study was recently published in the Journal of Sex & Marital Therapy titled "Show or Tell? Does Verbal and/or Nonverbal Sexual Communication Matter for Sexual Satisfaction?" found that communication was key for a satisfying sex life.

Couples who communicate in bed tend to be more satisfied both sexually and in their relationships, according to a study involving 398 people ages 18–55+. The study surveyed the participants and asked them how often they communicated during sex, how they communicated (verbally and nonverbally), and how often their partner communicated. The researchers also asked their partners how happy they were with their sex lives, their relationship, and the sexual communication within their relationship. The responses discovered that the couples who communicated more during sex were more satisfied.

So, couples who communicate what they like and don't like both before initiating sex and during sex were happier with their sexual experiences. Consent can be sexy! Just remember consent isn't just about if you will be having sex but also how, where, when, and what acts will be done.

Have fun and keep communicating!



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

Condom Use is SEXY!

By Jamie Jeffrey, LPN at Finger Lakes Community Health

As part of the medical care team, we often ask patients about method use to prevent pregnancy or STI (Sexually Transmitted Infections). Many STIs show no signs or symptoms, so we also do regular testing annually with physicals or when patients request them. These infections include HIV (Human Immunodeficiency Virus), chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis. You can get an STI through having vaginal, anal, or oral sex. Condoms are not 100% effective in preventing STI or pregnancy, but if used properly, will reduce the risk of getting an STI significantly.

Here's a few tips from our team regarding condom usage and safety:

- It is best to read the label on the packaging the condom came in before using the condom.
- Store them in a cool, dry place. Storing condoms near heat (your back pocket or glove compartment) can make them weaker and less effective.
- Use a new condom every time you have sex.
- Put on the external (male) condom as soon as the penis is erect, but before it touches the vagina, mouth, or anus. If using an internal condom (female condom) you must place this inside the vagina or anus prior to anything going inside the body.
- If you feel the condom break at any point during sexual activity, stop immediately, withdraw, remove the broken condom, and put on a new condom.
- Be sure to use adequate lubrication during vaginal and anal sex. Only use water-based or silicone-based lubricants. Don't use oil-based lubricants (e.g., petroleum jelly, shortening, mineral oil, massage oils, body lotions, and cooking oil) with latex condoms as they can cause breakage.

How to properly put on a condom:

- Check the wrapper for tears and for the expiration date to make sure the condom is not expired.
- Carefully open the wrapper. Don't use your teeth or fingernails.
- Make sure the condom looks okay to use. Don't use a condom that is gummy, brittle, discolored, or has even a tiny hole.



External/Male Condom

- While holding and pinching the tip, unroll the condom all the way to the base of the erect penis.
- Put on the condom as soon as the penis is erect, but before it touches the vagina, mouth, or anus.
- After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw. Then gently pull the condom off the penis, making sure that semen doesn't spill out.

Internal/Female Condom

- Place the closed sign with the ring inside the vagina or anus. The side with the ring which is open helps to hold the internal condom on the outside of the body.
- After ejaculation twist the condom to trap semen (if present) before removal. This helps to prevent spilling which could lead to pregnancy or STI transmission.
- Dispose of the condom in the trash where others won't handle it.

Condoms can be purchased at many stores. We always offer free condoms, dental dams, lubricant, and instructions on use. Contact us for more information. □



Olivia Catalano, RH Program Manager
E: OliviaC@flchealth.org
P: 315-787-8132



Patricia Hall, Health Advocate
E: PatH@flchealth.org
P: 315-521-7787



Ken Metasavage, Health Advocate
E: KMetasavage@flchealth.org
P: 315-521-0249

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