



Mitigating the Impact of Healthcare Disparities Among LGBTQ+ Patients

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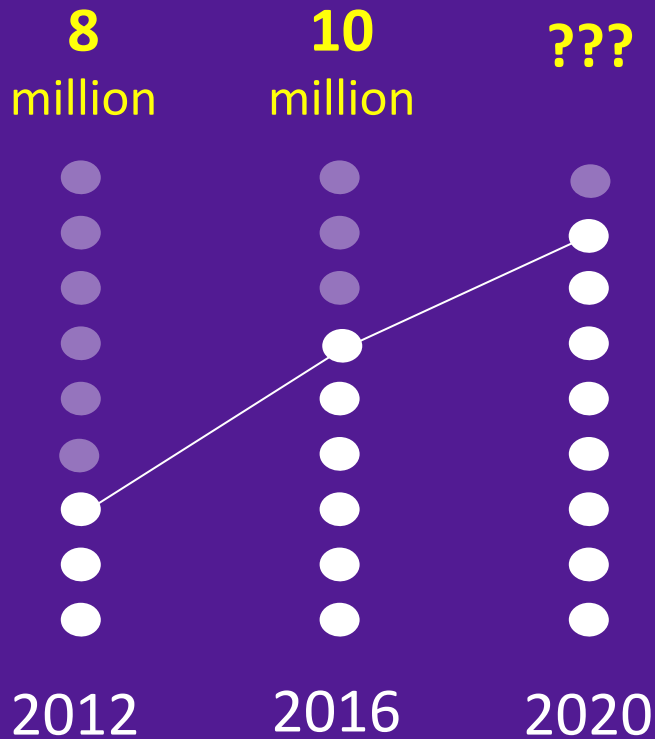


