



LGBT Health 101:
Everything you ever
wanted to know about
Sexual and Gender
Minority (SGM) Health but
were Afraid to Ask

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Financial Disclosures & Affiliations

Financial Disclosures

- None

Clinical Affiliations

- AFC Urgent Care, Fairfield CT

Professional Affiliations

- Director-at-large, LBGT PA Caucus
- Board Member, AAPA Constituent Relations Work Group
- Student Director (2021-2022), PAs for Tomorrow

Objectives

- Reduce sexual and gender related bias in clinical decision making
- Discuss the challenges associated with caring for patients with consideration for sexual orientation, gender identity and expression
- Improve cultural sensitivity in the care of your sexual and gender minority patients



Overview

1. History of the LGBT/SGM Community
2. LGBT terminologies and concepts
3. Gender Pronouns
4. Health disparities
5. What can we do about this?

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What are the major historical events in the LGBT/SGM community?



Historical events

1952

APA lists homosexuality as a sociopathic personality disturbance

1969

Stonewall Riot, Manhattan, NY

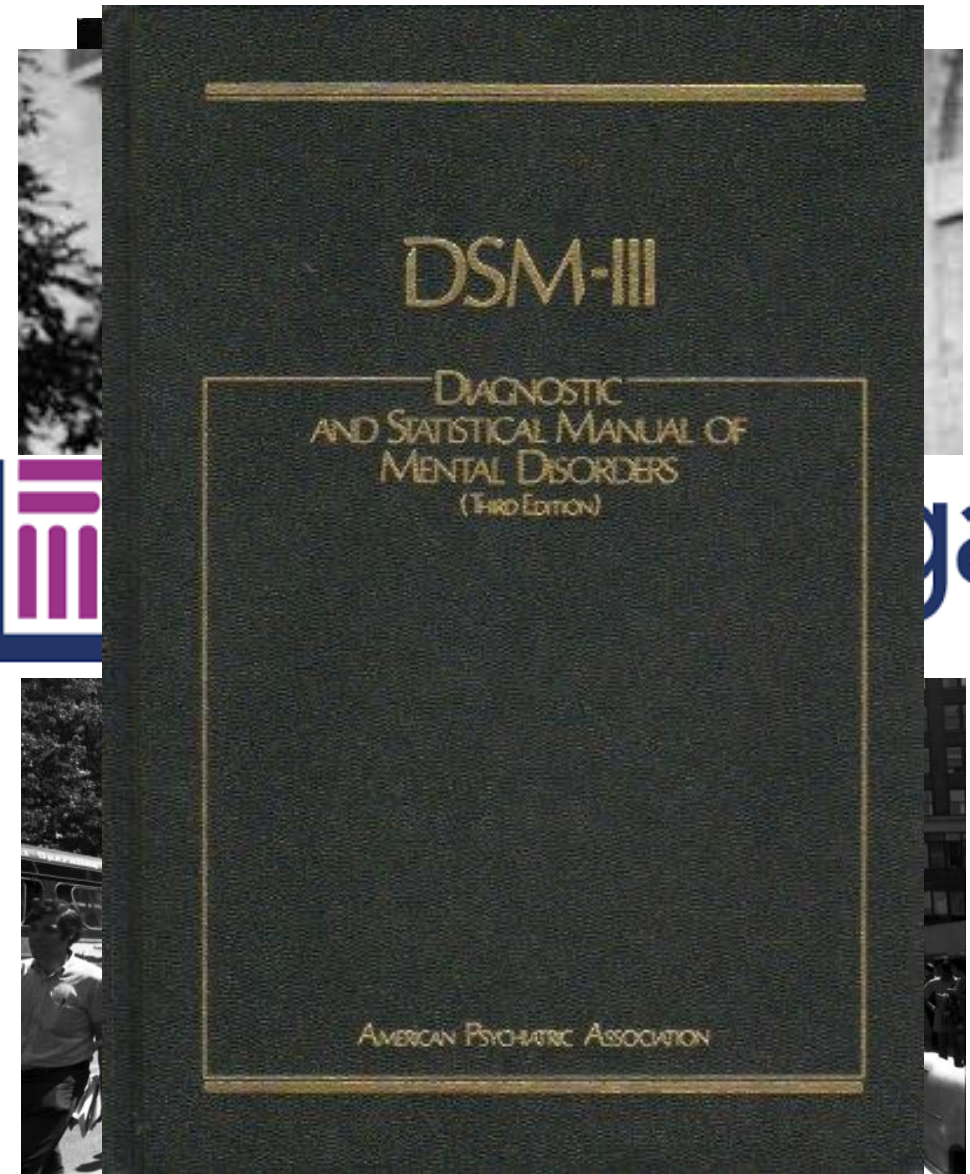
1970

Christopher Street Liberation Day

1973

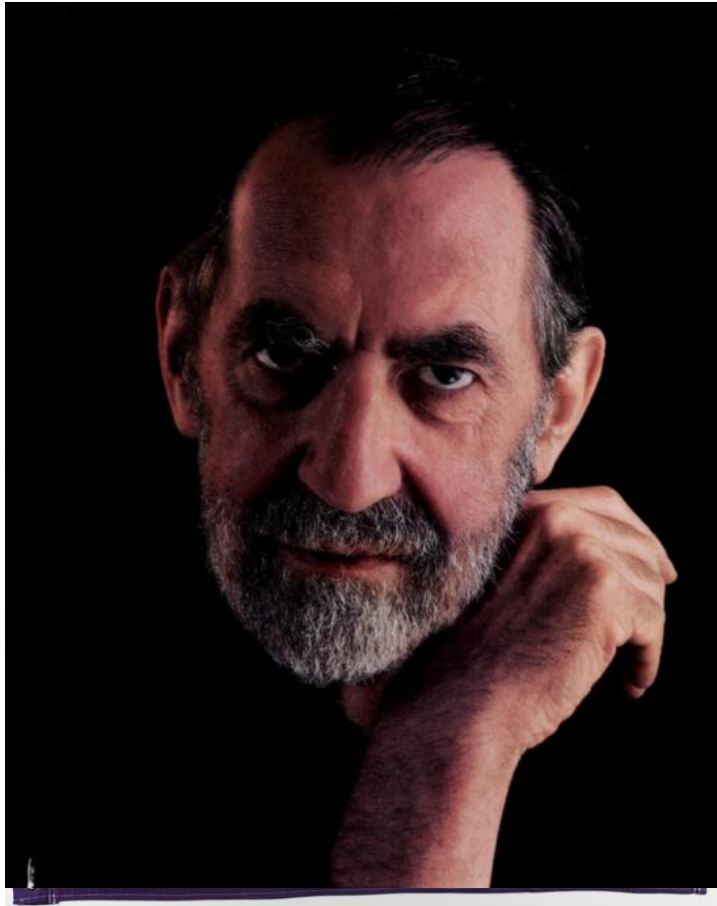
Formation of Lambda Legal

APA removes homosexuality



gal

Historical events



1974

Kathy
Kozachenko

1978

Gilbert Baker:
Rainbow Flag

Harvey Milk

1982

World Health
Organization
declassifies
same-sex
attraction

1983

People vs.
West 12
Tenant Corps

Historical events

1993

"Don't ask,
don't tell"

1994

First LGBT
History
Month

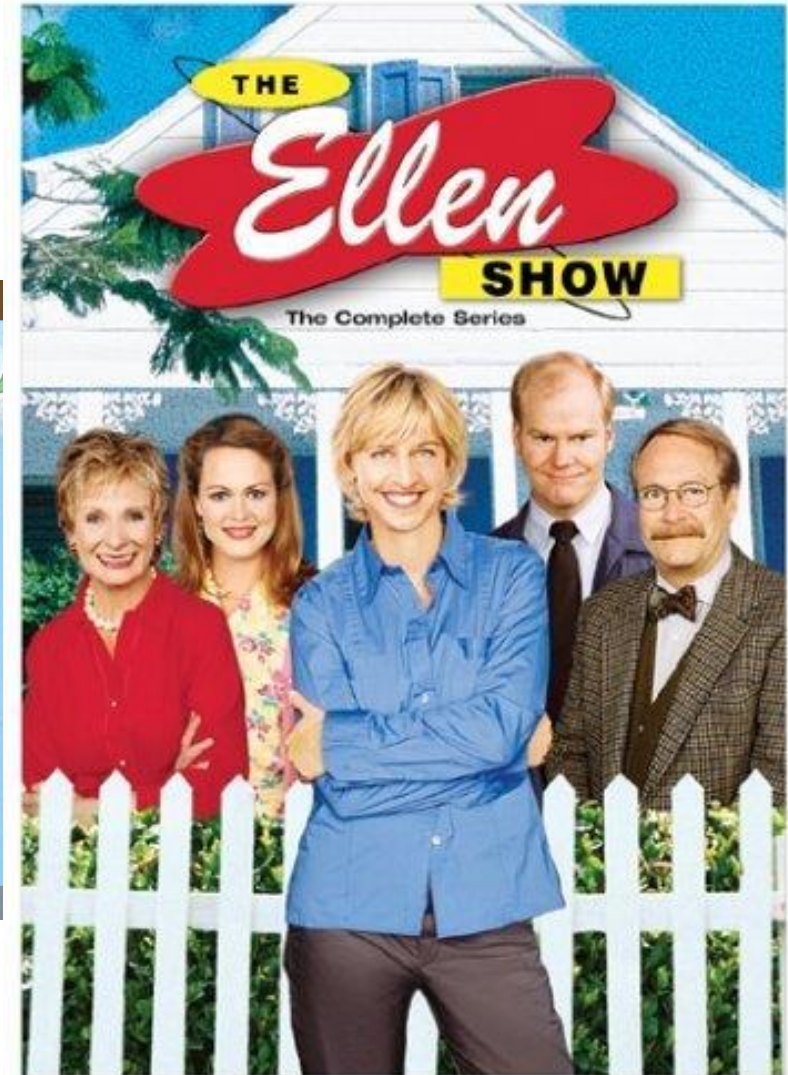
1996

P vs. S and
Cornwall
Country
Council

Hawaii

1997

"The Ellen
Show"



Historical events



2004

First legal
same sex
marriage

2011

Repealed
"Don't ask,
don't tell"

