LESBIAN, GAY, BISEXUAL, TRANSGENDER HEALTH

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Objectives
- Define basic LGBT terminology and language
- Define gender identity versus sexual orientation
- Identify ways to make your practice more LGBT friendly
- Discuss how to respectfully obtain a sexual history
- Describe specific LGBT health screening guidelines

Disclosures
- Within the past twelve months, I have not had any financial relationships with the manufacturers of health care products.
Introduction

- Legal Name: Larry M Newman
- Preferred Name: Larry
- Pronouns: He/him/his
- Sex assigned at birth: Male
- My gender identity is a cisgender man
- My sexual identity is gay
- My sexual desire is towards men only
- My sexual behavior is monogamous MSM

Basic LGBT+ terminology

- Lesbian
- Gay
- Bisexual
- Transgender
- Queer / Questioning
- Intersex
- Asexual / Androgynous

GSM

- Gender and Sexual Minorities
DSG or SGD
- Diverse Sexuality and Gender
- Sex and Gender Diversity

QUILTBAG
- Queer
- Undecided
- Intersex
- Lesbian
- Transgender
- Bisexual
- Asexual (Allied)
- Gay

National Transgender Discrimination Survey
- 19% of trans people reported being refused medical care due to their transgender or gender non-conforming status, with even higher numbers among people of color.
- 2% of transgender people report being physically assaulted in a care provider’s office or hospital.
- About 1/3 of all transgender people totally avoid seeking health care, even when having acute needs because of fear of discrimination.
- 41% of transgender people reported attempting suicide.
- 50% of transgender people report having to educate their primary care providers about being transgender and about available treatment, just to receive adequate care.
LGBT Language:

Sex
- Sex (Assigned at birth)
  - Based on appearance of physical anatomy
  - Chromosomes, reproductive organs and their functions
- Male – MAAB or AMAB
- Female – FAAB or AFAB
- Intersex/DSD
  - Congenital adrenal hyperplasia with ambiguous genitalia

Gender
- Gender Expression
  - Clothing, mannerisms, voice or how a person performs gender within a spectrum of femininity and masculinity
- Gender Norms
  - Social and cultural expectation of expression
- Gender Identity
  - Personal sense as a gendered being

Cisgender
- Man
- Woman

Transgender – Umbrella Term
- Trans man
- Trans woman
- Non-binary

Non-Binary
- Genderqueer
- Gender fluid
- Gender nonconforming

Pronouns:
- They, them, theirs
- Ze, zir, zirs
- Ne, nem, nirs

Global Terms
- Two Spirit
- Hijra
- Travesti
- Mahu
- Third gender
Transsexual/Transgender Terms

- Female To Male: Trans man
- Male To Female: Trans woman

Transition
- Process of moving from one gender to another
- May no longer identify as trans after transitioning to affirmed gender
- “Pre-op” and “post-op” are outdated and should be avoided

LGBT Language: Sexuality

Identity/Orientation
- Heterosexual
- Queer – umbrella term
- Homosexual
- Bisexual
- Lesbian
- Gay
- Pansexual
- Asexual
- Questioning

Behavior
- MSM
- WSW
- WSMW
- MSMW
- Trans patient
  Detailed history
- Trans partner(s)
  Sex assigned at birth

Sexual Orientation & Gender Identity
Sexual Identity

Identity

Desire

Behavior

LGBT Terminology

Terms to Avoid

- +/− Queer
- +/− Homosexual
- Hermaphrodite
- Transvestite
- Transgendered
- +/− Transsexual
- She-Male, Tranny
- MIF, FIM
- Pre-Op, Post-Op, +/− SRS

Terms to Use

- Gay
- Lesbian
- Intersex
- Cross Dresser
- Trans*/Transgender
- Gender Nonconforming
- Trans woman, Trans man
- Cis woman, Cis man
- Gender Affirming/Confirmation Surgery

Creating a Welcoming Environment

- Train all staff
- Modify patient intake forms
- Record data appropriately in chart
- Offer gender inclusive restrooms
- Display the non-discrimination policy

SAFE ZONE

A safe, inclusive environment for Lesbian, Gay, Bisexual, Transgender, and/or Questioning individuals.
Patient Intake Forms

Legal Name __________________
Preferred Name _______________

Sex Assigned at Birth: ☐Male ☐Female

Gender Identity: ☐Man ☐Woman ☐Transgender Man ☐Transgender Woman ☐Non-Binary ☐Other: __________

Pronouns: ☐He/him ☐She/her ☐They/Them ☐Other:

Relationship Status: ☐Married ☐Partnered ☐Polyamorous ☐Widowed ☐Single ☐Divorced ☐Other:

Do you think of yourself as: ☐Lesbian ☐Gay ☐Bisexual ☐Straight/Heterosexual ☐Other: ☐Don’t Know

Current Sexual Partner(s): ☐Man ☐Woman ☐Transgender man ☐Transgender woman ☐Non-Binary

Past Sexual Partner(s): ☐Man ☐Woman ☐Transgender man ☐Transgender woman ☐Non-Binary

Sexual History – 3 questions

“Have you been sexually active in the last year?
- If not: “Have you been sexually active in the past?”