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10,000,000+

LGBTQ people living in
the United States

U.S. Adults Identifying as LGBTQ

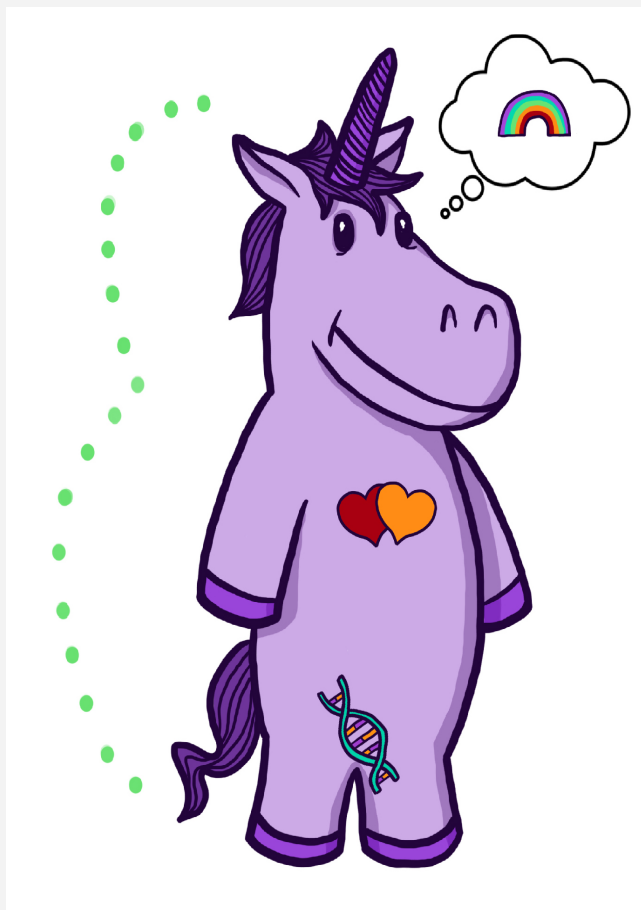


#WILL
BE
COUNTED

my2020census.gov

Healthcare Disparities

- Heart Disease
- Cancer
- Obesity
- Substance Use
- Depression
- PTSD
- Suicide

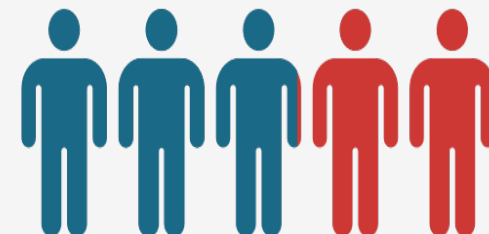
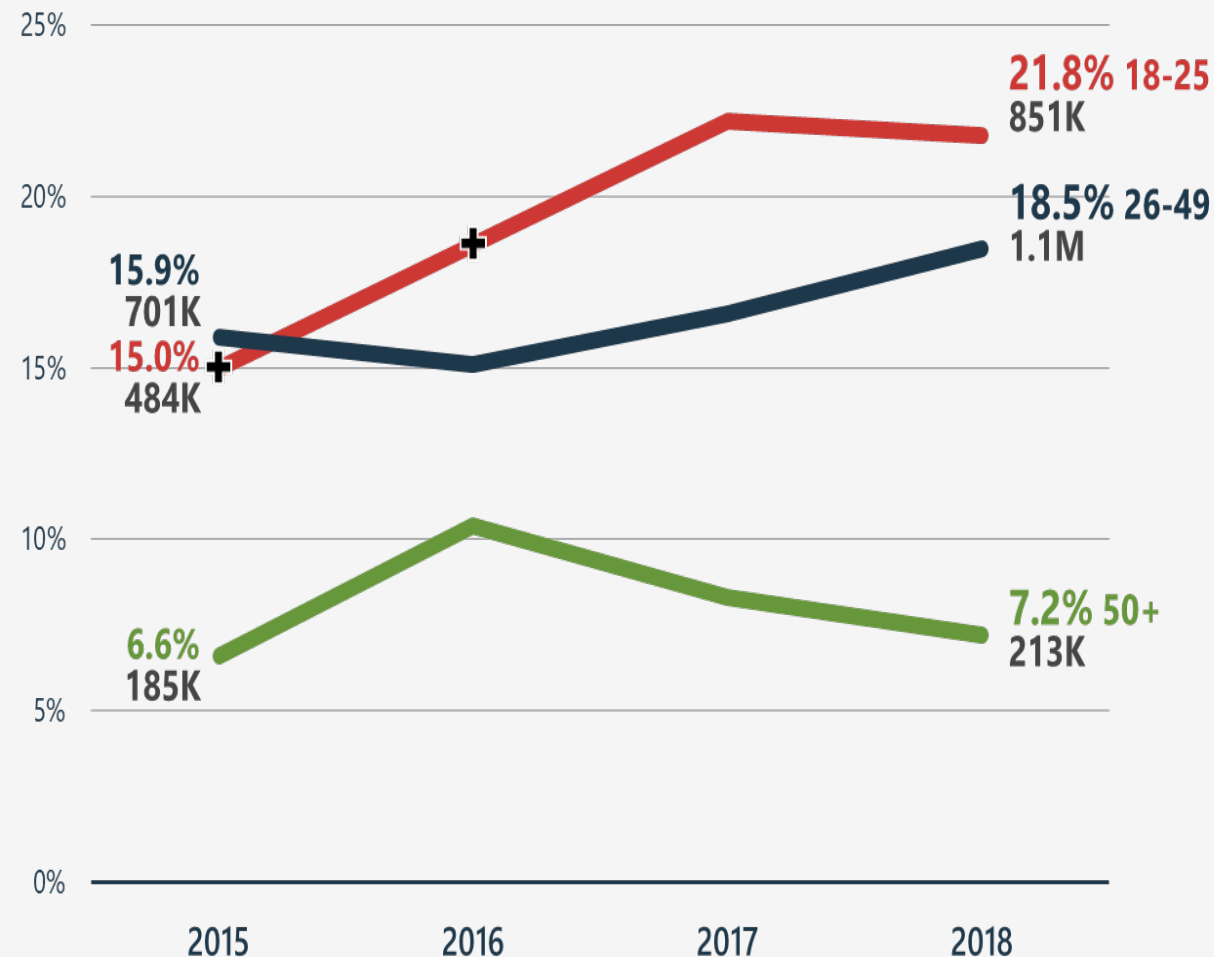


