

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.

Sexual Health Care During COVID-19

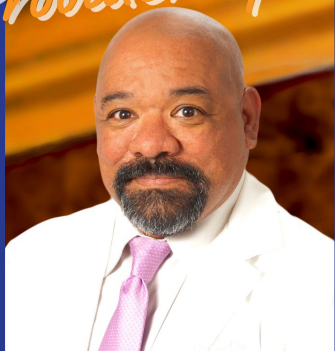
COVID-19 has changed the world as we know it. At FLCH, we're working hard to ensure that our patients and community members continue to have access to essential medical services. During this time, we have increased our access to telehealth, which allows us to virtually provide medical care to our patients from the comfort of their home, car, or other places of their choosing. We are able to do check-ups, refill medications, and provide follow up care. We are still seeing patients in person for vaccinations, STD testing, lab work, and emergency dental care. Our educational program continues to be a rock in our community, creating online educational games, hosting joint webinars with our partners, providing virtual one-on-one education with our community, and connecting in innovative ways. We're shipping safe sex kits in the mail, sending Depo-Provera into the pharmacy (if that's the patient's preferred method), remotely refilling birth control, offering in-person visits as requested, and continuing to provide essential healthcare in our community. Through thick and thin, we are here to serve our community. At FLCH we take the time to care for everyone!



**Speak with your doctor
without ever leaving
your home!**

Provider Spotlight!

Dr. Canario Explains HIV Care Today...



Jose Canario, MD
Finger Lakes Community Health

“ Human Immunodeficiency Virus (HIV) has been around since the 1980s. Treatment for this potentially deadly has improved tremendously during this time. Medically, we now know that HIV can be transmitted through blood, breast milk, vaginal or anal fluids, and semen. There are two types of HIV: HIV-1, which is the most common type and HIV-2

which is far less common and generally found in West Africa. HIV-1 has 9 named strains of HIV (Named A, B, C, D, F G, H, J), with some sub-strains. The most common type of HIV in the United States is the B strain. Worldwide, the most common type is C. This just scratches the surface in terms of information about HIV. As a result, there are many medications we can use to treat it. When caring for an HIV positive patient, we want to make sure

that the medication will work to decrease the viral load in a person's body. In cases where a person has more than one strain, treatment becomes more complex, but is still possible.

One treatment for HIV is antiviral therapy (ART) medication. Depending on the strain, this helps to slow the progress of the disease, prevent secondary infections and complications, and ultimately prolong life. If someone is receiving proper medical treatment and adhering to their provider's medication guidance, their viral loads can become so low that they can become undetectable on a blood test. While the virus may be undetectable, it is not curable, so the patient always carries this diagnosis. The CDC has published statements saying that undetectable HIV is also non-transmittable from person to person. At FLCH we are treating HIV positive patients using telehealth, in-office visits, and partnerships with local specialists. While HIV may show symptoms such as fever, chills, and rash, there may be times when those symptoms are missed or don't show at all. At FLCH, we suggest regular testing at least once a year or with every new partner. Testing can be done with a rapid finger prick, where the result is shown in a few minutes, or with a blood draw sent to the lab. ”

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

Action Steps to Promote Good Sexual Health!



What does it mean to be sexually healthy? There are many answers, some of which are: being able to enjoy a healthy body, satisfying sexual life, positive relationships, and peace of mind. Doesn't that sound fantastic? We explored <https://www.fiveactionsteps.org/> to share their tips on promoting good sexual health.

Understanding your value will ensure you are treated with respect and able to express who you are. Sex is a natural (and positive) part of life, bringing pleasure, intimacy, and joy, yet people are afraid to talk about it. Sex can have negative impacts, like sexually transmitted infections (STI), unplanned pregnancy, and worry.

Talking to your partner before sexual activity about your STI status (and theirs), whether or not you desire pregnancy, and about whether you

desire monogamy are all things that can help you promote your sexual health and protect yourself. The golden rule, "Do unto others as you would want them to do to you," can apply to sexual health, too! Know your expectations in relationships, because you have the right to safe, healthy, satisfying experiences, whether they are short term or ongoing relationships. Build positive relationships in your life, as these are essential to happiness. Romantic relationships are often at the top of people's list, but remember that most of our relationships are platonic (non-sexual). Get regular medical checkups with your provider, such as your annual physical exam. Getting STI testing, refilling birth control, Pap smears, cancer screening, and vaccines are also key parts of staying healthy. Now, get out there and take charge of your sexual health!



Join Dr. Canario and our Reproductive Health Team for this month's RH Ed webinar on Wednesday, June 24th at 1pm:

"A Look at HIV: History & Treatment."

To Register, go to: <https://tinyurl.com/RhEdWebinarHIV>

• *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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