The Penn Medicine Program for Lesbian, Gay, Bisexual, and Transgender (LGBT) Health works to improve the care of all LGBT people. The Program is part of Perelman School of Medicine at the University of Pennsylvania.

Our Promise to You

We are committed to providing the best care for the LGBT community in a safe and friendly environment.

As a Penn patient, LGBT individuals will be treated with the respect they deserve.
The Penn Medicine Program for LGBT Health partners patients with compassionate and skilled providers across the health system that offer culturally competent care in a judgment-free setting.

Penn patients have the right to:

- Receive personalized and family-centered health care without discrimination based on sexual orientation and gender identity or expression
- Designate your partner or child as a visitor, regardless of legal recognition

To learn more about patient rights at Penn Medicine, please visit PennMedicine.org/PatientRights.

Penn Medicine has been designated as a “Leader in LGBT Healthcare Equality” by the Human Rights Campaign Foundation.

In this LGBT Patient Services Handbook, you will find:

- Penn Medicine providers who have self-identified as culturally competent in caring for LGBT patients
- Penn Medicine providers who regularly care for LGBT patients and have knowledge or special training in LGBT Health (LGBT Clinical Specialists)
- Recommendations on how to speak with your provider about your sexual orientation and/or gender identity
- Information about common health and wellness topics important to the LGBT community

The provider directory is not comprehensive and continues to grow. If you are a provider at Penn and would like to be listed, email LGBTHealth@med.upenn.edu or call 215.573.8499.

Visit us on the web at PennMedicine.org/LGBT
Like us on Facebook at Facebook.com/PennLGBT.

How to use this guide:

- indicates providers experienced in transgender health care
- indicates providers who prescribe PrEP
* indicates providers who are LGBT Clinical Specialists
LGBT people have specific health needs. To receive the best care, it is helpful to tell your health care provider that you are LGBT.

The following tips can guide you in coming out to your provider.

- **Bring Support** - If you are feeling nervous about coming out, bring a partner, family member, or friend for support.

- **Be Comfortable** - Speak openly about your sexual orientation or gender identity when you feel most comfortable.

- **Be Direct and Honest** - You can say something like, “It is important that you know I am gay/lesbian/bisexual/transgender. Now that you know this, is there anything about my health care and my sexual orientation/gender identity we should talk about?”

- **Be Open and Patient** - If your provider uses the wrong terms or pronoun when referring to you or your partner, allow them to know which terms you prefer.

References:
Gay and Lesbian Medical Association – Ten Things Gay Men, Lesbians, Bisexuals, and Transgender Persons Should Discuss with their Health Care Providers.
Centers for Disease Control and Prevention – Lesbian, Gay, Bisexual, and Transgender Health.
LGBT people can feel shame and bias. They may find it hard to receive good health care. They may also have less health care options. Many may feel that health care providers do not know their health needs. The list below gives information about common health and wellness topics within the LGBT community. While these may not affect everyone, these are important health concerns.

**COMMON HEALTH AND WELLNESS TOPICS IMPORTANT TO THE LGBT COMMUNITY**

**HEART HEALTH**
LGBT individuals should take care of their heart health, particularly if they smoke or use certain drugs. Talk to your healthcare provider about how and when to check for cancer.

**PREVENTATIVE CARE**
Preventative care is an important part of maintaining your health, and may include immunizations, vaccines, screenings, and regular check-ups. The Hepatitis A and Hepatitis B vaccines are recommended for most gay and bisexual men, while the Human Papillomavirus (HPV) vaccine is recommended for women and most gay and bisexual men through age 26. Speak to your provider about receiving these vaccinations.

**Penn Primary Care**
Penn Primary Care physicians offer outstanding, personalized care, and will provide needed vaccinations for their patients. To request an appointment, call 800.789.PENN (7366) or visit PennMedicine.org/PrimaryCare.

**CANCER**
The LGBT community experiences some cancers more often. Lesbian women have a higher chance of getting breast cancer and some gynecological cancers. Gay and bisexual men have anal cancer more often, more so if HIV-infected. Tests can be done to check for cancer. Talk with a healthcare provider about what and when to check for cancer.

**Abramson Cancer Center**
The Abramson Cancer Center provides a full range of cancer treatment. To locate a Penn cancer specialist or to schedule an appointment or visit PennMedicine.org/cancercenter or call 800.789.PENN (7366) or visit PennCancer.org

**INFECTION DISEASES – HIV, HEPATITIS, STIS**
To reduce the risk of contracting HIV, STIs, certain types of hepatitis always practice safe sex by using condoms and dental dams.

**Men who have sex with men**
- Transgender women and bisexuals are at increased risk for Hepatitis C, while the Human Papillomavirus (HPV) vaccine is recommended for women and most gay and bisexual men. Gay and bisexual men, transgender women, and women with a history of sex work are at increased risk for Hepatitis B.
- The Hepatitis A and B vaccine and being screened for Hepatitis A, B, and C. If you have Hepatitis C, there are new, effective treatments with fewer side effects.

**Men who have sex with men**
- Men who have sex with men, transgender women and bisexuals are at increased risk for Hepatitis C, Hepatitis B, and other sexually transmitted infections (STIs). If you are HIV-infected, we can connect you with skilled providers. If you are in a relationship where one of you is HIV-infected, talk to your healthcare provider about options for HIV prevention. If you test HIV positive, consider taking a statin.

**Penn Fertility Care**
Penn Fertility Care offers a variety of services including sperm insemination and egg donations. To request an appointment, call 800.789.PENN (7366) or visit PennMedicine.org/LGBTfertility

**Center for Couples and Adult Families**
Penn’s Center for Couples and Adult Families provides counseling services and resources for individuals, couples, groups, and families. To make an appointment call 215.746.5900 or visit med.upenn.edu/ccafl/index.html

**MENTAL HEALTH AND ADDICTION**
Some LGBT individuals may experience depression; anxiety; heavy drinking; tobacco use, and drug use. If you are struggling with mental health concerns or addiction issues, there are resources to help.

**Penn Behavioral Health**
Penn Behavioral Health offers treatment for many mental health concerns. For the program that best meets your needs, call 866.301.4724 or visit PennMedicine.org/BehavioralHealth

**Penn Presbyterian Medical Center**
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**THE HOSPITALS OF THE UNIVERSITY OF PENNSYLVANIA – PENN PRESBYTERIAN**
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