2016

Stonewall
National
Monument

Pulse Club

2021

Carl Nassib

US passport
"X" gender

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**What do all the letters and
acronyms stand for?**



LGBTQ+

Lesbian



LGBTQ+

Lesbian
Gay



LGBTQ+

Lesbian

Gay

Bisexual



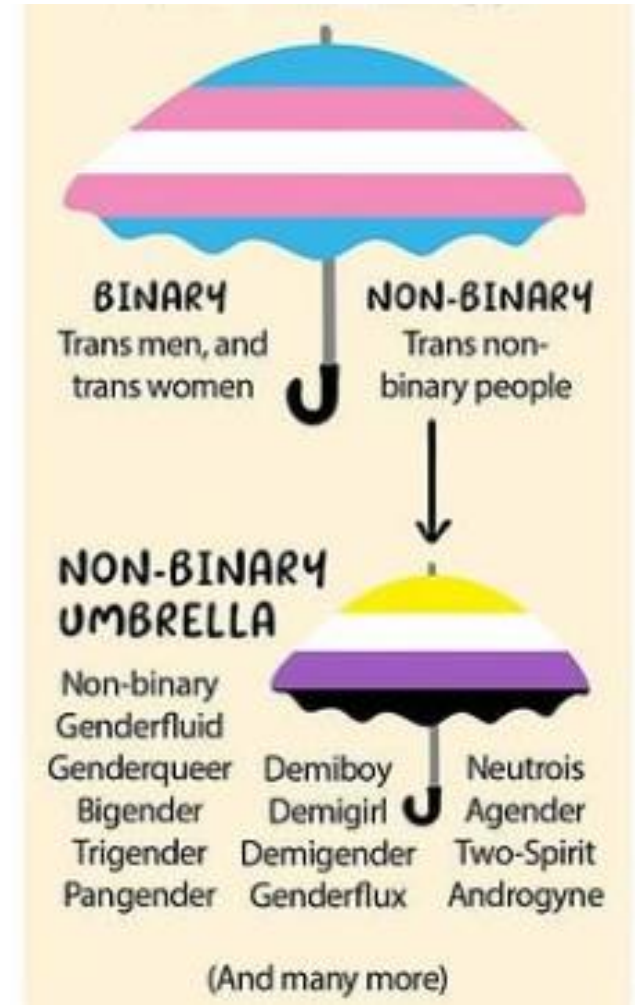
LGBTQ+

Lesbian

Gay

Bisexual

Transgender



LGBTQ+

Lesbian

Gay

Bisexual

Transgender

Queer



LGBTQ+

Lesbian

Gay

Bisexual

Transgender

Queer

+

Questioning

Intersex

Ally

Asexual

Agender

Pangender



Acronyms

GSM	Gender and Sexuality Minority
FTM/F2M	Female-to-male
MTF/M2F	Male-to-female
MSM/WSW	Men who have sex with men Women who have sex with women
QPOC/QTPOC	Queer people of color Queer and/or Trans people of color
BIPOC	Black, Indigenous people of color
SAAB/DSAB	Sex assigned at birth Designated sex at birth
AFAM/AMAB	Assigned female at birth Assigned male at birth
SOGI	Sexual orientation and gender identity
SRS	Sexual reassignment surgery
SGL	Same gender loving



Terminology

Gender identity: one's internal sense of being male, female, neither of these, both, or another gender.

Gender fluid: change or "fluid" gender identity

Gender expression/presentation: The physical manifestation of one's gender identity through clothing, hairstyle, voice, body shape etc.

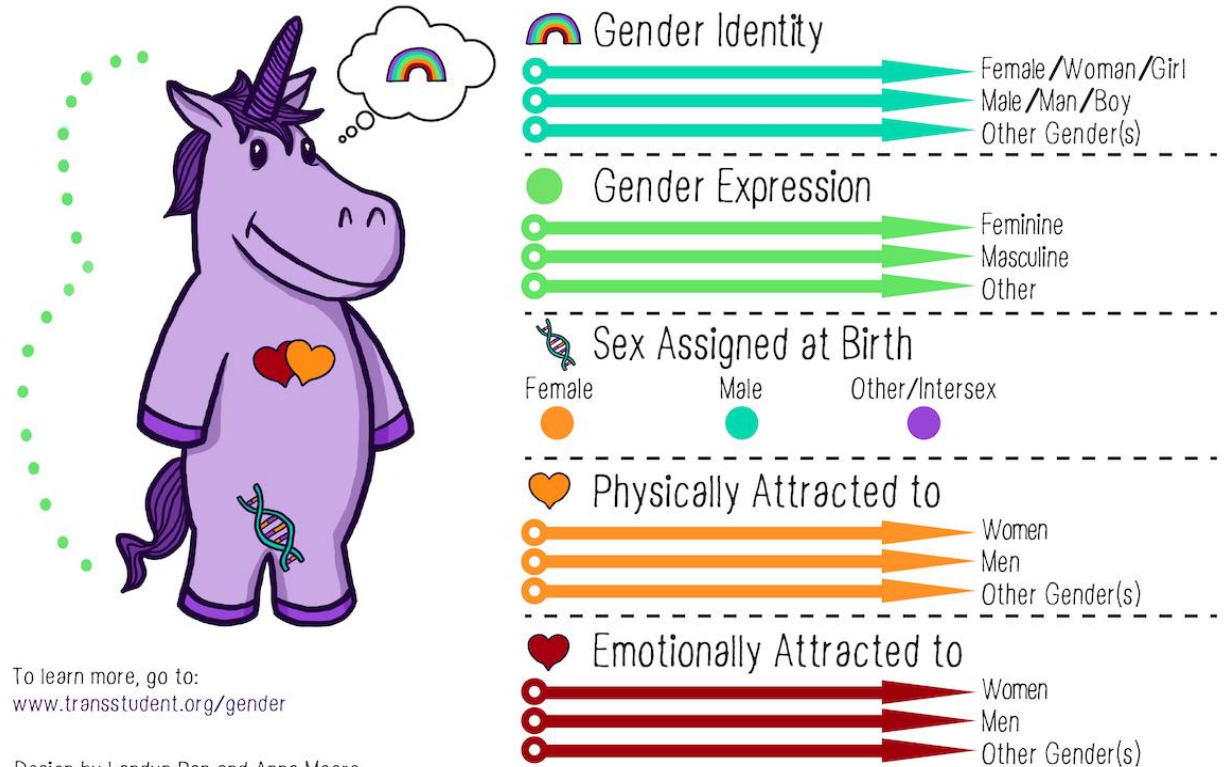
Sex assigned at birth: assignment and classification of people as male, female, other/intersex based on anatomy, hormones, and chromosomes.

