

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.

Is Irritable Bowel Syndrome (IBS) affecting *your* intimacy?

You can start to feel your stomach churn and you hope your partner doesn't hear it as they lean in to whisper sweet nothings into your ear or that you don't accidentally pass gas as they do so. You quickly start to think of another excuse to retreat to the bathroom, again, for the next 20 minutes to... well, poop. If this sounds familiar, then you may be part of the 10 to 15% of the population that suffers from Irritable Bowel Syndrome (IBS) as estimated by the American College of Gastroenterology. Common symptoms of IBS are bloating, diarrhea, abdominal pain, and constipation. Although IBS is not a serious medical condition, it can have a significant impact on an individual's life such as your social life and work. There are a variety of non-intestinal issues that may be linked to IBS, sexual function being one of them. This may involve issues such as painful intercourse or a general lack of libido in some instances. An individual's overall feelings regarding their sex life may also be greatly impacted due to their symptoms relating to IBS. Situations like leaving your date on hold because your meal triggered diarrhea and you are now stuck in the restroom for the next half hour. There is nothing more unsexy than feeling like a bloated balloon animal right



before sex. So consider this a friendly reminder, and make a point of discussing this disorder with your health care provider sooner rather than later. It may improve your social life and your health! P.S. The American College of Gastroenterology estimates that only about 1 in 4 people ever see a doctor for their symptoms. If you feel you may be experiencing IBS symptoms and you aren't sure who to call.... call us! All of our Finger Lakes Community Health phone numbers can be found on the backside of this newsletter.



HPV and Oral Cancer... huh???

Have you ever heard of oropharyngeal cancer? The CDC reports that oropharyngeal cancer occurs when HPV enters and infects areas inside of the mouth and back of the throat including the base of the tongue and tonsils. In the United States, it is believed that 70% of oropharyngeal cancer cases are due to HPV. There are over 100 types of HPV, and 40 of types that are known to be transmitted sexually to the genital areas, as well as infect the mouth and throat. Finger Lakes Community Health's medical has teamed up with our dental team to help spread awareness of HPV and the many types of cancer it causes. We also discuss preventative measurements to decrease HPV risk and the importance of getting vaccinated for HPV. The American Cancer Society recommends youth between the ages of 9 and 14, receive the HPV vaccine, which involves two doses 6 – 12 months apart. If patients begin the series of vaccines later (ages 15 to 26), an additional dosage will be needed; making it a series of three shots over 6 months. If you are interested in becoming vaccinated against HPV-causing cancers, or having your children vaccinated, speak to one of our health care providers for additional information.

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

6341 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

Minorities have a **SPECIAL** place in our heart!



Finger Lakes Community Health is dedicated to offering comprehensive health care to people in our communities, placing an emphasis on the underserved and special populations. Minority populations face several barriers to accessing comprehensive medical care, such as access to transportation and access to programs to assist with payment options. Our vision is to advocate services that improve the quality of life for diverse and underserved populations. Race, gender identity, or economic status should not

prevent patients from accessing medical services. This includes having access to reproductive health and family planning services. We advocate to have these services available to our patients by minimizing the barriers to access them. New York State Department of Health allows our health centers to provide reproductive health and family planning services to those of reproductive age that face barriers to care such as minority groups by providing

these services at a low cost or free. Services provided include: STD testing and treatment, pregnancy test, contraception service, basic infertility services, and related medical and preventive services. We also provide community-based education on reproductive health topics to destigmatize discussing these topics and how members of the community can gain access to services when needed. But most importantly, our services can be provided confidentially.

Which Birth Control is Right for Me?

There are so many options for birth control, that it could make your head spin! There are barrier methods, non-hormonal methods, hormonal methods and others. Our medical providers are trained to help you figure out what's the best contraceptive method for you and your lifestyle. No one method is perfect for everyone. **To learn more**, call Finger Lakes Community Health at 315-787-8132 or find us online at www.LocalCommunityHealth.com.



★ *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.

Follow us on TWITTER at **FLCHFPED!**