



Penn Medicine



PATIENT SERVICES FOR  
LESBIAN, GAY, BISEXUAL AND TRANSGENDER  
**HEALTH**

CLIMATE | OUTREACH | HEALTH EDUCATION | RESEARCH | PATIENT CARE

## WHO WE ARE

The Penn Medicine Program for Lesbian, Gay, Bisexual, and Transgender (LGBT) Health works to improve the care of all LGBT people.



## 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 respect.***

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](http://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](mailto:LGBTHealth@med.upenn.edu) or call **215.573.8499**.

Visit us on the web at [PennMedicine.org/LGBT](http://PennMedicine.org/LGBT)

Like us on Facebook at [Facebook.com/PennLGBT](https://www.facebook.com/PennLGBT).

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### How to use this guide:

- T** - indicates providers experienced in transgender health care
- P** - indicates providers who prescribe PrEP
- \*** - indicates providers who are LGBT Clinical Specialists

## PRIMARY CARE

### FAMILY MEDICINE

#### Penn Family and Community Health

Penn Medicine University City  
3737 Market Street, 9th Floor  
Philadelphia, PA 19104  
215.662.8777

##### Providers:

Allison Myers, MD, MPH\* **T P**  
Joseph Teel, MD, FAAFP **T P**  
Meghan Fibbi, DO, MPH **T P**  
Kevin Kline, MD **T P**  
Renée M. Betancourt, MD **T P**  
Judy Chertok, MD **P**  
James Becker, MD **T P**  
Nali Spahr, MD **T P**  
Cramer McCullen, MD **T P**  
Seneca Harberger, MD **T P**  
Micah Kiehl, MD **T P**  
Christine Schultheiss, MD **T P**  
Peter Cronhom, MD **P**  
Kristina Pamela Garcia, MD, AAHIVS  
Emily DeMartino, CRNP **T P**

#### Penn Family Medicine University City

4623 Spruce Street  
Philadelphia, PA 19139  
215.474.6100

##### Providers:

Aimee Ando, DO **T P**

#### Penn Family Medicine at Pennsylvania Hospital

700 Spruce Street, Suite 305  
Philadelphia, PA 19106  
215.829.3468

##### Provider:

Lori Atikson, MD **P**

#### Penn Family Medicine Kennett

Kennett Medical Center, Suite 102  
402 McFarlan Road  
Kennett Square, PA 19348  
610.444.5678

##### Providers:

Kevin Forsell, PA-C **P**

## INTERNAL MEDICINE

### Edward S. Cooper Internal Medicine

3701 Market Street, Suite 640  
Philadelphia, PA 19104  
215.662.2250

##### Providers:

Andrew W. Maier, MD **T P**  
Eric J. Palecek, MD  
Marisa A. Rogers, MD, MPH, FACP **P**  
Judith Long, MD  
Marguerite Balasta, MD  
Amber Nicole Bird **P**  
Paul Lu, MD **P**  
Corrine Rhoades, MD **P**  
Lauren Mechanic, MD

### Delancey Internal Medicine

Penn Medicine Washington Square  
800 Walnut Street, 17th Floor  
Philadelphia, PA 19107  
215.829.3523

##### Providers:

Caitlin Dougherty, CRNP **P**  
Hilary O'Neil Johnson, CRNP **P**  
Raphael Karkowsky, MD **P**  
Raza Ahmad, MD **P**

### Spruce Internal Medicine

Penn Medicine Washington Square  
800 Walnut Street, 16th Floor  
Philadelphia, PA 19107  
215.829.0101

##### Providers:

Laura Tucker Honig, PA-C **P**  
Kathleen King, MD **P**  
Jennifer Nizen, MD  
Lori Noble, MD **P**  
Erica Wolf, MD **P**

## SPECIALTY CARE

### CARDIOVASCULAR MEDICINE

#### Penn Heart and Vascular Center

Perelman Center for Advanced Medicine  
East Pavilion, 2nd Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.615.5455

##### Provider:

Rajat Deo, MD; Cardiac Electrophysiology, Arrhythmias

#### Penn Heart and Vascular Testing

Perelman Center for Advanced Medicine  
Atrium, Ground Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.2912

##### Provider:

Victor A. Ferrari, MD; Cardiovascular Diseases, Non-Invasive Testing

## DERMATOLOGY

### Penn Dermatology

Perelman Center for Advanced Medicine  
South Pavilion, 1st Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.2737

##### Provider:

Carrie L. Kovarik, MD\* **T**  
Jules Lipoff, MD **T**




# PROVIDER DIRECTORY

## ENDOCRINOLOGY, DIABETES, AND METABOLISM

### Penn Endocrinology

Perelman Center for Advanced Medicine  
West Pavilion, 4th Floor  
3400 Civic Center Blvd  
Philadelphia, PA 19104  
215.662.2300

