

Quality Healthcare for Lesbian, Gay, Bisexual & Transgender People

A Four-Part Webinar Series

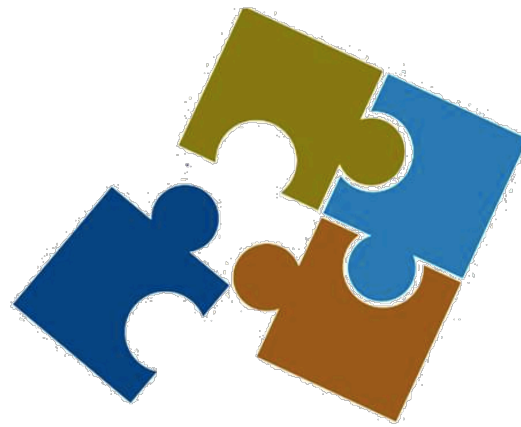
Part 3: Clinical Skills for the Care of Transgender Individuals



GLMA

Health Professionals
Advancing LGBT Equality

About Us



*Hopkins Center for
Health Disparities Solutions*

*“Exploration and Intervention for Health
Equality...”*



NIMHD



JOHNS HOPKINS
BLOOMBERG
SCHOOL OF PUBLIC HEALTH

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



*Hopkins Center for
Health Disparities Solutions*

About GLMA

www.glma.org

- * **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!



About GLMA

www.glma.org

* 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](#)



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 to download our free Top Ten lists!

www.glma.org/top10





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



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



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



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WPATH Standards of Care
For the Health of Transsexual,
Transgender, and Gender-
Nonconforming People

7th Version

www.wpath.org



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**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

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GLMA's Top 10

Free!

Supports welcoming environment

Advances patient-centered care

Empowers patients

www.glma.org



Thank you!!!!!!!

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