

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.

Summer Sexual Health

Many factors can affect how at risk a person is to contracting an STD. Those determinates can include anatomy (whether you have a penis or vagina), socio economic status, ability to seek healthcare and the types of sex that you have. But did you also know that seasons have a direct correlation with rates of sexually transmitted diseases (STD). One study shows that there is a significant increase of STDs during the late summer and early fall months.

It is still unclear on why this trend occurs. It may be due to increased use of health care facilities during good weather, or possibly more sexual interactions as people are socializing more during those months. For whatever reason this is, it's important to protect yourself. This includes using barrier protection such as condoms, practicing abstinence, limiting your number of sexual partners, and getting tested regularly for STDs (at least once a year).

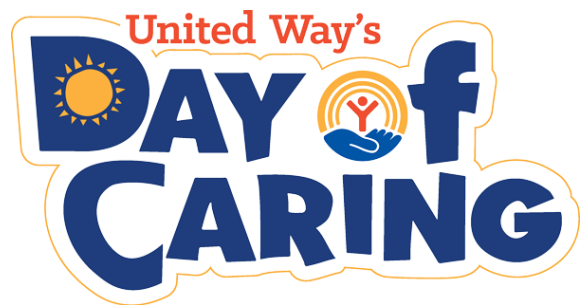
Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1045564/pdf/brjvendis00042-0071.pdf>



Partner SPOTLIGHT.....

For over a decade, the Women's Leadership Council (WLC), under the umbrella of the United Way of Seneca County, has worked quietly and effectively for the children and families of Seneca County. The WLC's focus is to advocate for each and every student reaching their full potential by promoting access to positive and effective initiatives for Seneca County families, individuals, schools, organizations, and communities. The three pillars of this mission are Literacy, Learning, and Values.

The Literacy piece involves providing books for the many County Red Book Shelves. The Learning initiative offers the annual Career Exploration Day: Career Conversations, as well as the Back-to-School Fill the Bus School Supply Drive. The Values piece mirrors the monthly distribution of the Value of the Month, based on Search Institute's 40 Developmental Assets.



WLC Partners with 4 neighboring counties to accomplish their goals. Because of the unusual time we're experiencing, we've proposed a new initiative: a virtual 2020 Summer of Caring. Each week in June, July, and August, we'll spotlight a different value, as well as suggested activities for students, families, and individuals to do and share with one another. Are you interested in this or any aspect of the Women's Leadership Council? Please feel free to contact Dede Olufsen, Chair, via the United Way Office at 315-539-1135 or olufsen2@rochester.rr.com. Thank you – for the kids!!

Locations:

Bath

Community Health

117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health

601 B 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



July 28th is World Hepatitis Day. Hepatitis is a virus that causes inflammation of the liver. The liver is the largest organ inside your body and provides essential functions such as aiding in digestion and removing toxins from the body. There are several different ways you can get hepatitis. Hepatitis A is often spread through infected food, Hepatitis B can be spread through bodily fluids and is often spread sexually, and Hepatitis C is often spread through infected needles, including tattoo needles. Sometimes, Hepatitis goes away, but all forms of it can cause serious and permanent damage to your body. Hepatitis A and B can be prevented through vaccines. Other ways to protect yourself are using barrier protection such as condoms during sex and utilizing licensed tattoo parlors. To learn more about the Hepatitis vaccines or to get tested for Hepatitis, see your healthcare provider.



SAFE SEX KITS!

Having some sexual fun this summer?
Stay safe with a **FREE Safe Sex Kit** from
Finger Lakes Community Health. You can ask
for them at one of our health centers, or you
can request to have one to mailed to you for
free by visiting: www.tinyurl.com/safekits

• **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 Matesavage
**FLCH's Reproductive
Health Team**



Follow us on TWITTER at **FLCHFPED!**