



Lesbian/Gay/Bisexual/Transgender/ Queer (LGBTQ) Health

Many people who identify as LGBTQ often avoid routine medical care. Some people have had bad experiences with health care in the past, or they are afraid that their primary care provider (PCP) will judge them. There are many LGBTQ-friendly providers around San Francisco. They will be glad to see you as a patient.

There are some topics that are especially important for LGBTQ people to talk to a health care provider about:

1. Your mood: How are you feeling right now? How have you been feeling lately?
2. Heart health
3. Safer sex and sexually transmitted infections
4. Fitness and nutrition
5. Drug, alcohol, and tobacco use
6. Relationships and domestic violence
7. Cancer screenings:
 - a. This depends on the person, and may include: breast, gynecological, prostate, testicular, anal, and colon cancers
 - b. Talk to your provider about what screenings are right for you and your body
8. For transgender people:
 - a. Hormones
 - b. Whether or not surgery or procedures are right for you
9. Health history, especially if you have not seen a health care provider for several years



Remember, it is not your responsibility to educate your health care provider about LGBTQ issues.

There are resources they can contact, including:

- Transline: www.project-health.org/transline
- UCSF LGBT Resource Center: lgbt.ucsf.edu/lgbt-health-and-research-resources-ucsf
- The National LGBT Health Education Center: www.lgbthealtheducation.org

You deserve to be treated with respect. If you experience discrimination, you may file a grievance by calling SFHP Customer Service at **1(415) 547-7800**.

For more information call Customer Service at **1(415) 547-7800** or visit www.sfhp.org
Free 24/7 Nurse Help Line 1(877) 977-3397



LGBTQ Youth and Young Adults

For Parents:

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.

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 people and organizations that can give you support if you need it:
 - Your health care provider.
 - The SF LGBT Center has several programs and resources. **Call 1(415) 865-5661** for more information.
 - Parents and Friends of Lesbians and Gays (PFLAG) provides support and education. This includes information for transgender and questioning people also. Visit **www.pflagsf.org**.

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.
- Everything you tell your PCP is confidential. There are some legal exceptions to this, including harm against yourself or others.
- 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. If you're concerned about what is confidential in your visit, don't hesitate to ask your PCP.

- 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: **1(866) 488-7386**.

Other resources specifically for youth:

- LYRIC: **www.lyric.org**
- Dimensions Clinic: **www.dimensionsclinic.org**
- SF LGBT Center Youth Programs: **www.sfcenter.org/programs/youth**

There are many other LGBTQ resources in San Francisco, here are a few:

- Asian & Pacific Islander Wellness Center: **www.apiwellness.org**
- Lyon-Martin Health Services: **www.lyon-martin.org**
- Transgender Law Center: **www.transgenderlawcenter.org**
- Department of Public Health's Transgender Health Services: **www.sfdph.org/dph/comupg/oprograms/THS/default2.asp**
- Alliance Health Project (AHP): **www.ucsf-ahp.org**

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**



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