Physically attracted to: Sexual orientation.

Emotionally attracted to: Romantic/emotional orientation.

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

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What are pronouns?



Pronouns

- Definition of “**Pronoun**”: word that refers to either the people talking or someone or something that is being talked about.
- Definition of “**Gender Pronoun**”: pronoun that a person chooses to use for themselves.
- Definition of “**Gender neutral/gender inclusive Pronouns**”: a pronoun which does not associate a gender with the individual.



SUBJECTIVE	OBJECTIVE	POSSESSIVE	REFLEXIVE
He	Him	His	Himself
She	Her	Hers	Herself
They	Them	Theirs	Themselves
Ze	Zir	Zirs	Zirself
Sie	Hir	Hirs	Hirself

What to do guide

1. **Ask** a person what their gender pronoun is and use that pronoun
2. If you're unsure, ask. **Do not assume!**
3. If you make a mistake, quickly **correct yourself**
4. If you hear someone mistaken a person's pronoun, **correct them**
5. If someone corrects you, **thank them**
6. **Display** your pronouns



How do you ask someone?

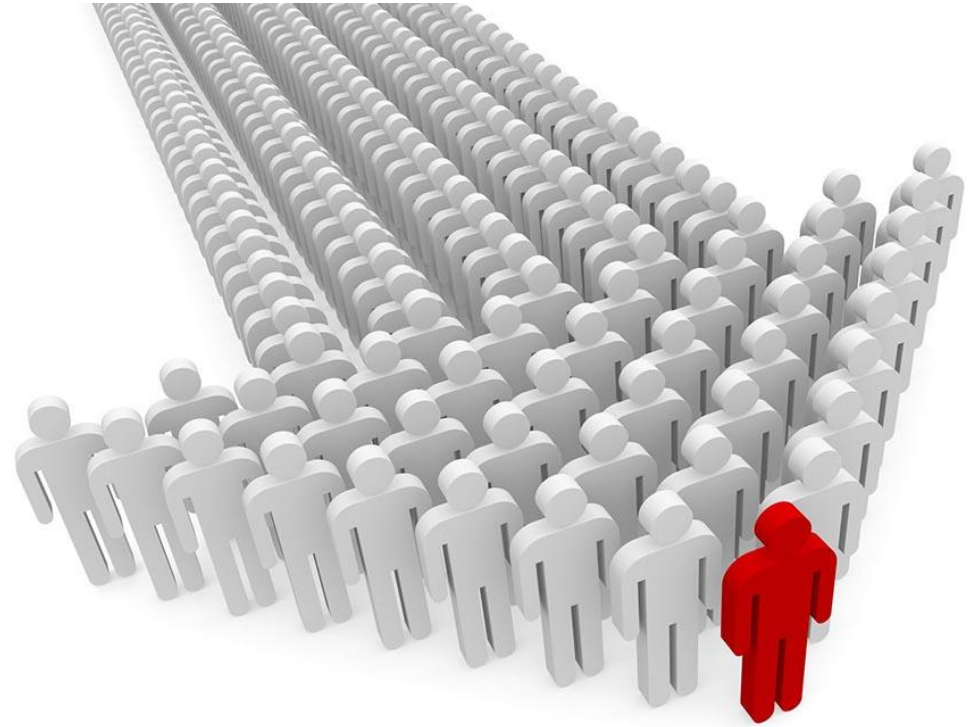
MULTIPLE WAYS!!! All it takes is practice, practice, practice...

1. What are your gender pronouns?
2. Which pronouns do you use?
3. Can you remind me which pronouns you use for yourself?
4. I don't want to make any assumptions, so what gender pronouns do you use?
5. How should I refer to you in conversation?
6. (At events or activities): Tell us your name, where you come from, and your gender pronouns.



