

Resources

To Give Your Patients

- **Sage** - Advocacy and Services for LGBTQ+ Elders
- **GLMA's Top 10 Things to Discuss with Your Provider**
- **PFLAG** - support and connecting communities
- **The Trevor Project & TrevorSpace** - Information and resources
- **Two Spirit Support Boat** (2s-supportboat.org) - Health hub for Indigenous 2SLGBTQ+
- **TransGuys.com** - Resources for Transgender Men
- **Trans Lifeline** - Assistance for Transgender Individuals
- **LGBT National Coming Out Support Hotline** - (888) 688-5428
- **Suicide Hotlines**
 - Trevor Lifeline: (866) 488-7386
 - Trevor Text: text START to 678678
 - Trans Lifeline Hotline: (877) 565-8860
 - Q Chat Space: www.qchatspace.org
 - LGBT National Hotline: (888) 843-4564



For Providers

- **National LGBTQIA+ Health Education Center** - webinars, publications, CME
- **GLMA** - webinars, resources, CME
- **Goldsen Institute** - Research on LGBTQ Aging
- **Two Spirit Support Boat** - Health hub for Indigenous 2SLGBTQ+
- **Sage National Resource Center on LGBTQ+ Aging**
- Bias and Cultural Trainings:
 - **GenPride** - Aging and Cultural Engagement
 - **Culture Ally**
 - **Implicit Bias Guide** (https://www.lgbtqihealtheducation.org/wp-content/uploads/2018/10/Implicit-Bias-Guide-2018_Final.pdf) - Case Scenarios

Glossary

Agender: A gender identity characterized by the absence of gender or feeling genderless

AMAB / AFAB (Assigned Male/Female at Birth): Sex designation given at birth based on anatomy, not identity

Cisgender: A person whose gender identity aligns with the sex they were assigned at birth

Dead Name: A person's former name that is no longer used

Gender Dysphoria: clinically significant distress or impairment due to gender incongruence, which may include a desire to change primary and/or secondary sex characteristics

Gender Affirming Care: Medical, surgical, psychological, or social interventions that support and affirm a person's gender identity (e.g. hormone therapy, surgery, name/pronoun use)

Gender Expression: External presentation of gender, including clothing, hairstyle, voice, mannerisms, and body language

Gender Fluid: A gender identity that changes over time or across contexts

Gender Identity: A person's internal, deeply held sense of their gender (e.g., man, woman, both, neither), distinct from sex assigned at birth

- **Gender Neutral/Non-Binary:** Not identifying exclusively as male or female; often used to describe language, spaces, or identities
- **Gender Queer:** A non-cisnormative gender identity; often overlaps with non-binary but may include political or cultural significance

Intersex: A group of congenital conditions involving variations in chromosomes, gonads, hormones, or anatomy that do not fit typical definitions of male or female sex or physiology

Pronouns: Words used to refer to someone in place of their name (e.g., she/her, he/him, they/them); correct usage is a key component of affirming care

Sex: A classification based on chromosomes, hormones, and anatomy; designated at birth

Sexual Orientation: Pattern of emotional, romantic, or sexual attraction (e.g., lesbian, gay, bisexual, pansexual, asexual); distinct from gender identity

Transgender: An umbrella term for people whose gender identity differs from the sex assigned at birth

- **Transfeminine:** A person assigned male at birth who identifies more closely with femininity
- **Transmasculine:** A person assigned female at birth who identifies more closely with masculinity



Caring for LGBTQ+ Patients

Organized by the Wyoming WWAMI
Medical Student Association



UNIVERSITY of WASHINGTON

Conversations around Gender and Sexuality

Generally, patients are accepting of providers inquiring about their sexual and gender identity; most believe it is important for their provider to know.

Understanding these subjects allow providers to assess individual risk factors and build rapport.

Sexual practices, gender-related surgery, and gender dysphoria are all intertwined with the patient's life and health. *These cannot be ignored.*



Getting an Appropriate Medical History

Ask about their history of gender related medication treatment:

- Timing of medications
- Any intolerances or difficulties, such as contact dermatitis from patches or discomfort with self-administered injections
- If they've had gonadectomy, have they had a hiatus off hormones? (Important for medical problems like osteoporosis)

Any gender related surgeries?

Any ancillary treatment, like voice training or hair removal?

Provide a gender inclusive sexual history.

Any plans for self treatment?

Accessibility

- ★ Consider wearing your pronouns on a pin or having an object around that lets patients know they are in a safe space



- ★ Add your name to LGBTQ+ affirming provider directories like **OutCare Health** and the **LGBTQ+ Healthcare Directory**

Using Appropriate Language

- ★ Ask what language the patient prefers when discussing body parts if a patient is transgender
 - ★ Front hole instead of vagina
 - ★ Chest tissue instead of breasts
 - ★ Outer folds instead of vulva
 - ★ Outer parts instead of penis/testes
 - ★ "Is it OK if I use that word, or would you prefer something different?"
 - ★ Use neutral terms: genitalia, gonads, or "people who have a body like yours"
- ★ Mirror language of the person you are caring for
- ★ Avoid sir or miss or other gendered title if unsure
- ★ Double check name and ask about pronouns, then use affirmed name and pronouns
- ★ Ask about relationships, don't assume family structure
- ★ Speak up if you hear others using the wrong name/pronouns
- ★ If you make a mistake, apologize and don't dwell. It is best to correct yourself and move on

Be Aware of Present Disparities

Stigma enables physical violence and hate crimes

Invisibility or disrespect in health care

Exclusion in research

Intersectionality with race

Elevated rates of disability, poor general health, frequent mental health distress, and multiple chronic conditions

Generational differences may affect self-awareness, acceptance, and confidence.

While no national laws prohibit gender affirming therapy, the 2025 U.S. Supreme Court ruling *United States v. Skrmetti* allows states to ban medical treatments for gender dysphoria in minors.

Proposed federal legislation and executive actions aim to reduce funding for hospitals if they provide gender affirming care, prohibit health insurance from covering gender-affirming care, and make it illegal for employees to provide such care. These decisions and laws can make access to gender affirming care challenging for youth around the country.

