

# LGBTQ Health and Gaps in Medical Care

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# Continuing Medical Education Disclosure

- Program Faculty: Alex S. Keuroghlian, MD, MPH;
- Current Position: Director, The National LGBT Health Education Center; Assistant Professor of Psychiatry, Harvard Medical School
- Disclosure: No relevant financial relationships. Presentation does not include discussion of off-label products.

# Our Roots

## **Fenway Health**

- Independent 501(c)(3) FQHC
- Founded 1971
- Mission: To enhance the wellbeing of the LGBTQ community as well as people in our neighborhoods and beyond through access to the highest quality health care, education, research, and advocacy
- Integrated primary care model, including HIV and transgender health services

## **The Fenway Institute**

- Research, Education, Policy



# LGBTQ Education and Training

The National LGBT Health Education Center offers educational programs, resources, and consultation to health care organizations with the goal of providing affirmative, high quality, cost-effective health care for lesbian, gay, bisexual, transgender, and queer (LGBTQ) people.

- Training and Technical Assistance
- Grand Rounds
- On Line Learning
  - Webinars, Learning Modules
  - CE, and HEI Credit
- ECHO Programs
- Resources and Publications

[www.lgbthealtheducation.org](http://www.lgbthealtheducation.org)



## *Trump Approves New Limits on Transgender Troops in the Military*



Capt. Jeffrey Ward holding a transgender policy training session in January. Transgender troops in the military may remain in the ranks, the White House said late Friday, but the Pentagon could require them to serve according to their gender at birth. MCS 2nd Class Kyle Carlstrom/United States Navy

## *'Transgender' Could Be Defined Out of Existence Under Trump Administration*



People protesting the Trump administration's policies toward gender and gay rights in New York last year. Yana Paskova for The New York Times

## *Question 3 looks to repeal law on gender identity protection in public places*

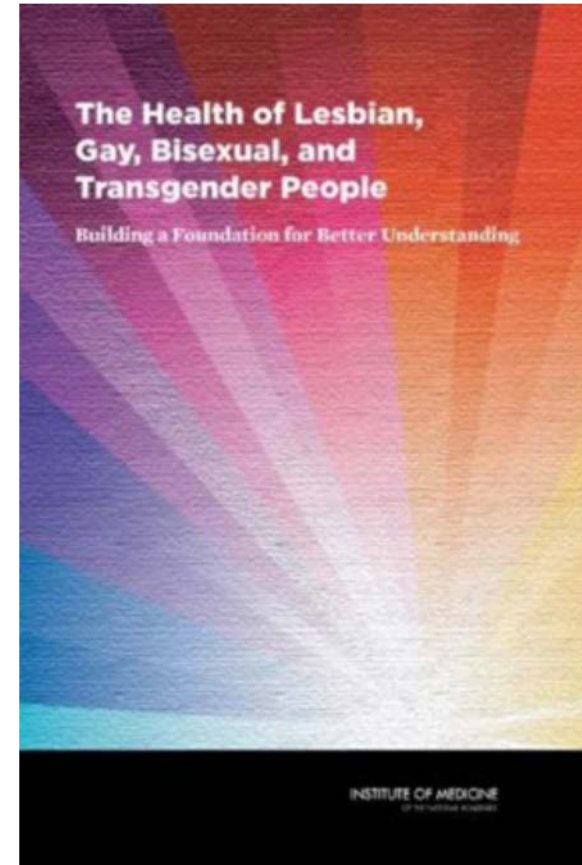
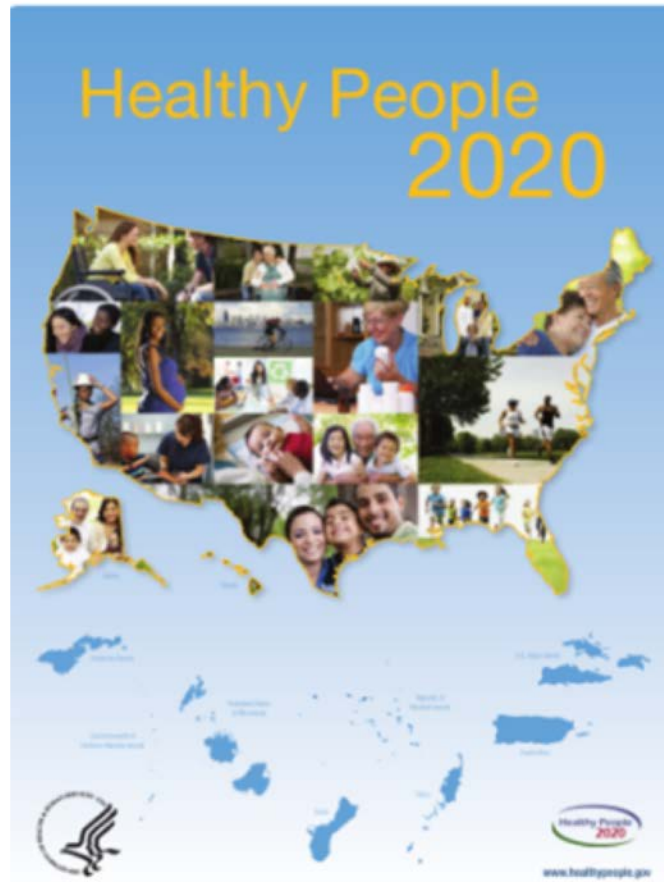
**VOTE  
YES ON 3**

to uphold basic protections for our transgender neighbors, family and friends in Massachusetts!

