

LGBTQ+ Health for the Internist

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Objectives

- To review statistical considerations for the LGBTQ+ community
- To review screening and special considerations for the LGBTQ+ community
- To review impact of COVID-19 pandemic in this population

Disclosures

*I have no relevant
financial
relationships to
disclose.*

U.S. Transgender Survey (USTS)

- 2015 survey which is the largest ever targeted at transgender experience (n=27715)
- Focuses on education, employment, family life, health, housing, and interactions with the criminal justice system (social determinants of health)
- Helpful information to shed light on the transgender experience and hopefully affect policy for transgender rights and health

Pervasive Mistreatment and Violence

- One in ten (10%) of those who were out to their immediate family reported that a family member was violent towards them because they were transgender, and 8% were kicked out of the house because they were transgender. 10% ran away from home
- K-12: harassed (54%), physically assaulted (24%), sexually assaulted (13%), left school (17%)
- 24% experienced harassment, physical assault, sexual assault on college campuses
- Within year, verbally harassed (46%), physically assaulted (9%), sexually assaulted (10%), 47% in their lifetime
- Intimate partner violence (54%) with severe physical violence (24%), compared to 18% of U.S. population
- 19% ever part of a spiritual or religious community left due to rejection

Unemployment/Poverty

- Three times the unemployment rate (15%) compared with cis-gender people (5%), White (12%), AA (20%), Latino (21%)
- 29% living in poverty (twice the national 12% rate)
- 90% reported harassment, discrimination, or mistreatment on the job, 15% in the last year
- 30% not hired, fired, or not promoted due to transgender status in last year
- 15% in past year verbally, physically, sexually abused at work
- 16% ever employed lost job due to gender identity
- 77% in past year took steps to avoid mistreatment in workplace (avoiding gender role or quitting)

Housing and Homelessness

- 23% experienced housing discrimination in last year
- 30% experienced homelessness at some point in their lives, 12% in the last year
- 26% of those experiencing homelessness in past year avoided shelters due to fear
- 70% of those staying in shelter experienced some sort of harassment or abuse
- 16% own a home while the national rate is 63%

Health Disparities

- **Suicide Attempts:**
- 40% of transgender population has attempted suicide in their lifetime, nine times that of the general population (4.6%)
- 7% attempted in the last year, twelve times the national rate (0.6%)
- **Addiction:**
- 29% of trans people have substance use disorder, compared to 10% of general population
- **HIV Infection Rate:**
- Five times more likely to have HIV (1.4%) compared with the general population
Among black trans women 19% prevalence rate (gay cis-men 15%)
- 20% have participated in sex trade or drug sales
- **Eating Disorders:**
- 16% of transgender people carry a diagnosis compared to 10% of cis-women
- **Lower screening rates** for breast and cervical cancer in trans men

- 25% experienced problems with insurance coverage in the last year due to being transgender
- 55% seeking coverage for surgery were denied, 25% denied coverage for hormones
- 33% who saw healthcare provider in last year reported negative experience, higher rate for POC and disabled
- 23% did not see health provider due to fear of mistreatment
- 33% couldn't afford healthcare
- 50% reported having to educate their healthcare provider on how to care for them