#### Provider:

Ilona Lorincz, MD; Endocrinology\*   
Caitlin White, MD   
Caitlin Reynolds, CRNP 

## GASTROENTEROLOGY

### Penn Presbyterian Medical Center

218 Wright Saunders Building  
51 N. 39th Street  
Philadelphia, PA 19104  
215.662.8900

#### Providers:

Mark Osterman, MD, MSCE; Endoscopy,  
Inflammatory Bowel Diseases  
Katherine Weyant, CRNP

### Pennsylvania Hospital

Farm Journal Building, 4th Floor  
230 West Washington Square  
Philadelphia, PA 19106  
215.829.3561

#### Providers:

Manoj Shirodkar, MD; Endoscopy,  
General Gastroenterology Consultation

## GERIATRIC MEDICINE

### Penn Memory Center

Perelman Center For Advanced Medicine  
South Pavilion, 2nd Floor  
3615 Chestnut Street  
Philadelphia, PA 19104  
215.662.7810

#### Provider:

Jason Karlawish, MD; Cognitive Disorders

## HEMATOLOGY/ONCOLOGY

### Abramson Cancer Center

Perelman Center for Advanced Medicine  
West Pavilion  
3400 Civic Center Blvd  
Philadelphia, PA 19104  
215.615.5858

#### Lung Cancer Providers:

Charu Aggarwal, MD, MPH; Lung, Head,  
and Neck Malignancies  
Tracey Evans, MD; Thoracic Malignancies

#### Rena Rowan Breast Center Providers:

Amy Clark, MD  
Susan M. Domchek, MD

#### Melanoma and Pigmented Lesions Provider:

Tara C. Gangadhar, MD

#### Gastrointestinal Oncology Provider:

Arturo Loaiza-Bonilla, MD, FACP 

#### Providers Hematology/Bone Marrow Transplant:

Saar Gill, MD  
Jakub Svoboda, MD; Lymphoma

### Penn Radiation Oncology

Pennsylvania Hospital  
Widener Ground Level  
800 Spruce Street  
Philadelphia, PA 19107  
215.829.3873

#### Provider:

Geoffrey Geiger, MD; Brain, head, neck and  
gynecologic cancer

## INFECTIOUS DISEASES/HIV/AIDS

### Infectious Diseases

Perelman Center for Advanced Medicine  
South Pavilion, 4th Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.6932

#### Providers:

Neil Fishman, MD   
Ian Frank, MD\*   
Janet Hines, MD   
Pablo Tebas, MD   
Dovie Watson, MD

### Penn Community Practice

Penn Presbyterian Medical Center  
3910 Powelton Ave, 2nd Floor  
Philadelphia, PA 19104  
215.662.9908

#### Providers:

Delisha Breen, CRNP  
Jody Gilmore, CRNP; Hepatitis  
Charitha Gowda, MD  
Brendan Kelly, MD  
Alysa Krain, MD  
Vin Lo Re, MD; Hepatitis  
Richard Maniglia, MD  
Carol McLaughlin, MD  
Anne Norris, MD  
Judy O'Donnell, MD  
William Short, MD\* 

### Penn Infectious Diseases & Travel Medicine

Pennsylvania Hospital  
Garfield Duncan Building, Suite 1B  
301 South 8th Street  
215.829.5354

#### Providers:

Jason Bofinger, MD   
Mike Brafman, MD   
Leigh Kennedy, DO   
John Stern, MD 

# PROVIDER DIRECTORY

## NEUROLOGY

### **Penn Neurology**

Pennsylvania Hospital  
330 South 9th Street  
Philadelphia, PA 19107  
215.829.7512

#### **Provider:**

Andres Deik, MD; Movement Disorders

## OB/GYN AND FERTILITY CARE

### **Helen O. Dickens Center for Women's Health**

Hospital of the University of Pennsylvania  
1 West Gates  
3400 Spruce Street  
Philadelphia, PA 19104  
215.662-7366

#### **Providers:**

Rebecca W. Stephens, MSN, CRNP

### **Penn Ob/Gyn Associates**

3701 Market St, Suite 371  
Philadelphia, PA 19104  
215.662.6035

#### **Providers:**

Lindsay Baukert, CRNP, MSN\*   
Iliana Robinson, MD, MPH  
Peter Vasquez, MD\*   
Holly Cummings, MD, MPH\*    
Anna S. Graseck, MD

### **Penn Fertility Care**

Penn Medicine Washington Square  
800 Walnut Street, 10th Floor  
Philadelphia, PA 19104  
215.829.2345