Why does it matter?

- Patient feels respected by you and your establishment
- Set a tone of respect and allyship
- Lead by example
- Learning opportunity
- *Pronoun privilege*



How to use guide

Subject: ___1___ sat on the couch and watched tv.

Object: They tried to convince ___2___ that aliens were real.

Possessive: ___3___ favorite type of food is Asian fusion.

Possessive pronoun: The new Subaru is ___4___.

Reflexive: ___1___ is too young to go out by ___5___.

1	2	3	4	5
(f)ae	(f)aer	(f)aer	(f)aers	(f)aerself
e/ey	em	eir	eirs	eirself
he	him	his	his	himself
per	per	pers	pers	perself
she	her	her	hers	herself
they	them	their	theirs	themself
ve	ver	vis	vis	verself
xe	xem	xyr	xyrs	xemself
ze/zie	hir	hir	hirs	hirself

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**What does the LGBT/SGM
community face?**

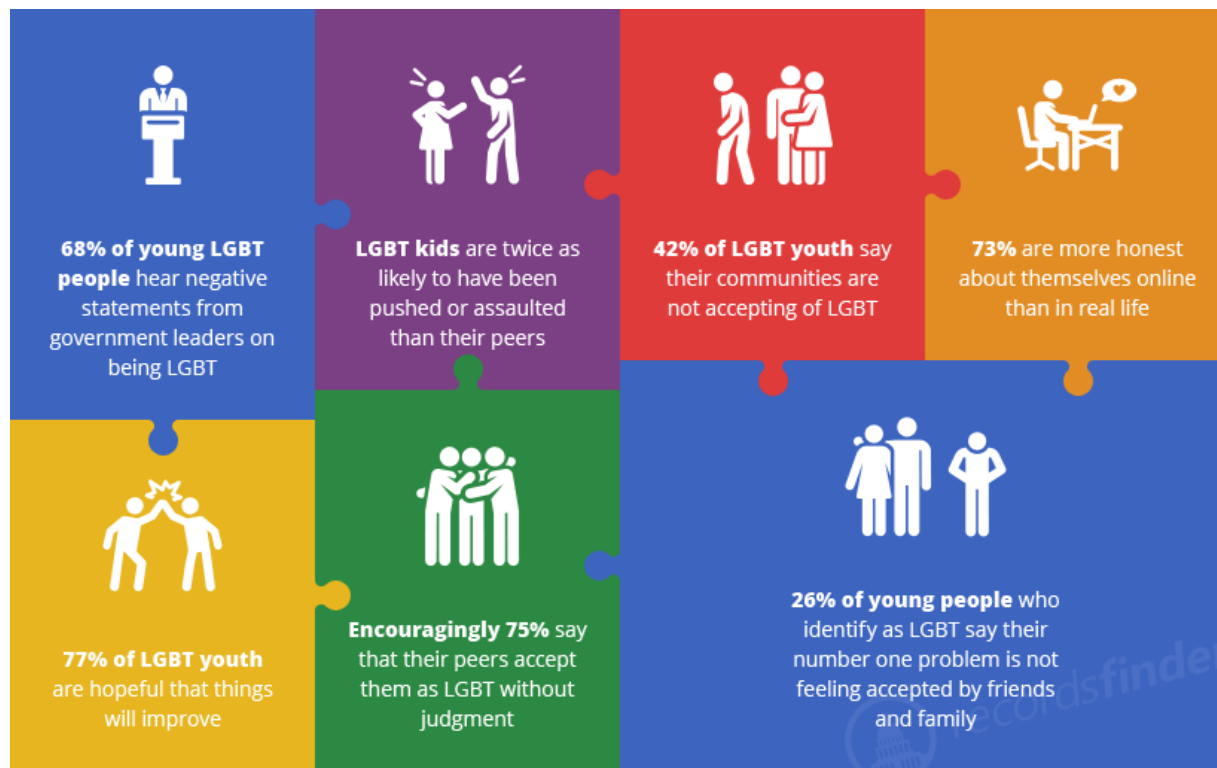


LGBTQ Youth

- **10%** were threatened or injured with a weapon on school property
- **35%** were bullied on school property / 28% bullied electronically
- **23%** of youth who dated in the last 12 months experienced sexual dating violence
 - **18%** had experienced physical dating violence
 - **18%** have been forced to have sexual intercourse
- **140%** were more likely to not go to school at least 1 day out of 30 day
- **29%** has attempted suicide vs 6% heterosexual youth

