

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.

Choose A *Healthy* Lifestyle

Your lifestyle has a direct impact on your health. Have you ever heard the saying, “A body in motion stays in motion?” You may even know people that continue to go for walks or garden well into their 80s - kudos to them! It’s no secret that those who stay active throughout their lives can live longer, and have an improved quality of life. Exercise and healthy eating are the key factors in this. In fact, many experts believe it is 80% diet, and 20% exercise when it comes to weight loss and/or maintaining a healthy weight.

It is always important to check with your medical provider before starting an exercise routine. Once you do, be sure to set realistic goals and reward yourself when you hit those goals. The most important thing to know is that people do not become overweight overnight, and it takes time and discipline to lose weight. In addition, certain health conditions like PCOS or thyroid disorders have side effects that can cause people to be overweight. Research has also shown that being overweight affects a person’s fertility, or ability to become pregnant.

If you begin a new routine and start to feel discouraged, see if any of your friends or family would like to work on becoming healthy with you, or speak with a nutritionist about what else you can do to take charge of your health. There are so many ways to increase your activity and improve your lifestyle, especially when you have a partner with similar goals. Consider going for walks, gardening together, offering encouragement to others, planning your healthy meals and snacks, grocery shopping together, going to the gym together, and always keeping each other accountable!

Remember, the best way to make changes that benefit your health is to actually make “lifestyle changes” instead of “going on a diet.”



Get in the habit of planning your meals - not only will you make healthier choices but many people find that this saves money too! Begin eating small healthy snacks and drinking more water throughout the day. You will find that this helps keep you feeling full. Low-calorie snacks could include a piece of fruit, cucumber slices with hummus, pistachios, or hard-boiled eggs. Lastly, don’t skip breakfast! It’s a very important part of your day. Eating breakfast gives your body the fuel it needs to make it through the day. It also helps to prevent overeating at lunch.

We challenge you to choose one or two of these tips and put them into practice starting today! You are important and making the smallest changes today can help you live longer and improve your overall health. Now go get ‘em - **you got this!**



2022 AHC: Behind Closed Doors

October 13th from 8-1pm *REGISTRATION NOW OPEN*

Calling all medical professionals, school staff, Public Health professionals, community-based organizations and anyone else interested in a day of professional development! We invite you to join us for this year’s virtual conference as we shed light on important topics that often remain “behind closed doors” such as, domestic violence, human trafficking, adverse childhood experiences, smoking and social determinants of care. Together we will learn more and acquire the tools needed to make a change in our communities!

Cost \$20. Limited scholarships available. To register click here: <https://tinyurl.com/FLCHAHC22>

Locations:

Bath

Community Health
6890 County Route 113
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

Breastfeeding Today!

August is National Breastfeeding Month, and August 1st-7th is World Breastfeeding Week!

Breastfeeding offers wonderful benefits for, both, infants and their mothers. For moms, it can lower the risk of high blood pressure, Type 2 diabetes, ovarian cancer, and breast cancer. If you exclusively breastfeed your infant, it can also stop the release of hormones needed for ovulation. Meaning, if the bleeding phase of the menstrual cycle has not yet returned and the infant is under 6 months old, breastfeeding can be used as a natural method of pregnancy prevention! As for the babies, research shows that breastfed infants have a lower risk for obesity, ear infections, asthma, and Type 1 Diabetes.

The CDC recommends breastfeeding exclusively for at least 6 months. The World Health Organization (WHO) recommends continued breastfeeding along with appropriate complementary foods for up to 2 years of age or longer.

Breastfeeding takes time and patience. At FLCH, we have staff who are Certified Lactation Consultants, as well as others who are trained in breastfeeding, so we can help answer any questions you may have along the way. For example, things like learning the correct position for you and your new baby may take a few tries, and we can help! In addition, resources about safe storage of breastmilk, positioning, latching, and/or breast pumps can be found at La Leche League International www.llli.org or www.breastfeedingpartners.org.

It's important to know that breastfeeding may not be right for everyone based upon a variety of health reasons, such as dairy or food allergies, medications, or health concerns. It can be difficult for new parents to establish breastfeeding, and if mothers return to work after their parental leave, finding the time to pump may be difficult as well. Did you know that some health insurance companies cover a free breast pump so mothers can express milk as needed? NYS also has laws requiring employers to provide time for breastfeeding moms to express breastmilk at work.

Some caregivers of infants choose to use formula to feed their baby, or even supplement with formula to help their baby gain weight faster. Due to recent shortages of formula, however, this can be a very stressful time for those who use it. Parents and caregivers are turning to alternate ways to feed their infants and trying to make the formula last longer due to the current shortage. That being said,

watering down formula is not safe or recommended. Many of the popular brands of formula are available in comparable brands and are a safe alternative if your current brand is unavailable. Some other ways families can get their hands on formula during this time are by ordering it online, calling stores in advance to see what they have available, and reaching out to family and friends to have them also watch for formula when they are out at stores. Some folks who breastfeed are even helping others during the formula shortage by donating their breastmilk to those in need.

For more information on breastfeeding, call any one of our Finger Lakes Community Health Centers and ask to speak with a member of our education team. **We are here for you!**

Infants who are breastfed have reduced risk of:

- Asthma
- Obesity
- Type 1 Diabetes
- Severe lower respiratory disease
- Acute ear infections
- Sudden Infant Death Syndroms (SIDS)



Mothers who breastfeed lower their risk of:

- High blood pressure
- Type 2 Diabetes
- Ovarian Cancer
- Breast Cancer



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!**