## *In Narrow Decision, Supreme Court Sides With Baker Who Turned Away Gay Couple*



# Why Programs for LGBTQ People



# L,G,B,T,Q Diversity



# The Basics





## Sex Assigned at Birth



Female

Intersex

Male



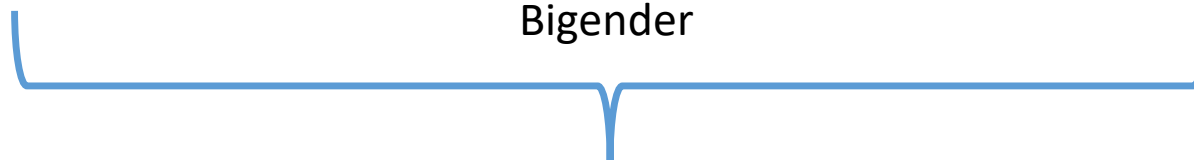
# Gender Identity



Woman  
MTF  
Trans woman

Genderqueer  
Gender Nonconforming  
Non-binary  
Genderfluid  
Third Gender  
Agender  
Bigender

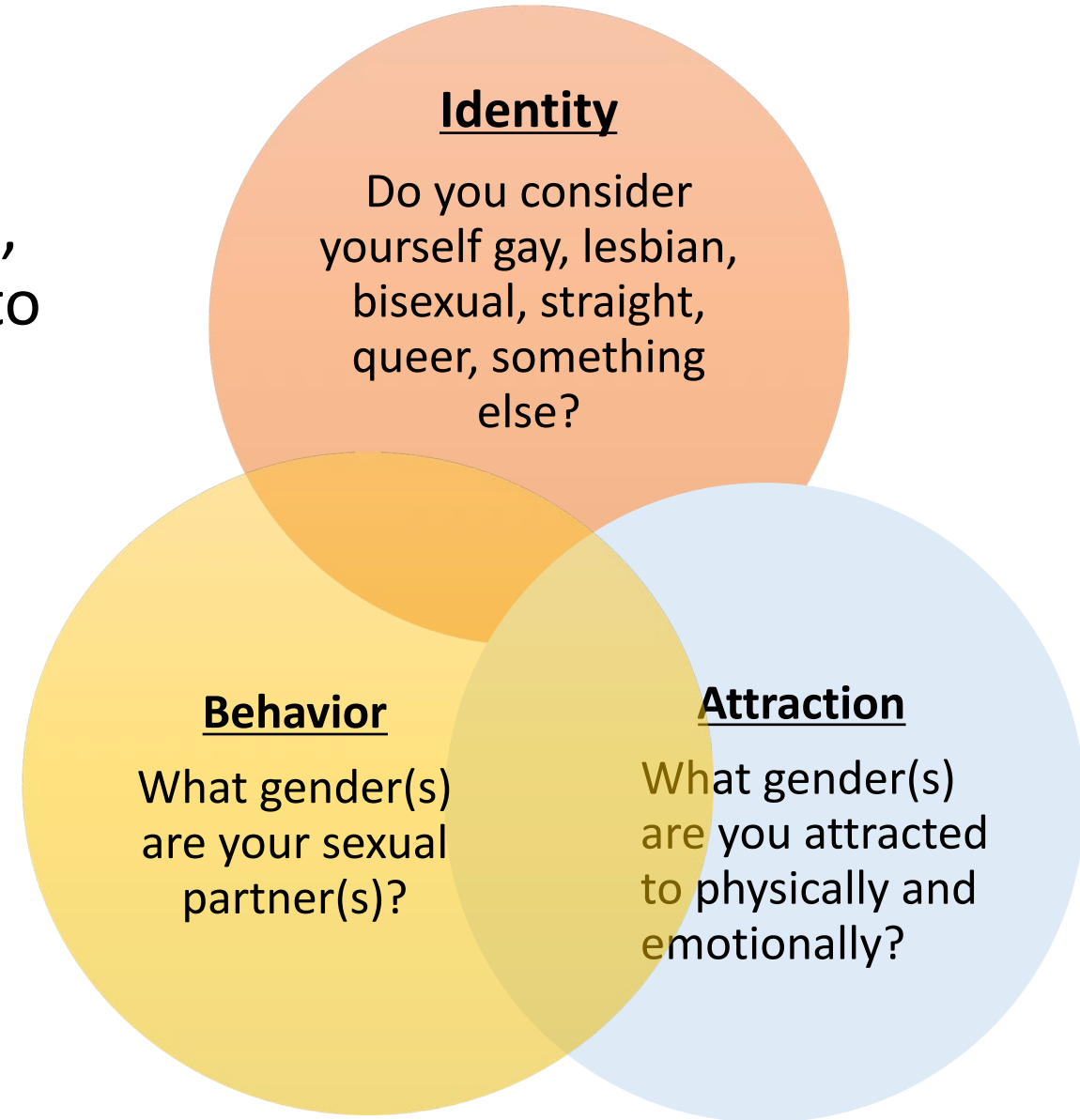
Man  
FTM  
Trans man



## Transgender Continuum Gender Minorities

# Sexual Orientation

- How a person identifies their physical, emotional and romantic attachment to others