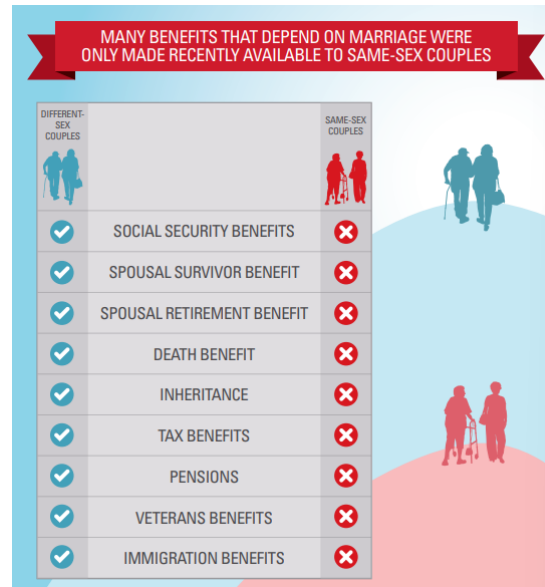


LGBTQ Adults

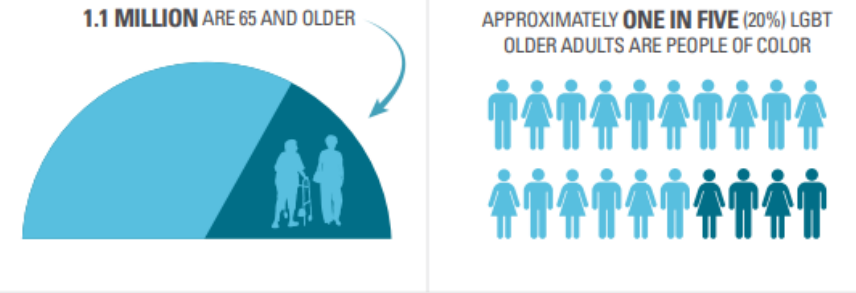


LGBTQ Elderly

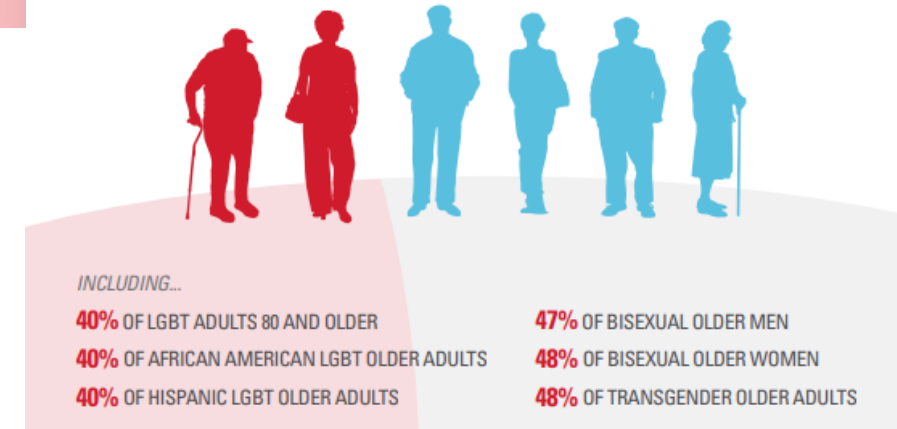
- **4.1% of Americans identify as LGBT**
 - 2.4% of "Baby Boomers" aged 52-71 yo
 - 1.4% "Traditionalists" age >72 yo
- **1.5% LGBT older adults are POC**
 - African American reported higher lifetime levels of LGBT-related discrimination
 - African Americans and Hispanic reported lower levels of income, increased educational struggles, lack of social support and identity stigma




2.7 MILLION LGBT ADULTS AGED 50 AND OLDER



ONE-THIRD OF LGBT OLDER ADULTS LIVE AT OR BELOW 200% OF THE FEDERAL POVERTY LEVEL



Discrimination by healthcare providers towards LGBTQ+ patients

- LGBT individuals 2x likely to be uninsured as non-LGBT individuals
 - 8% of lesbian, gay, and bisexual respondents and 29% of transgender respondents reported that a healthcare provider had refused to see them
 - 9% of lesbian, gay, and bisexual respondents and 21% of transgender respondents said a provider had used harsh or abusive language when they sought medical care
 - 33% of transgender respondents had experienced a negative interaction
 - 8% of LGBT respondents had delayed or forgone medical care
 - 23% of transgender respondents did not seek care because of concern about mistreatment
- 