#### **Providers:**

Scott E. Edwards, MD; Infertility and Reproductive Endocrinology  
Suleena Kansal Kalra, MD, MSCE; Infertility and Reproductive Endocrinology; General Gynecology  
Puneet Masson, MD; Male Fertility, Andrology\* 

### **Penn Fertility Care**

3701 Market Street, 8th Floor  
Philadelphia, PA 19104  
215.662.6100

#### **Providers:**

Kate O'Neill, MD  
Monica Mainigi, MD; Infertility and Reproductive Endocrinology  
Suneeta Senapati, MD, MSCE; Infertility and Reproductive Endocrinology  
Puneet Masson, MD; Male Reproductive Medicine\*   
Clarisa Garcia, MD, MSCE

### **Penn Medicine Radnor**

250 King of Prussia Road  
Radnor, PA 19087  
215.662.7366

#### **Providers:**

Divya Kelath Shah, MD MME  
Clarisa Garcia, MD, MSCE

## PULMONARY MEDICINE

### **Harron Lung Center**

Perelman Center for Advanced Medicine  
West Pavilion, 1st Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.3202

#### **Provider:**

C. Jessica Dine, MD, MSHP

### **Harron Lung Center**

Penn Medicine University City  
3737 Market Street, 10th Floor  
Philadelphia, PA 19104  
215.622.8766

#### **Provider:**

Judd Flesch, MD

## RHEUMATOLOGY

Perelman Center for Advanced Medicine  
South Pavilion, 1st Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.2454

#### **Provider:**

Antoine G. Sreih, MD

### **Penn Musculoskeletal Center**

Penn Medicine University City, 8th Floor  
3737 Market Street  
Philadelphia, PA 19104  
215.662.2454

#### **Provider:**

Antoine G. Sreih, MD

## SLEEP MEDICINE

Penn Sleep Center  
3624 Market Street  
Suite 201  
Philadelphia, PA 19104  
215.662.7772

#### **Providers:**

Janice Biddle, CRNP  
Joyce Epelboim, MD  
Lisa Felkins, CRNP  
Indira Gurubhagavatula, MD, MPH  
Megin Myers, CRNP  
Sharon L. Schutte-Rodin, MD, DABSM, CBSM  
Sigrid Veasey, MD

### **Penn Sleep Center**

Penn Medicine Cherry Hill  
409 Route 70 East  
Cherry Hill, NJ 08034  
215.662.7772

#### **Providers:**

Joyce Epelboim, MD  
Lisa Felkins, CRNP  
Ilene M. Rosen, MD, MSCE



# PROVIDER DIRECTORY

## SURGERY

### Colon and Rectal Surgery

Penn Medicine Washington Square  
800 Walnut Street, 20th Floor  
Philadelphia, PA 19107  
215.829.5333

#### **Providers:**

Joshua I.S. Bleier, MD  
Nicole Sauer, MD

Perelman Center for Advanced Medicine  
4th Floor West Pavilion  
3400 Civic Center Blvd.  
Philadelphia, PA 19104  
215.662.2078

#### **Providers:**

Cary B. Aarons, MD  
Joshua I.S. Bleier, MD  
Najjia N. Mahmoud, MD

Penn Medicine University City  
3737 Market Street, 4th Floor  
Philadelphia, PA 19104  
215.662.8664

#### **Provider:**

Skandan Shanmugan, MD

Penn Medicine at Radnor  
250 King of Prussia Road  
Radnor, PA 19087  
215.662.8664

#### **Provider:**

Skandan Shanmugan, MD

### Gastrointestinal Surgery

Penn Medicine Washington Square  
800 Walnut Street, 20th Floor  
Philadelphia, PA 19107  
215.829.3455

#### **Provider:**

Allen H. Bar, MD

Perelman Center for Advanced Medicine  
West Pavilion, 4th Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.2131

#### **Provider:**

Jon B. Morris, MD

### Endocrine and Oncologic Surgery

Penn Medicine Washington Square  
800 Walnut Street, 20th Floor  
Philadelphia, PA 19107  
215.829.8461

#### **Providers:**

Ari D. Brooks, MD; Breast, Thyroid, Parathyroid, and  
General Oncology Surgery

### Rena Rowan Breast Center: Abramson Cancer Center

Perelman Center for Advanced Medicine  
West Pavilion, 3rd Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.615.5858

#### **Providers:**

Carla Fisher, MD; Endocrine and Oncologic Surgery,  
Non-Cosmetic Breast Surgery

Abramson Cancer Center  
Perelman Center for Advanced Medicine  
West Pavilion, 4th Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.2030