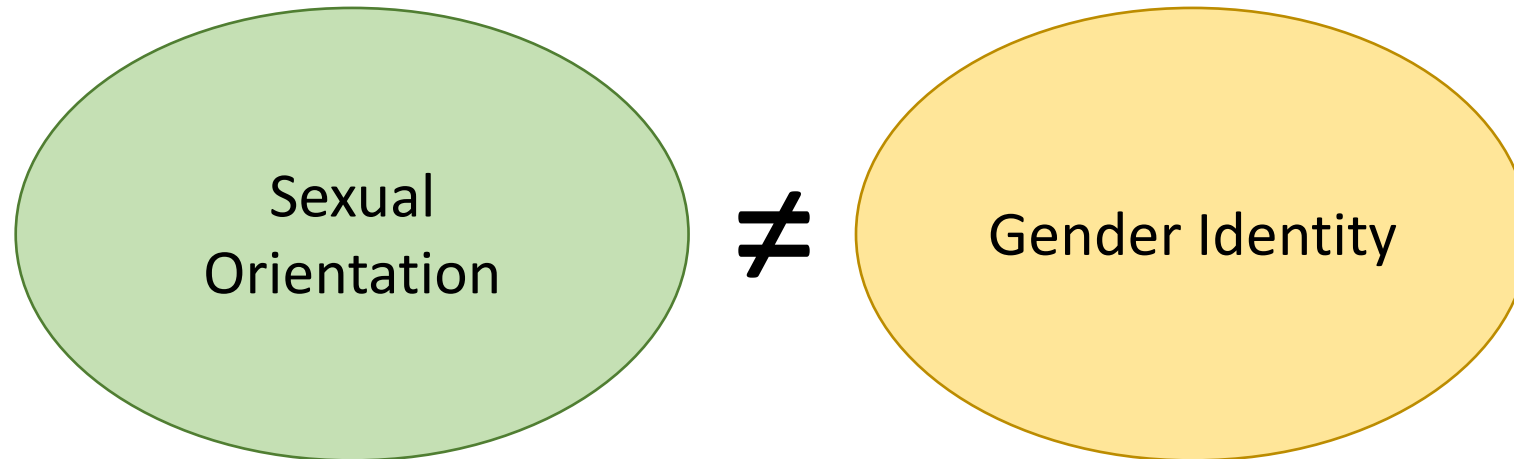


# What Does 'Q' Stand For?

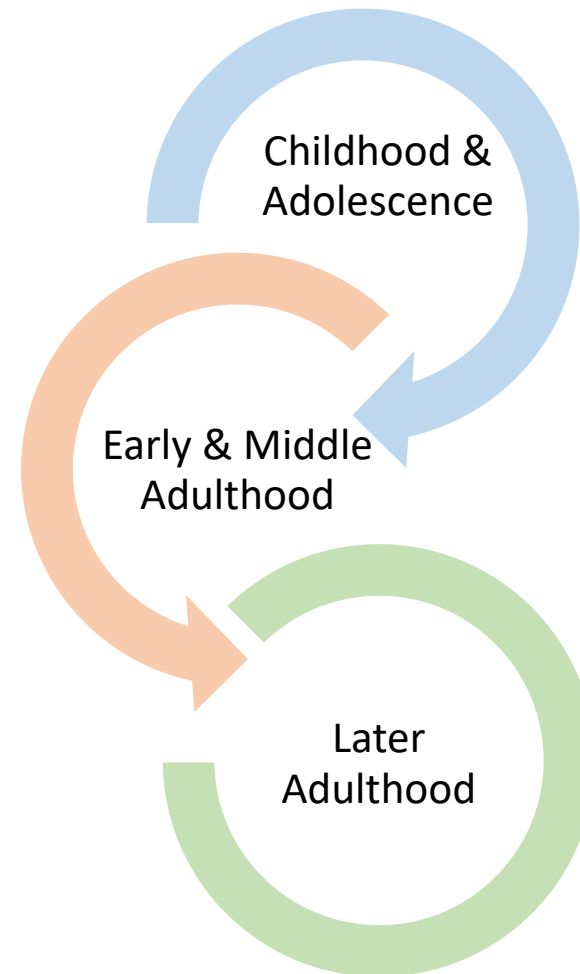
- 'Questioning' sexual orientation or gender identity
- 'Queer,' historically derogatory and now used by many with great pride; not straight but also not identifying with gay, lesbian or bisexual identities

# Sexual Orientation $\neq$ Gender Identity

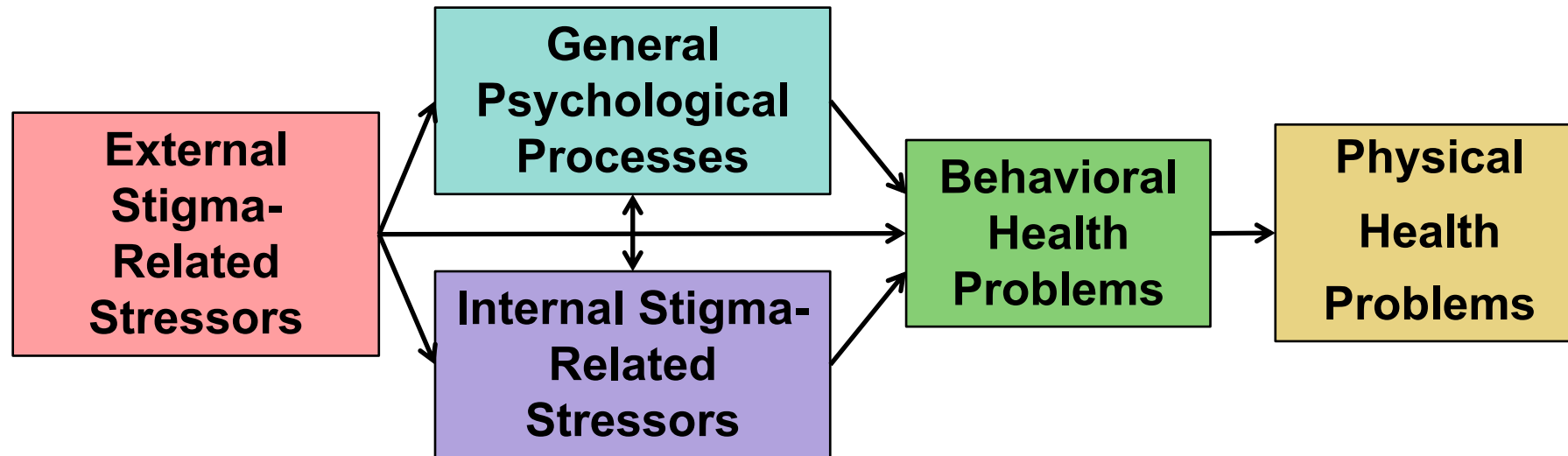
- Everybody has a sexual orientation and a gender identity
- How people identify can change