Health Care/ Insurance

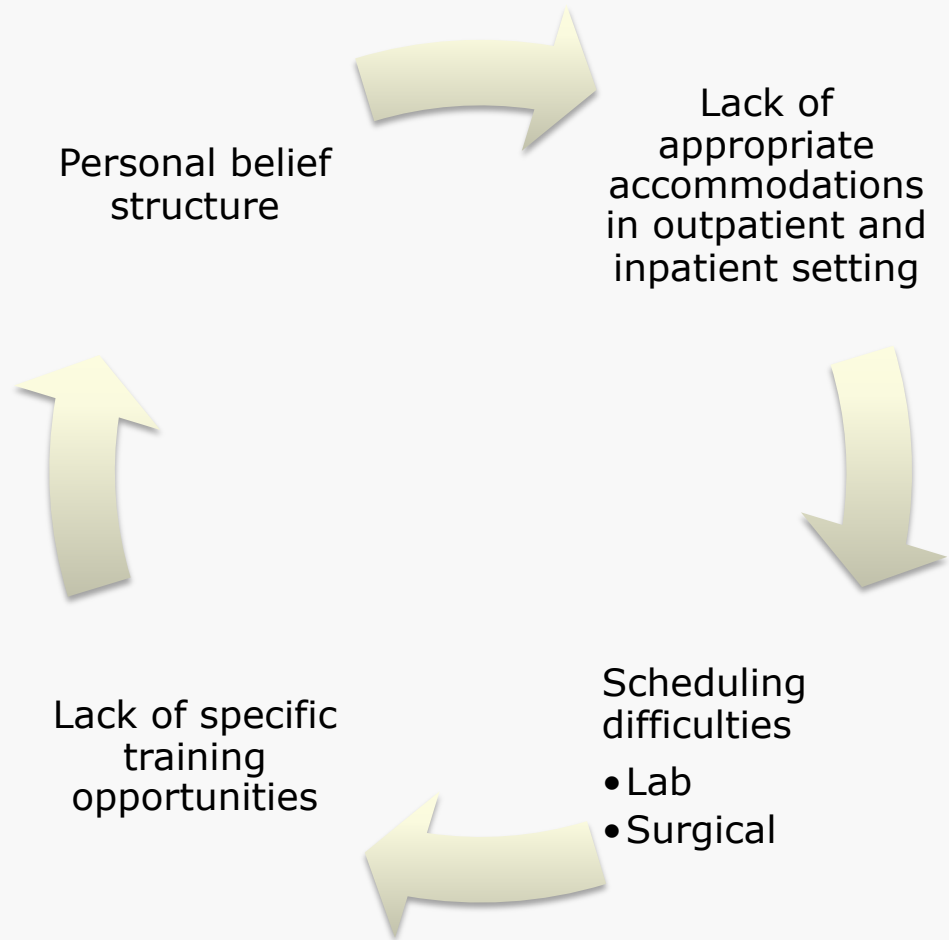
Barriers to receiving care

23% of respondents avoided seeking health care in the past year due to fear of being mistreated

Barriers to receiving care

- Overrepresented in the foster care system
- Abandonment/abuse in system or with family
- Homelessness/housing instability
 - One in five transgender people will find themselves in need of homeless shelter assistance
- Health care provider discomfort may alienate patients and deliver low quality or inappropriate care
 - May deter from seeking additional care

Barriers to providing Care



Question for the audience

What has been your biggest personal challenge during the pandemic?

Biggest challenges identified locally

- Insurance gap
 - Many make too much to be covered by Badgercare but not enough to afford private insurance.
 - Hormones may be affordable, but surgery is out of reach
 - Common ground insurance – blanket exclusions
 - Surgery prior auth period now 60-90 days
 - Transfeminine surgeries still considered cosmetic and elective
- Marriage equality
 - Many see the Supreme Court make-up as a threat to marriage equality
 - Local advocates being ordained in order to provide this service quickly

Biggest challenges

- Access to mental health care services
- Access to other affordable services
 - Planned parenthood
 - Legal assistance
 - Limited hours of service
 - Limited contact
- Affordable and attainable housing

Health care disparities

- Sexual minority health and well-being disparities are well established
 - Depression
 - Anxiety
 - Suicidality
 - Substance-use disorders
 - Sleep disorders
 - Chronic medical conditions

Health care disparities

- Sexual minorities face disproportionate burden of social inequality
 - Poverty
 - Unstable housing
 - Unemployment
 - Limited access to health insurance
 - Limited access to health care

Minority stress

Stigma

Discrimination

Rejection

Criminalization

Intersection with COVID-19

- High rates of HIV and cancer / immune compromise
- Higher rates of diabetes, asthma, hypertension
- Higher rates of tobacco and marijuana use

Healthcare Maintenance

- Screening still applies!
 - Some may find very affirming (mammograms in MtF patients)
- Gyn care is still necessary, unfortunately
 - Can result in a lot of dysphoria for FtM patients
- Screening guidelines developed for the general population are appropriate for organ systems unlikely to be affected by feminizing/masculinizing hormone therapy

Resources for Health Professionals

- World Professional Organization for Transgender Health (WPATH) www.wpath.org
- The Center of Excellence for Transgender Health www.transhealth.ucsf.edu
- Endocrine Treatment of Transsexual Persons press.endocrine.org
- www.acog.org

Milwaukee Area Resources

- LGBT Community Center - mkelgbt.org
 - Gemini Gender Group
 - Project Q (youth)
- Wisconsin Rainbow Families - www.wirainbowfamilies.com
- Diverse and Resilient - www.diverseandresilient.org
- FORGE - www.forge-forward.org
- Uplasticsurgery.com

Madison Area Resources

- Outreach - www.lgbtoutreach.org
- UW-Madison Family Medicine Clinics (Resident Clinics; Children, teens & adults)
- Northeast Clinic - (608)241-9020
- Wingra clinic - (608)263-3111
- PATH (Pediatric and Adolescent Transgender Health) – uwhealthkids.org
- Uplasticsurgery.com

MKE Talk Therapy resources

Pathways Counseling Center, www.pathwayscounseling.com
13105 W Bluemound Rd # 100
Brookfield, WI 53005-8046
(262) 641-9790

Therapies East Associates, www.therapieeast.com
827 North Cass Street
Milwaukee, WI 53202
414-278-7980, x309

Surgical/Healthcare Resources

Froedtert Inclusion Health Clinic – www.Froedtert.com
Hysterectomy and tubal ligation offered by Drs Francis and Narayan

Froedtert Otolaryngology – www.froedtert.com
Feminizing tracheal shave/ laryngeal reduction
ENT department also offers voice therapy

Froedtert Plastic Surgery – www.froedtert.com
Top surgery
Breast augmentation
Facial feminization
Multiple providers in this department provide these services
There is a provider who will eventually be able to provide feminizing and masculinizing bottom surgery as soon as she has support personnel. Stay tuned!

Dr. Katherine Gast – [Gender services | Conditions, Treatments and Services | UW Health](#)
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- Press.endocrine.org
- www.cdc.gov
- www.minorityhealth.hhs.gov
- www.wpath.org
- www.acog.org

Questions?