**Up to
50%**

of transgender
teens have
attempted
suicide



Mental Illness Rising among LGBTQ Young Adults



59.4%
503,000 LGB YOUNG ADULTS WITH SMI RECEIVED TREATMENT IN 2018

40.6% got NO treatment

69.6%
780,000 LGB adults (26-49 y.o.) with SMI received treatment;

30.4% got NO treatment

Mental Illness and Substance Use Disorders among LGBTQ Adults

Among LGB with a substance use disorder:

- 1 IN 2 (49.7% or 1.1M)** struggled with illicit drugs
- 7 IN 10 (70.2% or 1.5M)** struggled with alcohol use
- 1 IN 5 (19.9% or 423K)** struggled with illicit drugs and alcohol

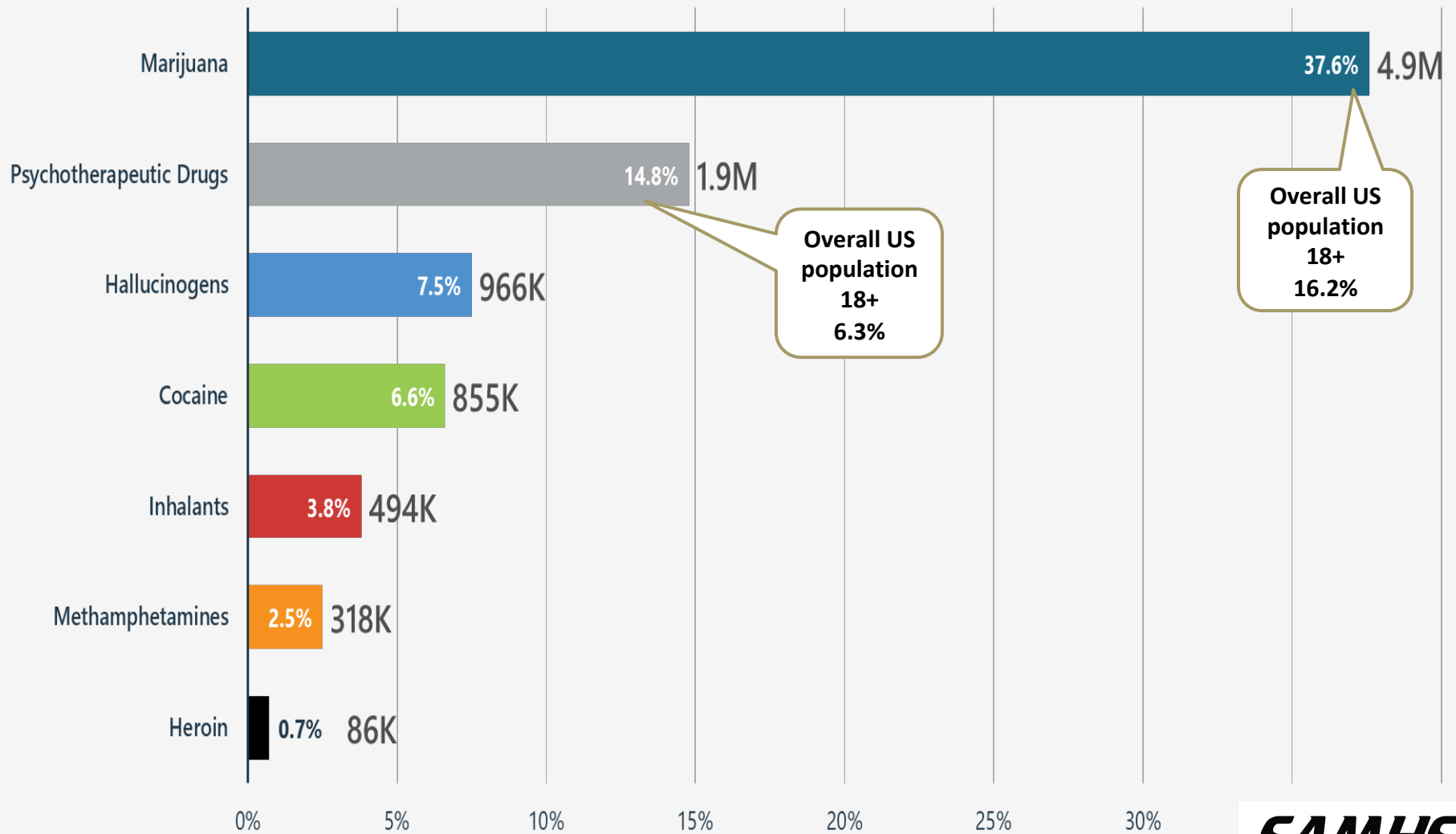
Among LGB with a mental illness:
2 IN 5 (38.3% or 2.2M) had a serious mental illness