# Health Disparities throughout the Life Course

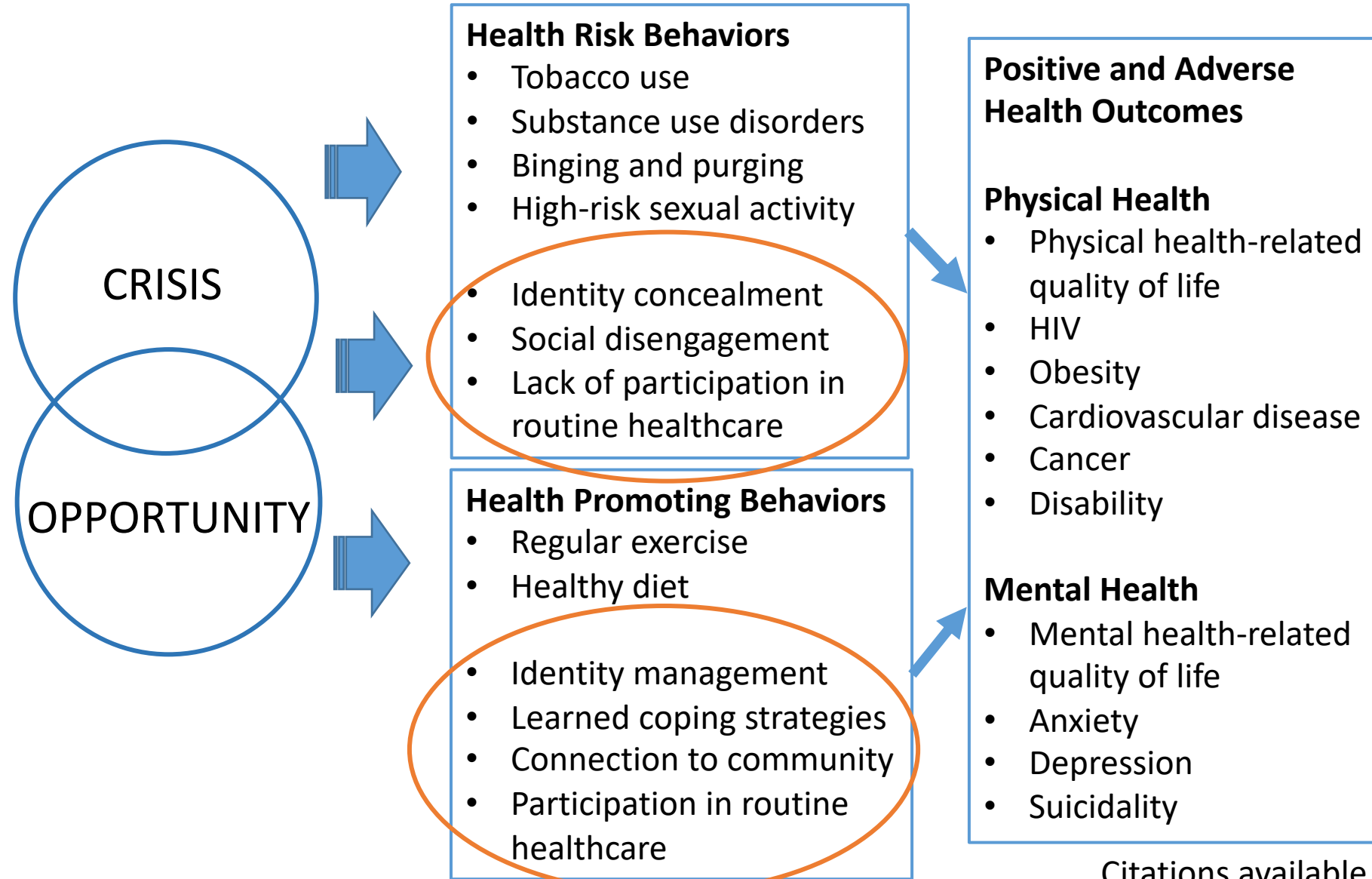


# Minority Stress Framework



Adapted from *Hatzenbuehler, 2009*

# Minority Stress and Adaptive Coping Model



Citations available upon request.

# Abuse and Violence Victimization

SCHOOLS ARE **UNSAFE** AND UNWELCOMING FOR THE MAJORITY OF LGBT STUDENTS.



Heard homophobic remarks frequently or often



Missed at least one day of school



Verbally harassed at school in the past year

LEARN MORE IN GLSEN'S LATEST NATIONAL SCHOOL CLIMATE SURVEY AT [GLSEN.ORG/NSCS](http://GLSEN.ORG/NSCS) **GLSEN**

## LGBTQ & Domestic Violence

from DomesticShelters.org

The facts about LGBT partner abuse/domestic violence are often hidden by numerous myths and misconceptions. Common myths and misconceptions include the belief that women are not violent, that men are not commonly victims, that LGBT domestic violence is mutual, and that there are no significant differences between heterosexual domestic violence and same-gender domestic violence. However, people who are lesbian, gay and bisexual have an equal or higher prevalence of experiencing intimate partner violence, sexual violence and stalking as compared to heterosexuals.



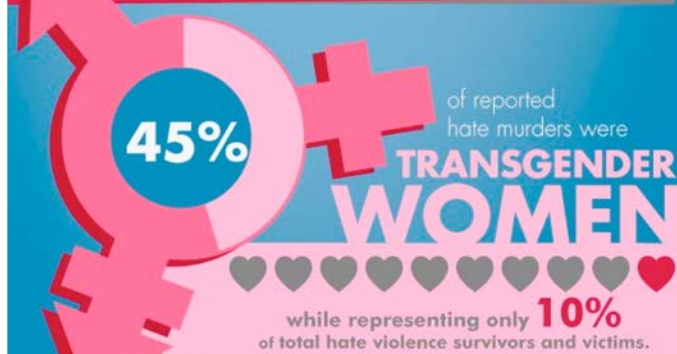
There are many similarities between how abusers control their victims regardless of sexual preference.

In LGBTQ relationships the batterer may use the additional tactic of threatening to "out" their victims to work colleagues, family, and friends.



