

## Health Care Tips From the LGBTQ Academy Speakers Bureau Members



**Nearly 21% of the transgender or gender non-conforming individuals surveyed reported being subjected to harsh or abusive language by health care providers.** - Results from Lambda Legal's Health Care Fairness Survey 2009

**Some tips from Dee, a straight transwoman:**

"If possible, find a private place to discuss any name or gender marker discrepancies so that you don't 'out' me to others. Please always use my preferred name, even if it has not been legally changed. Make a note in the chart so others know how to address me."

**"...most patients understand the importance of asking about sexual orientation and gender identity and would be willing to answer a set of existing questions developed to collect SOGI (sexual orientation/gender identity) data in health care settings."**

- Asking Patients Questions About Sexual Orientation and Gender Identity in Clinical Settings: A Study in Four Health Centers 2014

**A tip from Paul, a cisgender gay man:**

"As the spouse of a prostate cancer patient, I would love to get information on offering support and regaining intimacy that doesn't assume I am the wife."





**“50% of the sample reported having to teach their medical providers about transgender care.”** - National Transgender Discrimination Survey 2011 by the National Center for Transgender Equality and National Gay and Lesbian Task Force

**A tip from Noah, a straight transman:** “Please help make procedures like pap smears a less horrible experience by at least understanding why I am in your office. Offer LGBTQ cultural competency trainings regularly for your staff.”

**Compared to straight women, lesbians and bisexual women have a higher rate of: obesity, smoking, alcohol and drug use, stress, depression & anxiety. They are less likely to: disclose and seek help for relationship violence and get routine mammograms and Pap smears.** - Lesbian and Bisexual Health Fact Sheet from the Office on Women’s Health, US Department of Health and Human Services 2012



**A tip from Wanda, a cisgender lesbian:**

“People always assume that because I have children my spouse is a man. Please ask me about my identity. I will feel more comfortable and I will get better care.”



**Medical schools in this country continue to teach “little or nothing about the unique aspects of lesbian, gay and bisexual health and it is rare for medical students to receive any training in transgender health.”** - The Health of LGBT People: Building a Foundation for Better Understanding; Board on the Health of Selected Populations; Institute of Medicine 2011

**A tip from Jason, a straight transman:** “I have a transman friend who was put in the female wing of the hospital. The nurses kept thinking they were in the wrong room and making a big deal out of it. That was a bad situation for everyone. A transman should be treated like a cisgender man.”

**To schedule a training on LGBTQ inclusive healthcare, please contact [education@gayalliance.org](mailto:education@gayalliance.org) or call 585-244-8640.**