Finding another doctor is not the answer

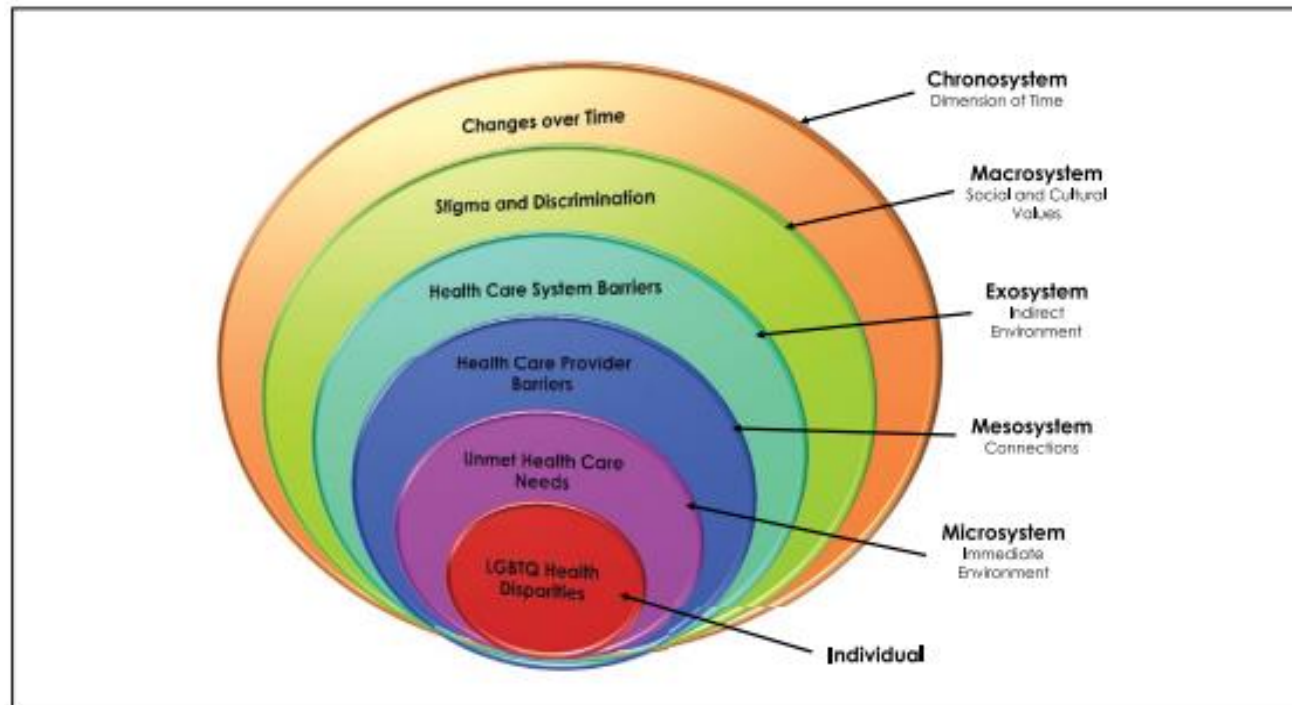
“Very difficult” or “not possible”	Metro LGBTQ Patients	Nonmetro LGBTQ Patients	Transgender patients
Different hospital	18%	41%	31%
Different community health center/clinic	17%	31%	30%
Different pharmacy	8%	17%	16%

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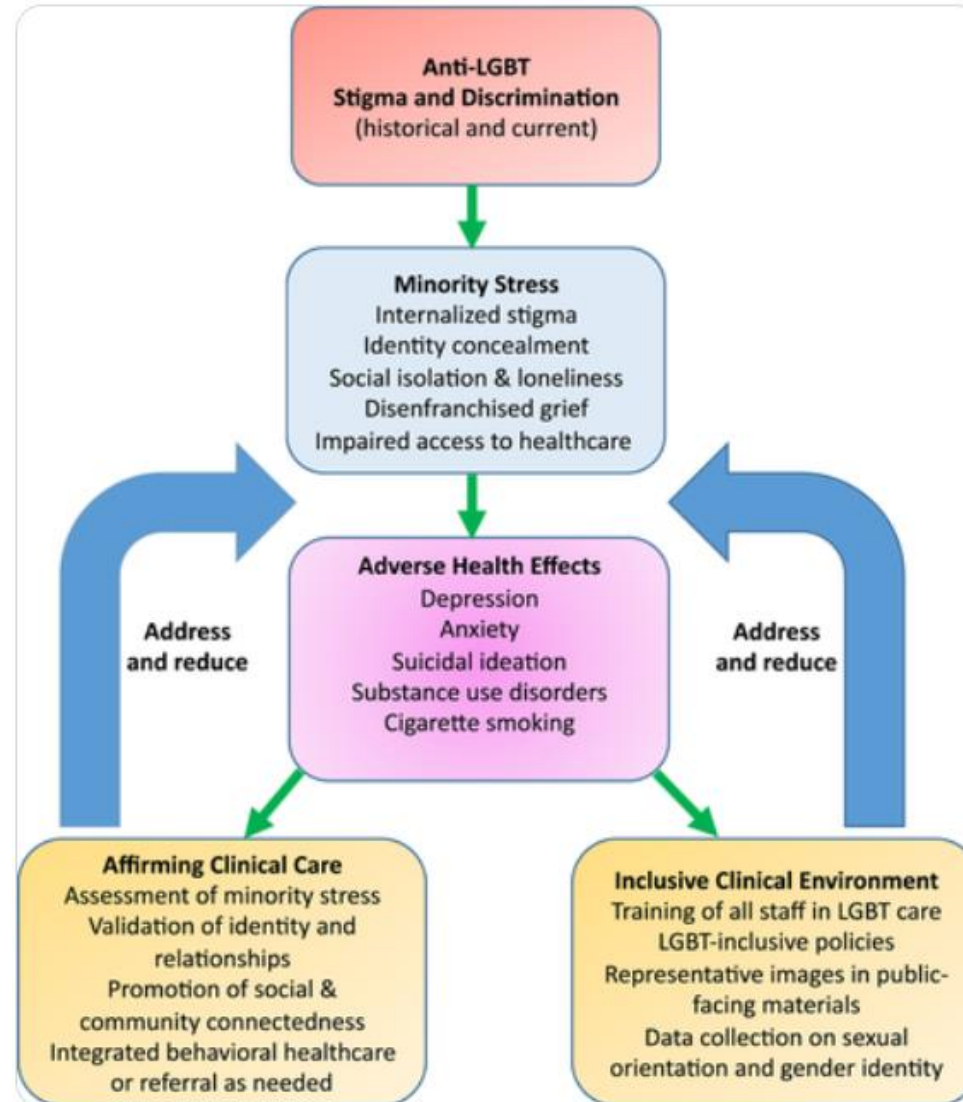
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Understanding factors that affect LGBTQ Health Disparities

Bronfenbrenner's Ecological System Theory



Minority Stress



Coming Out Process

Stages of Coming Out

Identity Confusion: Could this be who I am?