## A GROWING ISSUE

Findings from the 2011 NCAVP Hate Violence Report



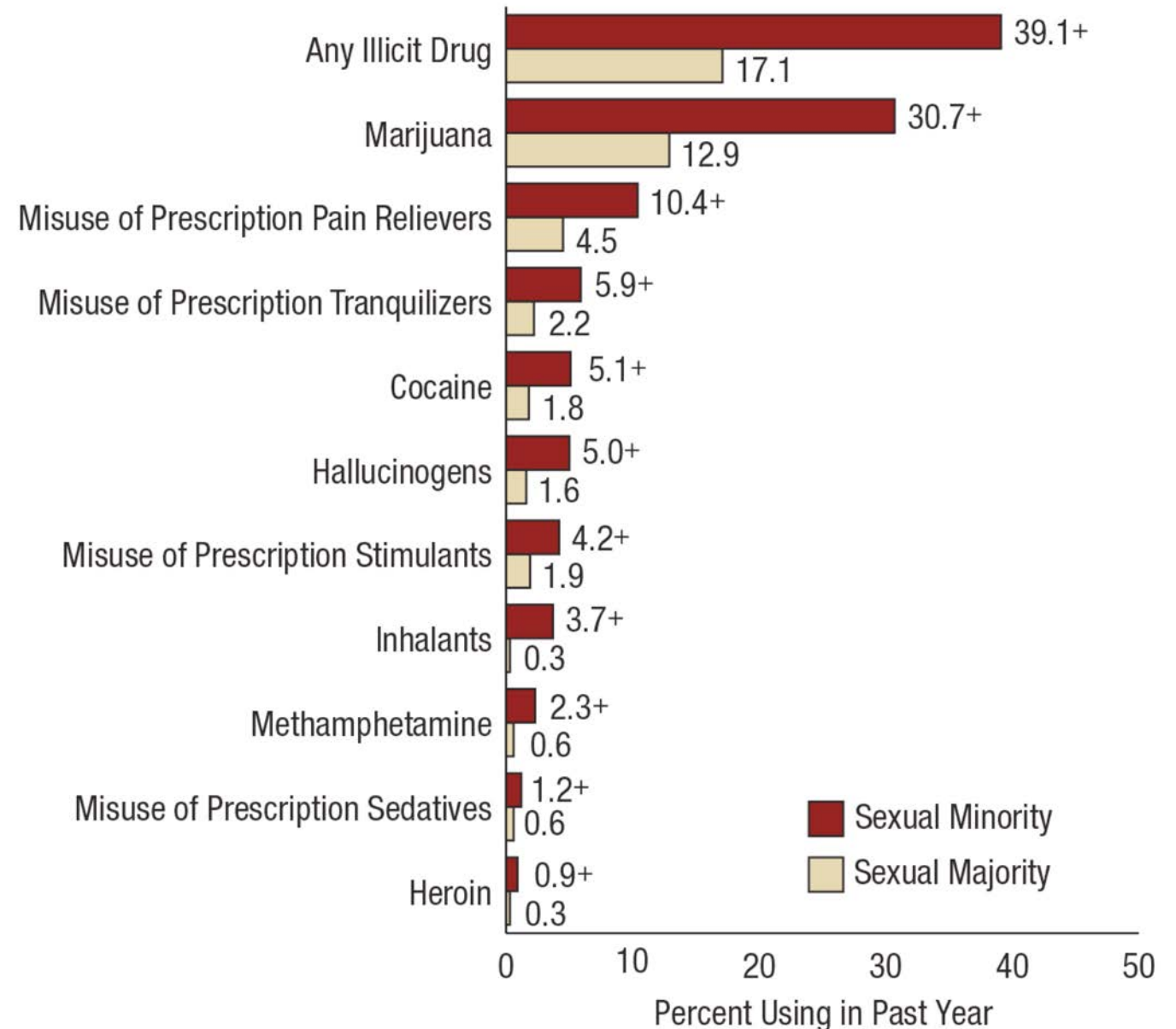
Statistics via the National Coalition of Anti-Violence Programs. NCAVP is a program of the New York City Anti-Violence Project.

Citations available upon request.

# Substance Use

*Compared to non-LGBQ peers:*

- LGBQ youth initiate alcohol and illicit drug use earlier
- LGBQ women have higher risk for alcohol and drug use disorders
- GBQ men have higher risk for drug use disorders
- Bisexual people have higher risk for all substance use disorders



# Tobacco Smoking

Prevalence:

Trans adults: 36%

LGBQ adults: 21%

Straight adults: 15%

Trans youth: 31%

LGBQ youth: 16%

Straight youth: 8%



# Mental Health

*Compared to straight men, GB men more likely to meet criteria for:*

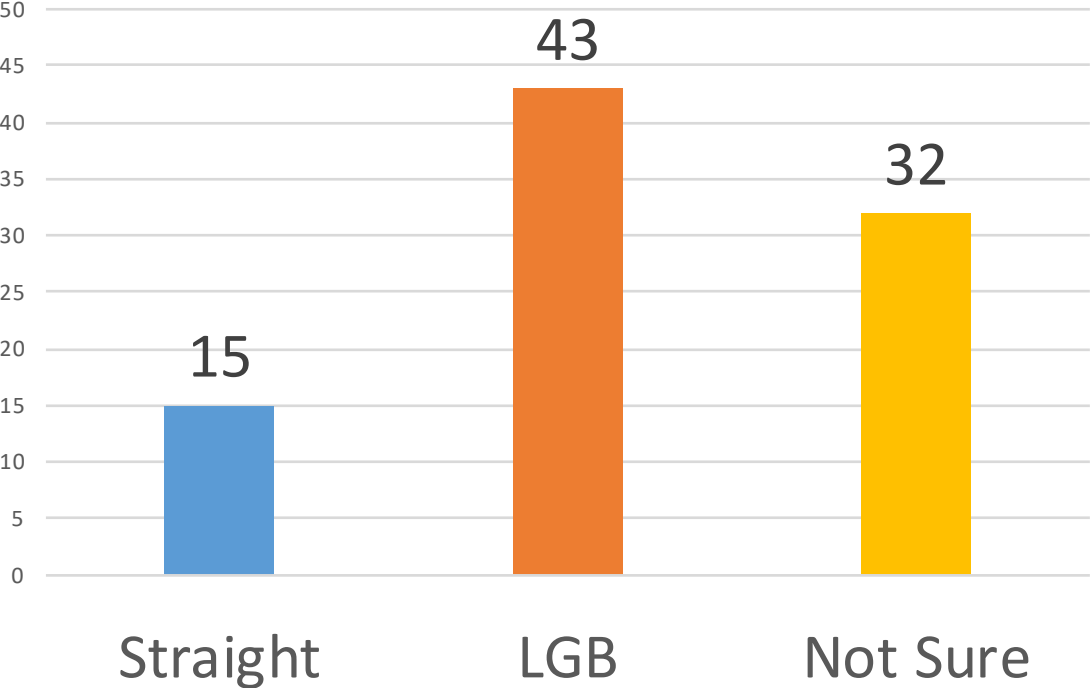
- Major depressive disorder (x 3)
- Panic disorder (x 5)
- At least 2 co-occurring disorders (x 4)

