Quality Healthcare for Lesbian, Gay, Bisexual & Transgender People
A Four-Part Webinar Series

Part 3: Clinical Skills for the Care of Transgender Individuals
About Us

Hopkins Center for Health Disparities Solutions

“Exploration and Intervention for Health Equality...”

Designated a “National Center of Excellence” by the National Institutes of Health, National Institute on Minority Health and Health Disparities
General Housekeeping

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Upcoming Webinar

“What’s New in the Enhanced National CLAS Standards”

Wednesday, July 24, 2013, 3:00 p.m.-4:00 p.m. ET
About GLMA

* **GLMA’s mission**
  To ensure equality in healthcare for lesbian, gay, bisexual and transgender (LGBT) individuals and healthcare professionals.

* Multidisciplinary membership

* GLMA holds a national, scientific health conference each year
  Sept. 18-21, 2013 in Denver, CO
  Register Now at [www.glma.org/conference](http://www.glma.org/conference)!
**Patient Resources**

- Provider Directory
  - Sign up (for free!) in [GLMA’s Provider Directory](http://www.glma.org) for LGBT patients to find you in their area
- “Top Ten Things to Discuss with your Provider” [factsheet series](http://www.glma.org)

**Top Ten Issues to Discuss with Your Healthcare Provider**

- LGBT people have unique health needs and concerns, yet many healthcare providers do not fully understand these issues.
- Take charge of your health by asking your healthcare provider about the health matters that may apply to you!
- Visit [www.glma.org/top10](http://www.glma.org/top10) to download our free Top Ten lists!

[www.glma.org](http://www.glma.org)
Today’s Speakers

* Randi Ettner, PhD
  * President, The New Health Foundation Worldwide; Board Member, World Professional Association for Transgender Health (WPATH)

* Becky Allison, MD
  * Cardiologist, Heart and Vascular Center of Arizona; Immediate Past President, GLMA; Board Member, World Professional Association for Transgender Health (WPATH)
Terminology: Refresher

- Transgender
- Gender Dysphoria
- Gender Identity
- Gender Transition
- Sexual Orientation Versus Gender Identity and Expression
Behavioral Psychology in Transgender Care

Randi Ettner, PhD
Why is This Important?
The Role of Behavioral Psychology

* Empowerment through understanding
  * Emotional
  * Cognitive
  * Biological
  * Social
Can be experienced as pain

* Are implicated in the development of physical complaints or illness

* Can exacerbate disease
Collaboration Among Health Professionals

- Among health professions
- Between providers and patients
- Providers as advocates
Impact

* Less likely to verbalize problems
* Lack of screening
* Delayed treatment
* Distrust and fear
* Poorer health
Barriers

- Psychosocial support not always available
- Insurance coverage
- Cost
- Faith-based care centers
Issues Transgender People Face that Can Affect Health

- Family
- Disclosure
- Self harm
- Depression
- Suicide
Issues Transgender People Face that Can Affect Health

* Transition
* Sexuality
* Passing
* Spirituality
* Complex Psychiatric Issues
Summary

* Awareness, sensitivity, and training across the health system
* Service integration
* Social aspects of transgender health care
Ten Things Transgender Persons Should Discuss With Their Healthcare Provider

Rebecca Allison, MD
WPATH Standards of Care
For the Health of Transsexual, Transgender, and Gender-Nonconforming People
7th Version
www.wpath.org
Guidelines and Protocols for Comprehensive Primary Health Care for Trans Clients

http://www.sherbourne.on.ca/PDFs/Trans-Protocols.pdf
1. Access to Healthcare

* Finding a Provider
  * GLMA Provider Directory
* Insurance
* Coding
* Electronic Health Records
2. Hormones: Male to Female

* Risk Assessment and Modification
* Monitoring
* Estrogen
* Progestins
* Androgen Reducing Medications
3. Hormones: Female to Male

- Risk Assessment and Modification
- Polycystic Ovarian Syndrome
- Testosterone
4. Reproductive Health

* Male to Female (MtF):
  * Sperm Banking
  * Reversible Feminization?
* Female to Male (FtM):
  * Oocyte Harvesting and Freezing
  * Stopping Testosterone
5. Cardiovascular Health

* Venous Thromboembolic Disease
* Hypertension
* Type 2 Diabetes
* Atherosclerotic Disease?
  * Monitoring, Prevention, Treatment
6. Cancer

* No Evidence for Hormonal Cause, But Delay in Diagnosis
* FtM: Ovarian, Cervical, Uterine
* MtF: Prostate
* Both: Breast, Liver
7. Sexually Transmitted Diseases

* Risk of Unsafe Sex
* HIV
* HPV
* Herpes, Chlamydia, Gonorrhea, Syphilis

GLMA
Health Professionals
Advancing LGBT Equality
8. Alcohol, Tobacco, Drugs, Cardiovascular Risk

* Hepatic Risk
* Cocaine, Methamphetamine
* “Club Drugs”
* Energy Drinks
9. Injectable Silicone

- Pumping Parties
- Non-Medical Grade
- Shared Needles
- Silicone Embolism
- Late Effects: Migration
10. Health Maintenance

* Diet
* Weight Management
* Exercise
* Why Transgender People Don’t Exercise
GLMA’s Top 10

Free!
Supports welcoming environment
Advances patient-centered care
Empowers patients

www.glma.org/10
Thank you!!!!!!!