16.5%
(2.1 MILLION)
People aged 18
or older had a
substance use
disorder (SUD)

11.9%
(1.5 MILLION)
People 18+ had
BOTH an SUD and
a mental illness

44.1%
(5.7 MILLION)
People aged 18
or older had a
mental illness

Illicit Drug Use among LGBTQ Adults



Trans Healthcare Disparities

- Homelessness
- Incarceration
- Sex Work
- Discrimination
- Poverty
- Hunger
- **Access to Care**



Gender Identity Around the World

- Gender fluidity documented for centuries
- **“Third gender”** exists in many cultures
- **Sacred powers**, considered a **blessing**, the **balance-keepers**
- Native American **“Two-Spirit”**
- Indian **“Hijra”**



LGBTQ and DSM

1973 – Homosexuality removed from the American Psychiatric Association list of mental illnesses

2013 – Gender Identity Disorder removed from DSM 5, while Gender Dysphoria remains



Gender Dysphoria

“When a person experiences a **mismatch** between **biological sex** and **gender identity**... causing **uneasiness, anxiety, frustration** or **sadness**, lasting at least 6 months.”

0.5%

**of US
population
identifies as
transgender**

30%

**postponed
medical care
due to prior
discrimination**

20%

**were denied
care outright
by healthcare
providers**

50%

**teach
providers
about own
healthcare**



Health Provider's Role

- Create safe space
- Culturally-competent care
- Use patient's chosen name and pronouns
- Trauma-informed care
 - Focus on safety, empowerment, trustworthiness
- Detailed history
 - explore evidence of resilience and risk
- Conversion therapy is unethical

700,000

LGBTQ adults have
received conversion
therapy



Health Provider's Role

- Assess for access to **food and housing**
- Assess **financial** and **safety** concerns
- **Facilitate relationships** with family members
- Identify factors that make gender-affirming care difficult
 - i.e. uncontrolled depression, substance use, poverty
- Manage medical conditions
 - including **mental health**



Rainbow Clinic

LGBTQ+ Health Services

Services Offered

- Hormone replacement therapy
- PrEP
- STD testing
- Cancer screening
- Surgical referrals
- Family planning
- Mental health/ counseling referrals
- Smoking cessation
- Community resources
- Immunizations
- Primary care
- Nutrition and exercise counseling



Gender-Affirming Procedures

- Facial feminization
- Reduction thyroid chondroplasty
- Vaginoplasty
- Voice surgery
- Speech therapy
- Augmentation mammoplasty
- Orchiectomy
- Genital tucking
- Vaginectomy
- Hysterectomy/oophorectomy
- Phalloplasty/Scrotoplasty
- Metoidioplasty
- Chest surgery
- Chest binding
- Genital packing
- Facial hair implants
- Electrolysis

Insurances We Take

- Health Plan of San Joaquin Medi-cal
- Health Net Medi-cal
- Straight Medi-cal
- Medi-care
- Uninsured Patients
- Private Pay

To schedule your
appointment, please call:

(209) 558-5680

or

(209) 558-5094



University of California
San Francisco





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Questions?