*Compared to straight women, LB women are more likely to meet criteria for:*

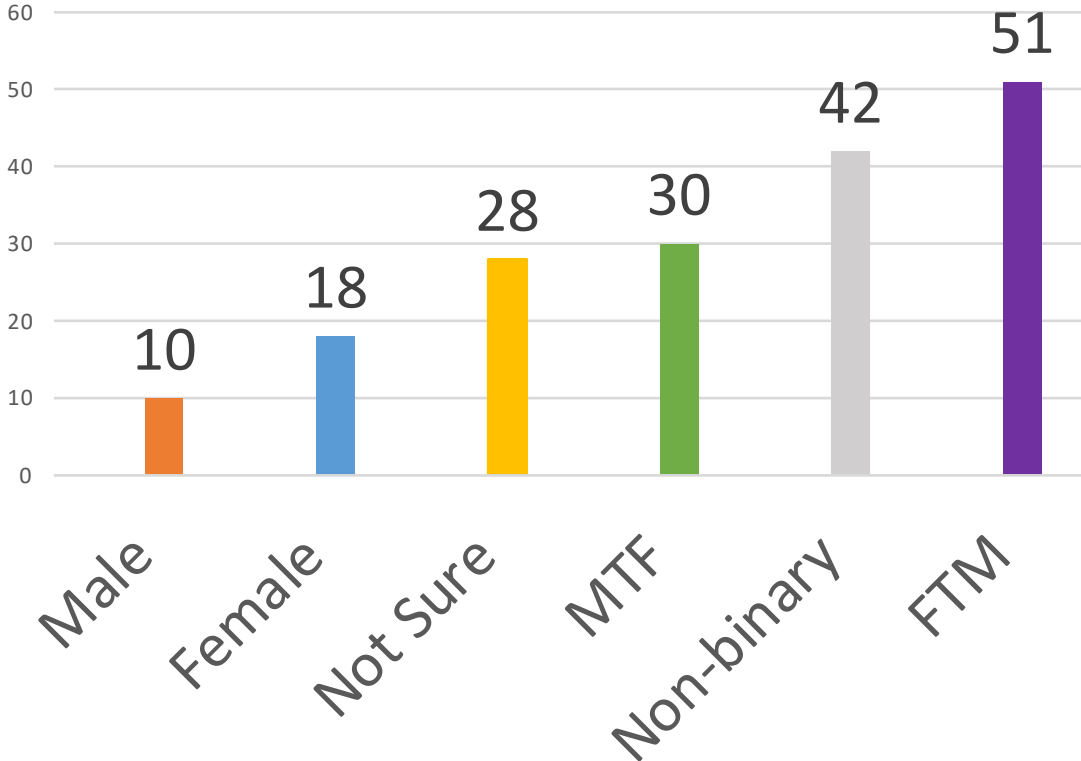
- Generalized anxiety disorder (x 3)
- At least 2 co-occurring disorders (x 3)

# Suicidality

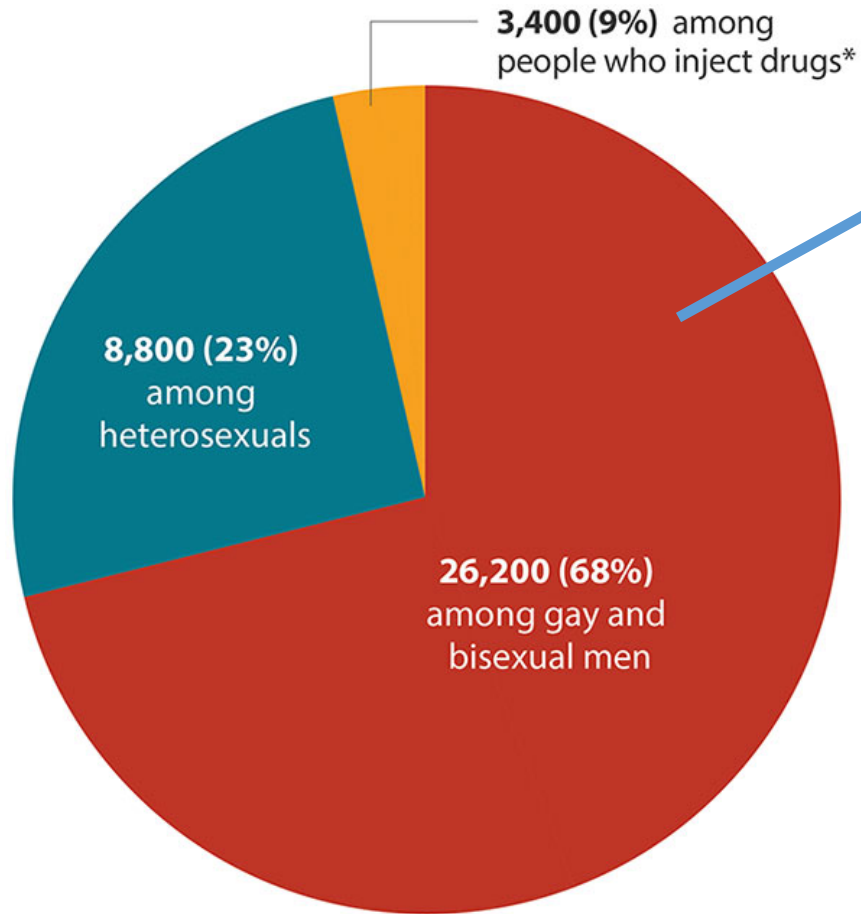
% of High School Students Who Seriously Considered Attempting Suicide in Last Year (YRBFS, 2015)



% of Adolescents Reporting a Previous Suicide Attempt, 2012-2015 (Toomey, et al 2018)



# HIV Infection



## Groups most at risk, 2016

- Black Men Who Have Sex with Men (MSM)
- Ages 20-29 years

## Trans women living with HIV

- Black/African American - 51%
- Hispanic/Latinx - 29%

## Estimated New HIV Infections in U.S., 2015



# HIV AND GAY AND BISEXUAL MEN

Not all gay and bisexual men with HIV are getting the care they need.

