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
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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
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!
Patient Resources

- Provider Directory
  - Sign up (for free!) in GLMA’s Provider Directory for LGBT patients to find you in their area
- “Top Ten Things to Discuss with your Provider” factsheet series

About GLMA

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
Empowerment through understanding

- Emotional
- Cognitive
- Biological
- Social
Psychological Problems

* 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
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
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
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
Thank you!!!!!!!

www.glma.org