

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.

Female / Internal Condoms

The female condom, or internal condom, is a barrier contraceptive that is similar to the male condom, or external condom. The internal condom is worn inside the vagina and controlled by the receptive partner. Internal condoms protect against unintended pregnancy and sexually transmitted infections (STIs), and are made of polyurethane, which is safe to use for people who are allergic to latex. **This condom can be inserted up to eight hours before sexual activity.** The condoms are a

tool to empower and protect receptive partners from sexually transmitted infections and unintended pregnancy. They empower receptive partners to be able to initiate a safety method if there are no external/male condoms available, and increases the rate of protected sex! Few people use the internal condom perfectly every time. According to the Centers for Disease Control and Prevention (CDC), the failure rate for typical use female condoms is 21 percent.

Benefits to using an internal condom:

- Convenience
- Affordable (*free at FLCH-ask for them!*)
- Latex Free
- Protection against unintended pregnancy and STIs
- Can also be used to protect against STIs during anal sex (*just remove the inner ring*)



FLCH

SPOTLIGHT: New Sodus Location is OPEN!

Sodus Community Health has relocated to a brand-new building at 6341 Ridge Road Sodus, NY next to Reed Eye. The phone number is the same: (315) 483-1199. We offer a variety of services such as:

Reproductive Health: Birth Control/Contraceptive Options, STI Testing & Treatment, Counseling/Referrals, Education, Annual Exams, Hormone Therapy

Medical Services: Adult & Pediatric Health, Nutrition Counseling, Mental Health Counseling, Immunizations, Preventative Screening, Telehealth Services

Dental Services: Dental Exams & Cleanings, X-Rays, Fillings, Routine Extractions, Crowns & Bridges, Teledental Services

If you're looking for a new medical home for yourself and/or family members, we have 8 locations throughout Wayne, Cayuga, Seneca, Steuben, Yates, and Ontario County.

Want to know more about education services and programs we offer? Would you like us to visit your group or school to provide evidence-based lessons and activities on pregnancy prevention, STIs (Sexually Transmitted Infection), healthy relationships, and more? Contact us today to schedule a time! Check us out online at www.localcommunityhealth.com

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

September is **MENOPAUSE** Awareness Month!

Menopause occurs when a person has not had their period for 12 months. While the average age of menopause in the United States is 51, many people experience menopause earlier. Early or premature menopause happens when ovaries stop producing hormones and periods stop at a young age. Menopause often starts with changes in hormones, accompanied by other symptoms as the body goes into the perimenopause phase. Perimenopause (around menopause) is sometimes referred to as menopause transition or moving towards menopause. Common signs may include hot flashes, irregular menstruation, vaginal dryness, and sleep issues.

How do I know if I am going through early or premature menopause?

You will know you have gone through menopause if you have not had a period for at least 12 months. It's important to speak with your doctor or nurse if you have questions or concerns. Your doctor may give you a blood test to measure estrogen and related hormones, such as follicle – stimulating hormone (FSH). A person may choose to get tested if they want to know whether they could still become pregnant.

How will menopause affect your health?

Heart disease: Without estrogen, cholesterol may start to build up in artery walls (remember, after menopause, ovaries make very little estrogen)

Stroke: Your risk of stroke doubles after age 55

Osteoporosis: Having less estrogen after menopause causes you to lose bone mass quicker (osteoporosis is a condition that causes bones to become weak and break easily)

Oral Issues: Dry mouth and increased risk for cavities after menopause (stay on top of your oral health!)

How can you stay healthy during menopause? There are many steps you can take to stay healthy during and after menopause:

Quit smoking: Smoking hurts your health in many ways. Stay away from secondhand smoke and get help with quitting if you need it. Visit Women.Smokefree.gov for more information.

Be Active: Get up and get moving, at least 30 minutes of physical activity on most days. Things like brisk walking and household chores are good for your health. As always, make sure to follow up with your doctor before beginning any new exercise.

Eat well: Getting vitamins, minerals and nutrients are important.

Practice safe sex: After menopause, you can't get pregnant but you can get a STI (Sexually Transmitted Infection). Use a condom with every sexual encounter to prevent STIs.

If you are bothered by symptoms, talk to your doctor to find a treatment that works for you.



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*

To register call/email: Olivia Catalano (315) 787-8132 / olivia@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 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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Follow us on TWITTER at **FLCHFPED!**