632,300 gay and bisexual men had HIV in the US in 2015

83%  
diagnosed

62%  
received care

48%  
retained  
in care\*

52%  
virally  
suppressed\*\*

\* Had 2 viral load or CD4 tests at least 3 months apart. \*\* A person with HIV who takes HIV medicine as prescribed and gets and stays virally suppressed or undetectable can stay healthy and has effectively no risk of transmitting HIV to HIV-negative partners through sex. Based on most recent viral load test.



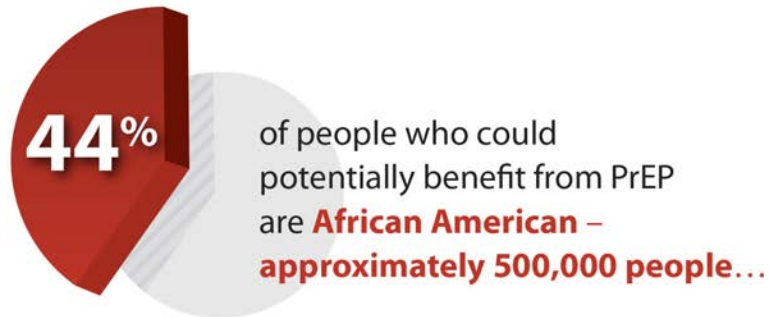
**Get Tested. Get in Care. Stay in Care. Be Healthy.**

Based on the most recent data available in September 2018.

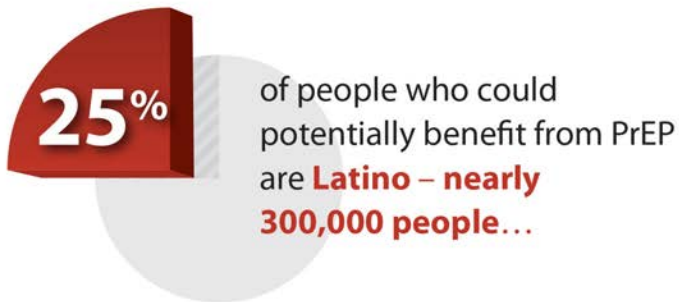


# Disparities in HIV Pre-exposure Prophylaxis

**HIV prevention pill is not reaching most who could potentially benefit – especially African Americans and Latinos**



...but only **1%** of those – **7,000 African Americans** – were prescribed PrEP\*



...but only **3%** of those – **7,600 Latinos** – were prescribed PrEP\*



\*Prescription data in this analysis limited to those filled at retail pharmacies or mail order services from September 2015 – August 2016; racial and ethnic information not available for one-third of the prescription data

# Sexually Transmitted Infections – LBQ Women

- Sexual practices vary
- Many have (or had) sex with men
- Limited data on STIs, but risk exists, especially for HSV, HPV, BV
- CDC: Report of same-sex behavior in women should not deter providers from considering and performing screening for STIs according to current guidelines.

# Sexually Transmitted Infections – Transgender People

- Limited data
- CDC: Assess STI risks based on current anatomy and sexual behaviors

# Cancer Screening

## *LBQ women*

- **Breast cancer:** Multiple risk factors, no data suggesting that incidence is higher – screen per guidelines for all women
- **Cervical cancer:** 37% prevalence of high-risk HPV – vaccinate and screen per guidelines for all women

## *GBQ men*

- **Anal cancer:** HPV infection highly prevalent—routinely vaccinate. Increased risk of HPV-associated anal cancers among MSM, especially those living with HIV. Current RCT underway assessing risks/benefits of screening with anal cytology; IDSA/HIVMA recommend anal cytology screening for all MSM living with HIV, many centers do this.

## *Transgender women*

- **Breast cancer:** 22 reported cases in literature. No clear guidelines. Screening mammography every 2 years, after reaching age 50 and undergoing 5-10 years of feminizing hormone therapy (Center of Excellence, UCSF)

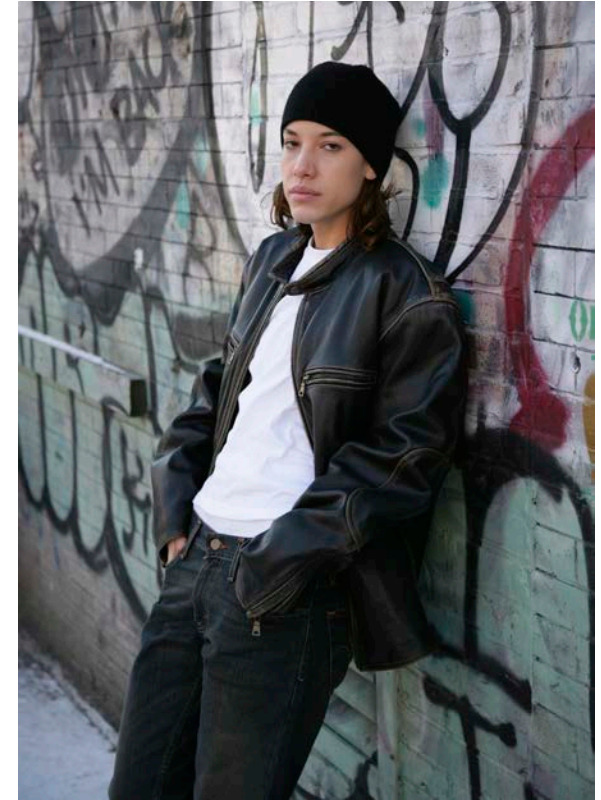
## *Transgender men*

- **Cervical cancer:** Many retain a cervix and need HPV screening and vaccination per guidelines for cisgender women

