

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.

## Endometriosis Awareness Month

Endometriosis, a disorder in which the tissue that normally lines the uterus is found growing on the outside of the uterus, affects roughly 1 in 10 women. The abnormal tissue growth is often found on the ovaries, fallopian tubes, or even the intestines. Endometriosis may present in female bodied people as chronic pelvic pain, fatigue, pain during intercourse, and even infertility. Some patients have also noticed pain with bowel movements and urination. The cause of endometriosis is still unknown, but there are effective treatments for the condition, such as hormone therapy, pain medications, or even surgery. If you think you have endometriosis, call one of our health centers today to learn more about what you can do to manage this disorder.



## Provider Spotlight!



**Ozzy Jimenez, RN**  
Finger Lakes Community Health

“We are one year into the Covid-19 pandemic, and we want you to know that your sexual and reproductive health still matters. At this time last year, we had our first confirmed case in NYS. Today, we have multiple vaccines which have received emergency FDA approval, we know how to prevent the virus, and we know some of the ways it impacts the body. At FLCH, we are hosting testing events for symptomatic and asymptomatic patients. We are also partnering with our local public health departments in multiple areas to offer rapid tests. We are battling this virus while working to keep our staff, patients, and community members safe.

Covid-19 can spread when someone who is positive for the virus coughs, sneezes, or breathes out within 6 feet of another person. You can get it from direct contact with saliva or mucus, and possibly through feces (poop). Being sexually active with someone you aren't quarantining with may pose a risk for infection. Unprotected oral sex, anal sex, or vaginal sex may pass Covid-19 from one person to another. Using barriers such as condoms or dental dams when sexually active may reduce your risk of pregnancy, sexually transmitted infections, and Covid-19. It is also recommended to wear a mask if you are having sex with someone you are not quarantining with.

We know that this pandemic has had devastating effects on many people. Those who do become ill with the virus may experience long term effects such as fatigue, chest pain, trouble breathing, intermittent fever, and cardiovascular complications. We are still here providing care, both, in person and via telehealth. We can order and fill prescriptions, do STD testing and treatment, complete your physical exam, cancer screening, pap smear, pregnancy test or pregnancy planning.

Whether you are planning on simply enjoying sex, preparing for a newborn baby or pregnancy, managing your own health for yourself or your family, we are here for you! ”

**\*\*Adolescents are legally eligible to get sexual and reproductive care, but face barriers with limited access to transportation and quarantining guidelines. People of various sexual orientation, race, religions, education, zip codes and backgrounds are facing more challenges than ever. Your sexual health matters, even during a pandemic!**

## 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

634I Ridge Rodd  
Sodus, NY 14551  
(315) 483-1199

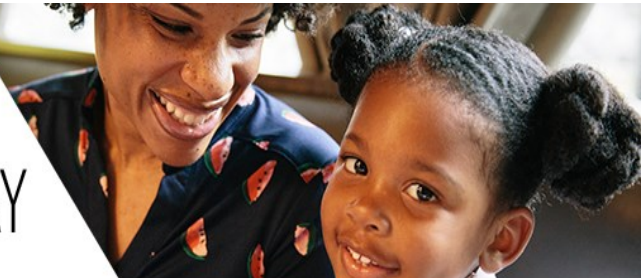
Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit:

[www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)

MARCH 10

## NATIONAL WOMEN AND GIRLS HIV/AIDS AWARENESS DAY



Some people believe that HIV/AIDS only affects gay men who engage in risky sexual behavior, but did you know that nearly 20% of the new HIV diagnoses of 2018 were women? According to Women-health.gov, in 2017, **women** accounted for 1 in 5 new **HIV** diagnoses. Diagnoses among **women** are primarily attributed to heterosexual sexual contact (87%) or injection drug use (12%). HIV can be spread from person to person via sexual activity, mother to child during childbirth, or even by sharing needles or a razor. You can reduce your risk of contracting HIV by using barrier methods such as dental dams or condoms, talking with your partner, or using PrEP; a medication that prevents HIV prior to exposure. It's important to be tested for HIV annually or in between new partners. Make sure to discuss your HIV status with all of your sexual partners prior to engaging in sexual acts. At Finger Lakes Community Health, we offer free or low cost STI testing, for those who qualify and free condoms to anyone in our communities. Feel free to walk in for testing or call ahead, we are committed to providing judgment free, confidential services.

## LET'S TALK: PUBERTY

VIRTUAL PROGRAM: WEDNESDAY, MARCH 24, 6-7PM



SCAN ME  
TO  
REGISTER!

**Hosted on ZOOM by the Penn Yan Public Library**

**Presented by Olivia Clinton, from Finger Lakes Community Health**

Come learn about puberty and body changes in a safe, judgement-free zone! Have all of your questions answered by health care professionals and leave knowing more about puberty and how it is a normal process of the body.

**Sign up with the QR code or by visiting <http://tiny.cc/PubertyMarch24>**

• **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 call us today to schedule at**  
**(315) 787-8132.**



Olivia Catalano, Olivia Clinton, and Lilian Urrutia  
**FLCH's Reproductive Health Team**

Follow us on TWITTER at **FLCHFPED!**