

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.

## May is **SEX ED FOR ALL** Month!



**A**ccess to education and information about sexual health allows folks to live healthy lives. Join us during Sex Ed for All Month, as we help ensure that our community has access to sex education, no matter where they live or how they identify. Equitable access to education and care is important for us at all stages of life, and we stand with folks of all ages in our community when it comes to providing sex education. This health education is about more than just birth control and disease prevention. It also includes discussions about healthy relationships, healthy decisions such as planning goals, making priorities,

planning if or when pregnancy is right for you, communication, substance use, mental health, and more. This education should be age-based, appropriate, and equitable for all people in our community. Discussing sexual health and related topics gives people the power to make informed and empowered decisions so they can decide what is best for their unique lives. Our program works to remove the stigma around sexual health, reduce barriers to accessing medical care, and support the health of our communities.

## **A Physical:** *It covers sexual health too!*

It is recommended that a physical is done each year with your primary care provider (PCP) to determine the status of your general health. This exam gives you dedicated time with your PCP to discuss ongoing pain, symptoms, or any health concerns you may be having. During this time, health indicators such as height, weight, body mass index, blood pressure, thyroid exams, and blood work are performed by your PCP. That testing could include things such as diabetes, hepatitis C, sexually transmitted infections, or even genital exams. During this time, your PCP will also talk with you about your health history, which includes family medical history, alcohol and other drug use, reproductive life plan (do you want children, do you have any, how are you preventing children if sexually active with a partner of the opposite gender?), tobacco use, immunizations, depression, and a general sexual health assessment. These screenings are part of your reproductive health, as well. Reproductive health includes services for contraception (birth control), basic infertility services, preconception health services, STD services, and related preventative health care.



## 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](http://www.LocalCommunityHealth.com)



## Provider Spotlight!

### Your baby's dental health starts during pregnancy!

By: Tony Mendicino, DDS and Tricia Marmontello

Most women wouldn't think of skipping a medical appointment during their pregnancy, but they may think going to the dentist is less important. That couldn't be further from the truth!

According to postpartum survey data from the Pregnancy Risk Assessment Monitoring System in 10 states:

**56%** of mothers did not have dental care

**60%** did not have their teeth cleaned during their most recent pregnancy

**59%** of women did not receive any counseling about oral health during pregnancy

Would it surprise you to know that nearly 60 to 75% of pregnant women have gingivitis, an early stage of periodontal disease that occurs when the gums become red and swollen from inflammation? Gingivitis can be aggravated by changing hormones during pregnancy (Center for Disease Control CDC).

#### Is it safe to get dental care during your pregnancy?

Often, we find women are unsure about the safety of oral care during pregnancy -- even getting their teeth cleaned. According to the CDC, regular and emergency dental care is safe at any stage of pregnancy, therefore

women are encouraged to seek routine dental care. In fact, morning sickness and hormonal changes can make you more prone to gum disease and cavities. With morning sickness, it's better to rinse your mouth with one teaspoon of baking soda in a glass of water rather than brushing.

If you're unsure, please ask your OB/GYN or medical provider. At Finger Lakes Community Health we provide dental care to pregnant women at all stages of their pregnancy. We know that 1 in 4 women of childbearing age has untreated cavities. Women who have a lot of cavity-causing bacteria during pregnancy and after delivery could transmit these bacteria from their mouth to the mouth of their baby, according to the CDC.

The bottom line is that good oral health is essential to good general health. That's even more important when you're pregnant. Keep in mind that if you have Medicaid Insurance, dental care is covered when you're pregnant. In addition, you choose your pediatrician, you should also choose your child's dentist.



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.

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