

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.

What is **Group B Strep Disease**, and why does it matter?

While Group Strep B (GBS) can be found in adults, it's important to prevent it in babies during pregnancy and through infancy as it can cause serious illness. Group B Strep is a bacterium that comes and goes naturally from our bodies. Having GBS doesn't mean you are dirty or have poor hygiene. In fact, 1 out of every 4 women naturally carries strep B in their digestive and lower reproductive tract. There are two types of prenatal GBS, each with different prevention challenges due to the fact that babies can be infected both before and up to six months after they are born. Newborns with GBS may experience symptoms such as fever, trouble feeding, and lethargy. Some GBS survivors report developing disabilities such as blindness, deafness, mental challenges, and/or cerebral palsy. And adults who contract it may get a urinary tract or blood infection or even pneumonia. Typically, a pregnant person is tested for GBS around the 37th week of pregnancy. If a person tests positive for this bacteria, they are treated during labor to help prevent transmission to the baby. For this reason, it's important to talk to your provider about GBS and find out if you are part of the 1 in 4 who might carry it.



Partner **SPOTLIGHT:** The LARC Initiative

By Jessica VanScott, MPH

The [Greater Rochester Long-Acting Reversible Contraception \(LARC\) Initiative](http://www.LARC.urmc.edu) aims to reduce unintended adolescent pregnancy in both Monroe and Wayne Counties. We work toward this goal by spreading evidence-based, medically accurate information about birth control to adults who work with teens in both medical and community-based settings. In conjunction with many clinical and community partners, including Finger Lakes Community Health, we offer free, 1-hour workshops about LARC that are delivered by an expert physician and a certified health educator. These trainings cover the safety, effectiveness, and local availability of no-cost and confidential family planning services for young people, while busting common misconceptions about birth control. LARC may not be right for everyone, but by providing facts about birth control we equip adults to support young people in making informed reproductive health decisions. These trainings make a great professional development workshop, and our team is available to visit your office in-person or virtually! For more information or to schedule a training for your organization, visit our website at <http://www.LARC.urmc.edu> or contact Jessica VanScott at Jessica_VanScott@urmc.rochester.edu.

The LARC Initiative is a project of the [Hoekelman Center](#) in the Department of Pediatrics at the University of Rochester Medical Center, and is supported by grants from the Greater Rochester Health Foundation and the Rochester Regional Health Foundation.

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

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

For more details visit:

www.LocalCommunityHealth.com

Lactation Amenorrhea = *Natural Family Planning*

Not all methods of pregnancy prevention require hormones or barriers. In fact, there are a few female-bodied people who are able to monitor their fertility by being aware of their body, using the Lactation Amenorrhea Method (LAM). LAM is a short-term (6 month) natural family planning method for pregnancy prevention. It is used by female-bodied people who have just had a baby and choose to breast-feed. How does this work, and how effective is it? Breastfeeding stops the release of the hormones needed for ovulation. However, this method is reliant on meeting three conditions for it to be effective, according to scientific research. The first condition is that a new mother has not begun menstrual periods after delivering the baby. The second is that their baby must be exclusively breastfed, and it

should occur at least every 4 hours during the day and every 6 hours at night. The third condition is that it's been less than 6 months after the birth of the baby, since this method is only temporary. The Institute for Reproductive Health Georgetown University states that this method of pregnancy prevention can be up to 98% effective when used perfectly. It is a great option for breastfeeding mothers that are concerned with hormonal contraception usage or that are still deciding on a form of birth control. It is important to remember, however, that this method is only effective for about 6 months after giving birth. If one is sexually active and not ready for another baby, we recommend also using a barrier method such as condoms during sexual active for dual protection from pregnancy. Again, this method is reliant on the mother exclusively breastfeeding day and night, with no large amounts of time passing between feeding times. This method will also not protect against STIs or HIV. Isn't it amazing the way the human body works?



Are you pregnant or looking to become pregnant in the near future? If so, it's recommended that you start taking folic acid to ensure your baby-to-be's health is in tip top shape! Folic acid helps the nervous system develop while in utero and it helps your body make healthy red blood cells. Folic acid can be found in foods like leafy greens and avocados. To learn more, contact Finger Lakes Community Health at 315-787-8132.



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.

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