“How have your past and/or current partners been men, women, or both?”
- If never sexually active: “If you were to be sexually active in the future, would it be with men, women, or both?”

“How many people have you had sex with in the past six months?”
Determine if the Patient Needs a Detailed Risk Assessment

- Multiple sex partners
- MSM
- Open, casual, or non-monogamous relationship

MSM CDC Screening Recommendations

- Annually
  - HIV
  - Syphilis
  - Gonorrhea
    - Urethral (urine), rectal, pharyngeal
  - Chlamydia
    - Urethral (urine), rectal, pharyngeal
- Increase screening intervals to 3-6 months if:
  - Multiple partners
  - Anonymous partners
  - Illicit drug use (methamphetamines, poppers, etc.)

MSM CDC Screening Recommendations

- Hepatitis A
- Hepatitis B
- Hepatitis C – if history of drug use
- Anal Pap Smear
  - HIV +
  - Peri-anal HPV lesions
MSM Vaccination Recommendations

- **HPV (ages 9-26)**
  - 76% reduction in any grade anal intraepithelial neoplasia
  - CDC recommendations for males 11-21
  - MSM specific recommendation through age 26

- **Hepatitis A**
  - Can perform serology first

- **Hepatitis B**
  - Can perform serology first

Pre Exposure Prophylaxis (PrEP)

Consider Pre-Exposure Prophylaxis for the prevention of HIV infection (PrEP)

- **Recommended Indications for MSM**
  - Without acute or established HIV infection
  - Any male sex partners in past 6 months
  - Not in a monogamous partnership with a recently tested, HIV-negative man

- **AND at least one of the following**
  - Any anal sex without condoms (receptive or insertive) in past 6 months
  - Any STI diagnosed or reported in past 6 months
  - Is in an ongoing sexual relationship with an HIV-positive male partner

Lab Tests and Procedures Required for PrEP

- **Prior to treatment**
  - HIV antigen/antibody test
  - Screening for signs/symptoms of acute HIV infection
  - Renal function (CrCl must be ≥60)
  - Hepatitis B serologies—vaccinate if non immune
  - Hepatitis C serology

- **Every 3 months**
  - HIV testing and symptoms screening
  - Assess for side effects, adherence, and HIV acquisition behaviors
  - Provide support to increase adherence and decrease high risk behavior
  - Provide refill for no more than 90 days

- **Every 6 months**
  - Renal function (CrCl)
  - STI testing
WSW Risk Assessment

- Do not presume low or no risk based on sexual orientation or current behavior
- Up to 70% of WSW have had sex with men
- Unwanted pregnancy occurs in this population at surprising rates

- Self identified bisexual women possibly at highest risk:
  - Increased rates of anal sex with male partners as compared to "straight women"
  - Increased rates of sexual activity with men without a condom
  - Increased rates of substance use

Primary Care Pointers

Transgender Patients

- Online guidelines
  - Center of Excellence for Transgender Health (http://transhealth.ucsf.edu)

- San Francisco Dept. of Public health – Guidelines for Primary Care with Transgender People - https://www.sfdph.org/dph/commprog/programs/THS/ClinicalResources.asp

Take Home Points

- LGBTQIA
- Sexual orientation is completely separate from gender identity
- Inclusive patient intake forms are noticed by LGBT patients
- MSM likely get three swabs for STI testing
Questions???

Resources

- Center of Excellence for Transgender Health: [http://transhealth.ucsf.edu/](http://transhealth.ucsf.edu/)
- The World Professional Association for Transgender Health Standards Of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People [www.wpath.org/soc.html](http://www.wpath.org/soc.html)
- UI LGBTQ Clinic: [www.uilgbtqclinic.com](http://www.uilgbtqclinic.com)
- www.outforhealth.org – by Planned Parenthood
- www.glma.org – Gay and Lesbian Medical Association
- https://www.blacktrans.org/ – Black Trans Advocacy

References

References


