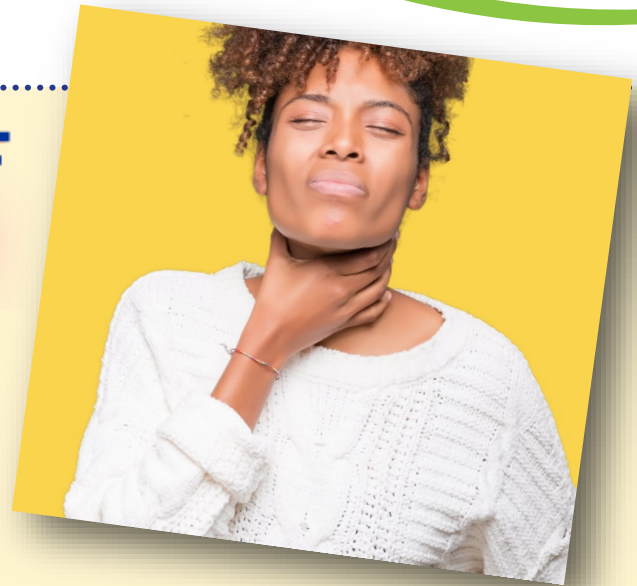


Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

WHAT IS THE CAUSE OF YOUR SORE THROAT?

Imagine this: You wake up one morning with a sore scratchy throat and your thoughts start racing about COVID. You begin to wonder, "Have I been in contact with someone positive lately? What stores have I gone to in the past few days? Are there any immunocompromised people with whom I've engaged within the past week?" You jump in your car, go to a rapid COVID testing site to get tested, and the results come back negative. This is a big relief, but what next? You think maybe it's just strep throat, and you head over to urgent care to get tested. That test also comes back negative. A relief, but now you're stumped and don't know what it could be.

It never crosses your mind that this sore throat could be caused by a sexually transmitted infection (STI). For most people, the symptoms they get with STIs are symptoms of other common illnesses. These include symptoms such as burning while peeing, flu-like symptoms, or even a scratchy throat. If you engage in unprotected oral sexual activity with



someone who has an STI, that STI can be transmitted to your throat.

To protect yourself during all sexual activity, using barrier methods like internal or external condoms, or using dental dams for oral sex reduces your risk of contracting an infection if you're exposed. All of these methods can be found in Finger Lakes Community Health's free safe sex kits, and you can have them mailed to you or you can grab a kit any time you stop in at one of our offices. Visit www.tinyurl.com/safekits to get your kit shipped for free today.

More than just

HEP C



Most people have heard of Hepatitis A, B, or C, but did you know that there's also Hepatitis D and E? Hepatitis is an inflammation of the liver most commonly caused by a virus. The most common types of viral hepatitis in the United States are types A, B, and C. Although symptoms for each type are similar, each type of hepatitis has a different route of transmission, affects the liver differently, and even affects different populations disproportionately. There are vaccines for hepatitis A and B, and although there are no vaccines available for hepatitis C, there are treatments that can cure the virus.

According to the CDC, there was a large increase in the number of new Hepatitis A cases in 2019. The analysis found that the ongoing widespread outbreaks were driven by person-to-person transmission, mostly in homeless populations and among people who use drugs. An increase in injection drug use also increased the new cases of hepatitis C virus infections in the US.

To find out more about all types of Hepatitis, visit <https://www.cdc.gov/hepatitis/index.htm>.

Testing for Hepatitis is done through a blood draw by your medical provider.

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

Provider Spotlight!

Pregnancy and Infections

By: Molly Blume, MSN/MPH, FNP-BC



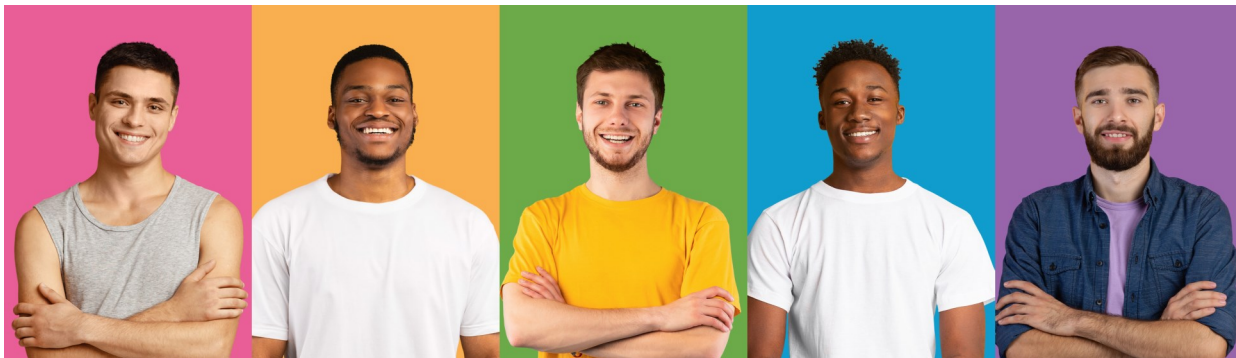
Pregnancy is a time of joy in the life of many expecting parents. Along with the growing pains and changes of pregnancy, comes learning and testing to ensure the health of the birth parent and baby. When a person becomes pregnant, it is important that they are tested for sexually transmitted infections (STIs). These infections often show no symptoms but can be harmful to the parents and child.

Studies show many STIs -- such as syphilis and HIV -- can cross the placenta and infect the baby. Chlamydia, gonorrhea, herpes, and hepatitis can be passed from the birth parent to the child during labor, when the baby passes through the birth canal. If a person does test positive for an STI while pregnant, we work

with them to safely treat them for the infection.

Untreated STIs can lead to premature birth, fetal brain damage or even the death of the baby. According to the NYS Department of Health, we are seeing a rise of people who test positive for syphilis among persons reported as female, as well as in newborns. It's important to be aware that STIs can be transmitted through sexual activity, drug use and even sharing personal items that exchange bodily fluids. As a result, we recommend STI testing with our annual physicals and when pregnancy tests are done in the office (particularly if positive). Take charge of our health by taking the time to care for yourself and get tested at your next appointment. Many STIs are curable and all of them are treatable.

Do you have testicles?



If so, you should be feeling those bad boys up regularly to make sure you haven't developed any new lumps or bumps. The key to early detection of testicular cancer is to do regular self-testicular exams. These self-checks can be as quick as five minutes, they're easy to complete, AND they're free. To learn more, you can contact Finger Lakes Community Health at 315-787-8132 or find us online at 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!**