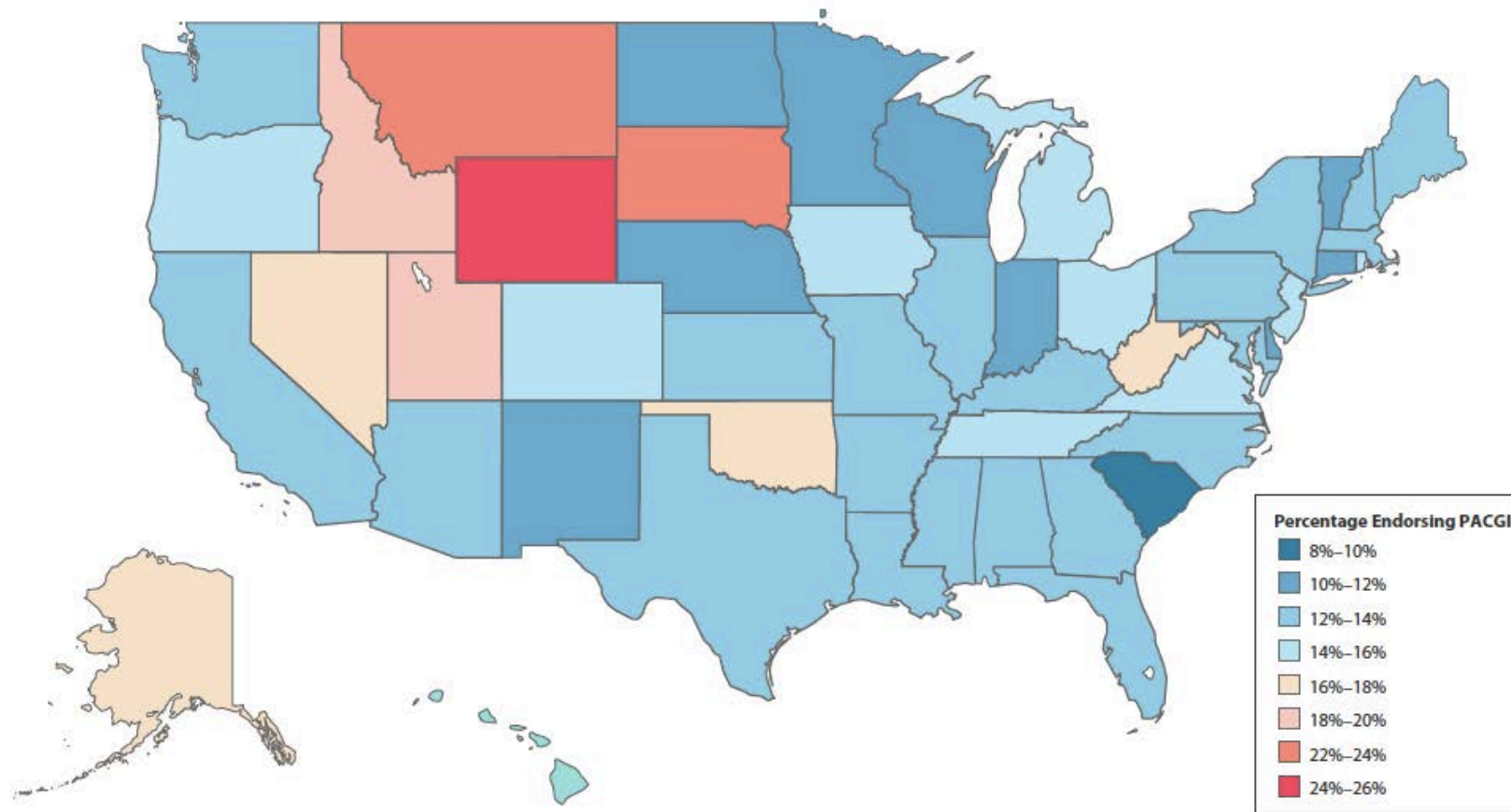
# Health Care Access Barriers: 2015 US Transgender Survey (n=27,715)

*In the past year...*

- 25% denied insurance coverage for hormones
- 55% denied coverage for gender-affirming surgery
- 33% of those who saw a healthcare provider reported:
  - **Being refused treatment, verbally harassed, physically or sexually assaulted**
  - **Having to teach the provider about transgender people in order to get appropriate care**
- 23% did not seek needed care due to fear of mistreatment



# Gender Identity Conversion Efforts Across U.S. States



Note. Heat map depicts the percentage of respondents from the 2015 US Transgender Survey reporting lifetime exposure to PACGI.

FIGURE 1—Estimated Proportion of Transgender People Exposed to Psychological Attempts to Change a Person's Gender Identity From Transgender to Cisgender (PACGI): United States, 2015

# Historical Role of Medicine

OBSTACLE	EXAMPLE
<b>Failure to accept the natural occurrence of gender diversity</b>	<ul style="list-style-type: none"><li>• Operations on intersex babies to make their bodies fit a gender binary</li></ul>
<b>Perception of gender diversity as deviant</b>	<ul style="list-style-type: none"><li>• DSM includes a diagnosis of Gender Identity Disorder until 2013</li></ul>
<b>Perception of same-sex sexual behavior as deviant</b>	<ul style="list-style-type: none"><li>• DSM removes homosexuality in 1973</li></ul>
<b>Participation in reparative therapies</b>	<ul style="list-style-type: none"><li>• AMA opposes this in 1994; California becomes the first state to sign a ban in 2012</li></ul>
<b>Failure to collect SO/GI information routinely</b>	<ul style="list-style-type: none"><li>• SO questions included on selected national surveys beginning in 2012; SO/GI questions mandated in 2016 by Bureau of Primary Health Care</li></ul>

# Overcoming Barriers

