

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.


## HPV immunization... why it's so important.

Human Papillomavirus (HPV) is a common virus that causes cancer in people of all genders, with over 150 related viruses. Currently, we have no way to treat HPV but we can prevent it with this vaccine. The American Cancer Society recommends vaccinating youth between the age of 9-12 with this safe, effective vaccine. The vaccine helps to prevent 6 types of cancer, as well as warts in the body. Each year, about 35,000 people in the United States get HPV and 8 out of 10 people will get HPV at some point in their life. The HPV vaccine can prevent more than 90% of HPV-caused cancers when given at the recommended age of 9-12 years old before the body is exposed to this virus. If the vaccine is given before the age of 15 it is 2 shots 6 months apart, after age 15 CDC and American Cancer Society recommend adding a third dose to help prevent infection.



## Program

### **SPOTLIGHT:** FLCH collaboration with FLACRA By Eugene Ventura



Being a Behavioral Health Care Manager (BHCM) has provided Eugene with the opportunity to use his skills to help meet the needs of patients at FLCH. He states "It has been a privilege to work with two agencies that strive to help our communities." As a BHCM, he administers drug and alcohol screens to all willing FLCH patients. Once the screen is administered, and depending on the results, he then discusses various interventions and supports. From there Eugene works with the patient (and their provider) to generate a person-centered plan of action. If applicable, he provides linkage to FLACRA and or other agencies that can further help the patient on their road to recovery. One skill he uses is motivational interviewing. This method is essential in efforts to help discover any additional needs a patient may have. Community-based services which can help patients achieve their desired outcome, are always recommended to patients to address any barriers to care a person may have which may be preventing them from getting the care they want and need. Eugene even speaks Spanish, allowing him to

help individuals to bridge any gaps between patients and providers and better serve our multi-cultural communities. Overall, the collaboration between our FLACRA staff and Finger Lakes Community Health staff is an important function of his job, and these organizations work together to help best serve our communities.



## 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**  
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.c](http://www.LocalCommunityHealth.c)

# Re-useable Period Products.....

## What code names have you heard of for periods?

Menstruation, shark week, time of the month, Aunt Flow, Niagara Falls, Emma - we've got tons of code names for this monthly visitor! You may even be familiar with that talk we had in fourth grade to discuss pads or tampons as back then we're expected to know it all. There are many new products on the market to help with periods today. Menstrual cycles typically last 28-35 days with the bleeding phase or "period" happening 5-7 days during that cycle. During that bleeding phase, folks use period underwear, menstrual cups, reusable pads, tampons, and more.

### Period underwear:

This special underwear absorbs blood without leaving the user feeling damp. When wearing the right type of underwear (based on period flow) it won't transfer any blood to clothes (just like pads or tampons). Bonus: These products can help with slight incontinence, regular discharge, postpartum bleeding or even absorbing sweat. There are even lacy and styled options. Prices on these products range, but when you think about the cost of disposable options you can recoup your cost quickly. Once used you simply wash and reuse it like normal laundry.

### Menstrual Cups:

These long-lasting silicone cups help to hold blood and prevent leaks. Typically, you can use a menstrual cup for many years. A person who uses menstrual cups would fold it (there's more than one way to fold it, so the user gets to determine this!) and insert it into the vagina. It's important to check and make sure this completely unfolds to create a seal. When removing this, the user pinches the base to break the seal. Many menstrual cups can be used for 12 hours at a time. \*It is not recommended to use menstrual cups for folks who use IUD as birth control as this may cause your IUD to move out of place.



### Reusable Pads:

These pads tend to snap around the underwear (vs adhering like tape) and some come with added inserts for heavy flow days. Used and changed like disposable pads, these are more environmentally friendly as users wash them after use.

### Disposable Pads:

These often have a sticky side that attaches to the user's underwear. There are varying lengths and thicknesses to help with flow. Some have wings to help avoid the pad being improperly placed or moving around. Once used a person would dispose of this product in the trash. It is important to change these products every few hours.

### Disposable tampons:

These tampons are made of cotton that fits into the vagina to soak up menstrual blood. Tampons may have an applicator they come inside to help them fit. A string hangs on the outside of the body to help make this product easy to remove. It is important to change these products every few hours.

### Subscription services:

In the age of subscriptions, we hope you'll be happy to know there are period product subscription services. These services will send pads or tampons for a fee to your house every month.

*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.

Follow us on TWITTER at **FLCHFPED!**