

Lesbian/Gay/Bisexual/Transgender Healthcare

Many people who identify as LGBTQ do not see a primary care provider (PCP) as often as straight people. Some people have had bad experiences with healthcare in the past, or they are afraid that the PCP will judge them. There are many LGBTQ-friendly providers around San Francisco. They will be glad to see you as a patient.

Some Topics to Talk About With a Healthcare Provider:

1. Mood: how are you feeling?
2. Heart health
3. Safer sex and sexually transmitted infections
4. Fitness and nutrition
5. Drug and alcohol use
6. Relationships and domestic violence
7. Cancer screenings:
 - a. For women: breast, gynecological, and colon cancers
 - b. For men: prostate, testicular, colon, and anal cancers
 - c. For trans-men and trans-women: (depending on the person) any of the above; talk to your provider
8. Just for transgendered people:
 - a. Hormones
 - b. Whether or not surgery or procedures are right for you



For more information call Customer Service at **(415) 615-4555**.
Or visit **www.healthysanfrancisco.org**

LGBTQ Youth and Young Adults

For Parents:

The best thing you can do is to talk with your child:

- Ask questions.
- Give honest answers.
- It can be hard at first, but if you talk openly with your children about the good things, it will be easier to also talk about hard topics.
- There are organizations that can give you support if you need it.

Some parents get upset about having an LGBTQ child. In some cases, parents throw children out of the house, or stress and conflict at home can cause youth to run away. Talk with your provider or call the local gay and lesbian community center for help through challenging times:

(415) 865-5555

For Youth and Young Adults:

Why go to the doctor or clinic?

- Seeing your PCP is a good chance to talk about many things. It's not just for a health exam.
- Your visit is confidential, so your parents/guardians will not find out what you talk about – but always ask your PCP just to make sure.
- If you do not want to see your family's provider, there are teen clinics and other health clinics that can take care of you without permission from your parents.
- It can help to bring a friend. If you don't understand something, ask again. The staff can help you find a place nearby that can give you social support, too.
- If you need someone to talk to right away, call the Trevor Project: it is a 24/7 suicide prevention and crisis lifeline for LGBTQ youth. It is free and confidential: **(866) 488-7386**

Sources:

Gay and Lesbian Medical Association: www.glma.org

The Trevor Project: www.thetrevorproject.org

Centers for Disease Control:

www.cdc.gov/lgbthealth/about.htm