Identity Comparison: Maybe this *is* who I am. Maybe it's temporary.

Identity Tolerance: I'm not the only one.

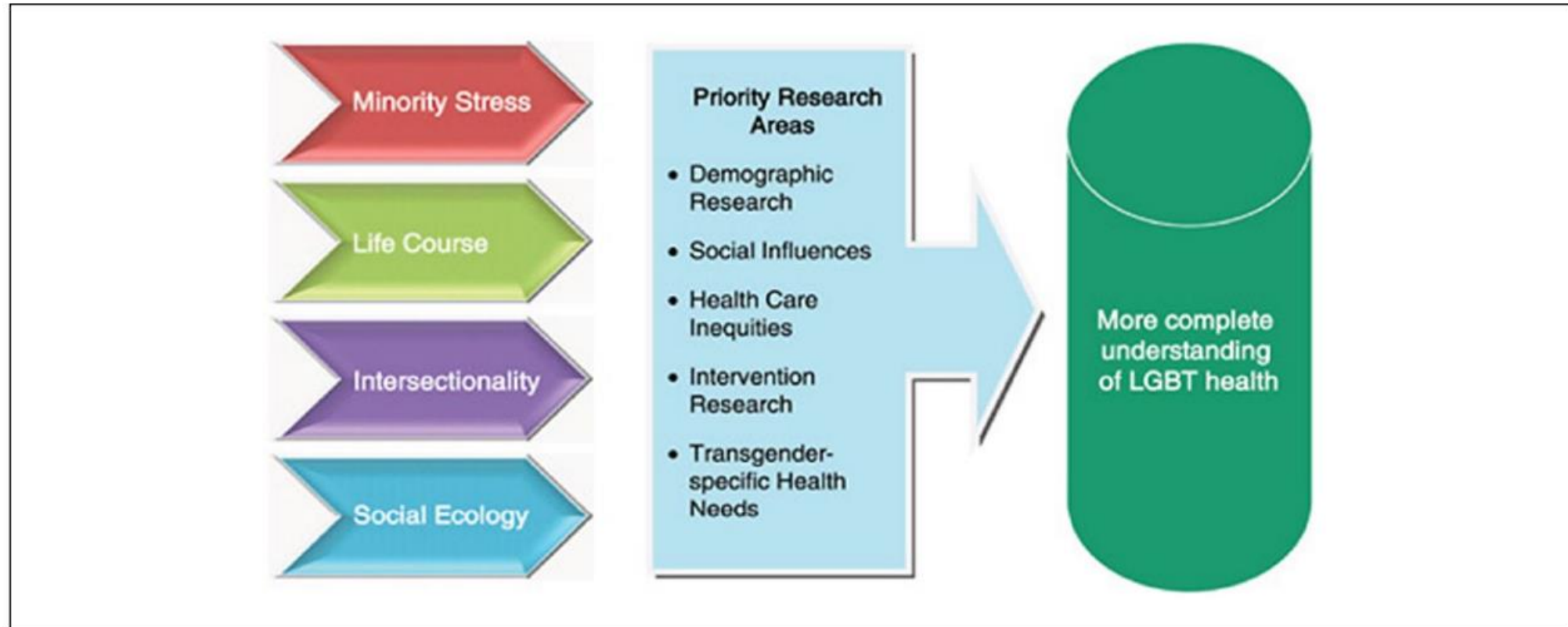
Identity Acceptance: I will be ok. (Alignment with LGBTQIA+ community)

Identity Pride: This is who I am, and I'm not afraid to show it.

Identity Synthesis: This is one aspect of who I am

Cass, V. (1979). Homosexual identity formation: A theoretical model. *Journal of Homosexuality*, 4, 219-235.

Research to further the Evidence Base for LGBT Health issues



Differences done everyday

1. Creating an LGBTQ+ friendly environment (outpatient, inpatient, private clinics, pharmacies...etc)
 - a. Educate your staff
 - b. Don't expect your patients to teach you
2. Use inclusive language
 - a. Ex. Partner, significant other, parents, gender affirmation, transition care
3. Inclusive registration forms
 - a. Chosen name, Given name, current gender identity, what pronouns they prefer
4. Don't ask if you don't have to
5. Don't judge or shame patients about their healthcare
6. Continue educating yourself on specific health related topics on LGBT populations



LGBTQ Healthcare Resources

- **LBGT PA Caucus**
 - <https://lbgtpa..org>
 - Student Leader Fellowship
 - Out List
- **GLMA: Health Professionals Advancing LGBT Equality**
 - <http://www.glma.org>
- **CDC**
 - <http://www.cdc.gov/lgbthealth/>
- **Out2Enroll**
 - <https://out2enroll.org/>
- **Human Rights Campaign**
 - <https://www.hrc.org/>

Conclusion