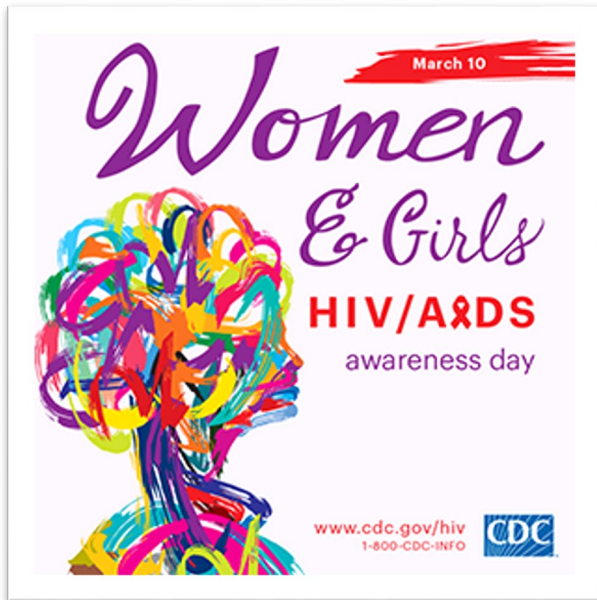


Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.



The theme for National Women and Girls HIV/AIDS Awareness Day is, "HIV Prevention Starts with Me." It reminds us that regardless of a person's HIV status, everyone can have an impact on preventing new infections, and it encourages women and girls to take charge of their health. The US Census states that as of July 2019, women make up about half of the US population, and while women of all ages, races, and ethnicities can get HIV, some women are more at risk than others. HIV can be transmitted through blood, breast milk, semen, anal, and vaginal fluids. Women have a higher risk of contracting it during vaginal or anal sex, and certain sexually transmitted infections, such as chlamydia and gonorrhea, can also increase one's HIV risk.

**Here are some steps you can take to prevent HIV and AIDS:**

- Use a condom every time.
- Taking medication called pre-exposure prophylaxis (or PrEP). PrEP is a daily medication intended for people without HIV who are at risk of contracting the virus from sex or injection drug use.
- Educate yourself about HIV, transmission, risk factors, testing, and prevention.
- Never share razors, needles, or equipment to inject drugs.
- Get tested!

National Women and Girls HIV/AIDS Awareness Day is meant to bring awareness and provide education regarding the importance of HIV testing and treatment for the women in our communities. According to the Center for Disease Control and Prevention (CDC), even though the number of new HIV diagnoses in women decreased by 21% between 2010 and 2016, 1 in 9 women with HIV are unaware that they have it. The CDC recommends that everyone between the ages of 13 and 64 get tested at least once as part of their routine health care. For those with a higher risk of contracting HIV, the CDC recommends yearly testing.

## Partner SPOTLIGHT:

By Hannah Farley

The Cancer Services Program (CSP) of the Finger Lakes Region is dedicated to providing uninsured men and women ages 40 and older with free breast, cervical, and colorectal cancer screenings to improve the health of our community. The CSP works with a large network of providers throughout Monroe, Livingston, Wayne, Ontario, Yates, and Seneca Counties. The CSP of the Finger Lakes Region is one of 22 CSPs operating across New York State. The Cancer Services Program of the Finger Lakes Region is managed and facilitated by UR Medicine's Center for Community Health & Prevention and is supported with funds from the State of New York. Hours of operation are Monday through Friday 8am-4:30pm. **Phone:** 1-877-803-8070 **Email:** CSP@URMC.rochester.edu **Website:** www.getscreened.urmc.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](http://www.LocalCommunityHealth.com)

## COLORECTAL CANCER AWARENESS MONTH

- What's involved in the test? Will it be uncomfortable or painful?
- Do you need to change diet or your usual medications before the test?
- What risks are involved?
- When and from whom will you get your test results?

Testing for colon cancer can be done in a variety of ways. Some common ways include colonoscopy, fecal occult blood test (FOBT), fecal immunochemical test (FIT), and stool DNA test. During a colonoscopy, the patient is sedated, and a tube is inserted to look for polyps or cancer. If polyps are found, they can be removed along with other tissue for examination. Removing polyps is one way to prevent colon cancer. The FOBT and FIT tests look for blood in stool samples with more than one sample. The stool DNA test analyzes DNA from stool to look for cancer. Having a diet low in animal fats and high in fruits, vegetables, and whole grains may help reduce the risk of colon cancer. Other lifestyle factors like physical activity, limiting alcohol, and avoiding tobacco also decrease the risk of cancer development.

**A**ccording to the Centers for Disease Control and Prevention (CDC), Colorectal Cancer occurs in the colon or rectum. This cancer is sometimes called colon cancer. The colon is the large intestine or large bowel. Abnormal growths, called polyps, can form in the colon and or rectum, and over time, these polyps can turn into cancer. If you are 50 years or older, you should be screened for colorectal cancer. You may need to be screened earlier if:

- You or a close relative have had colorectal polyps or colorectal cancer
- You have had inflammatory bowel disease (IBD)

### Questions you can ask your doctor about screening and testing for colorectal cancer:

- What test they recommend? Why?
- What do you need to do to prepare for the test

## Where Are We (FLCH) This Month?

**March 4** - District Wellness Committee, Clyde High School

**March 5-6** - Seneca Falls High School

**March 8-10** - National Family Planning Reproductive Health Association Conference

**March 10** - Seneca County Independent Living Group

**March 11** - FLCH Training Day \*All offices re-open at 1pm

**March 25** - Catholic Charities of the Finger Lakes, Newark

**March 26** - Community Resource Fair, Newark

**March 31** - Keuka College

• *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](http://www.LocalCommunityHealth.com) or contact us today to schedule!*

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**or call us to schedule a time!**



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Follow us on TWITTER at **FLCHFPED!**