#### **Providers:**

Rachel R Kelz, MD, MSCE, FACS

### Otolaryngology, Head and Neck Surgery

Perelman Center for Advanced Medicine  
South Pavilion, 3rd Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.2979

#### **Providers:**

Natasha Mirza, MD, FACS;  
Voice Gender Reassignment Surgery\* 

### Plastic Surgery

#### Otorhinolaryngology: Head and Neck Surgery

Penn Medicine Washington Square  
800 Walnut Street, 18th Floor  
Philadelphia, PA 19107  
215.829.5180



#### **Provider:**

Oren Friedman, MD\* 

### Penn Plastic Surgery

Perelman Center for Advanced Medicine  
South Pavilion, 1st Floor  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
215.662.7300



#### **Providers:**

Joshua Fosnot, MD\*   
Joseph M. Serletti, MD\* 

### Penn Plastic Surgery Bryn Mawr

Suite 219  
23 Morris Avenue  
Bryn Mawr, PA 19010  
215.662.7300

#### **Providers:**

Joshua Fosnot, MD\*   
Joseph M. Serletti, MD, FACS\* 

# PROVIDER DIRECTORY

## UROLOGY

Penn Medicine Washington Square  
800 Walnut Street, 10th Floor  
Philadelphia, PA 19107  
215.829.3409

### **Providers:**

Victor Carpinello, MD  
R. Caleb Kovell, MD   
Ariana Smith, MD  
Carolann Howard, PA


Perelman Center for Advanced Medicine  
3rd Floor West Pavilion  
3400 Civic Center Blvd  
Philadelphia, PA 19104  
215.662.2891

### **Providers:**

William Jaffe, MD  
R. Caleb Kovell, MD   
Christopher Lorenc, PA-C   
Bernice McPherson, CRNP  
Ariana Smith, MD  
Alan J. Wein, MD, PhD (hon)

Penn Medicine University City  
3737 Market Street, 4th Floor  
Philadelphia, PA 19104  
215.662.8699

### **Providers:**

Eleanor Bevan, PA-C  
William Jaffe, MD  
Christopher Lorenc, PA-C  
Puneet Masson, MD; Male Reproductive Medicine;  
Surgery\* 

Penn Medicine at Radnor  
250 King of Prussia Road  
Radnor, PA 19087  
215.662.8699

### **Providers:**


Eleanor Bevan, PA.C  
Puneet Masson, MD; Male Reproductive Medicine;  
Surgery\* 

## PSYCHIATRY/BEHAVIORAL HEALTH

### **Penn Psychiatry/Behavioral Health**

The Center for Couples and Adult Families  
3535 Market St, 4th Floor  
Philadelphia, PA 19104  
215.746.5900

### **Providers:**

Jacqueline Hudak, Ph.D., LMFT;  
General Couple and Family Practice,  
Diverse Family Structures, LGBT Couples\* 

### **Penn Center for Women's Behavioral Wellness**

3535 Market Street, Room 3079A  
Philadelphia, PA 19104  
215.573.8886

## Community Resources

### **The Attic Youth Center (Age 14-23)**

255 South 16th Street  
Philadelphia, PA 19102  
215.545.4331 Ext. 118

### **John F. Kennedy Behavioral Health Center**

112 North Broad Street, 7th floor  
Philadelphia, PA, 19102  
Medicaid: 215.568.0860 x3342  
Private Insurance: 215.568.0860 x3335

### **Provider:**

Lisa Pozzi, MA, LPC 

### **The Mazzoni Center**

21 S. 12th Street, 8th floor  
Philadelphia, PA 19107  
215.563.0652

### **Philadelphia LGBT Counseling**

1518 Walnut Street, Suite 303  
Philadelphia, PA 19102  
215.603.7336

### **The Therapy Center of Philadelphia**

Women, Transgender,  
Gender Non-Conforming  
The Philadelphia Building  
1315 Walnut Street, Suite 1004  
Philadelphia, PA 19017  
215.567.1111



The Children's Hospital of Philadelphia®  
Hope lives here.®





## GENDER AND SEXUALITY DEVELOPMENT CLINIC AT THE CHILDREN'S HOSPITAL OF PHILADELPHIA

Provides assessment, medical management,  
and other support for gender-wvariant or  
transgender children and adolescents.

### **Adolescent Medicine: Gender Clinic**

3550 Market Street, 5th Floor  
Philadelphia, PA  
215.590.3537  
genderclinic@email.chop.edu

### **Providers:**

Nadia Dowshen, MD\*   
Linda Hawkins, Ph.D., LPC\*   
Wilma C. Rossi, MD   
Zachary McClain, MD 





Chester County Hospital

## DENTISTRY

**Dr. Richard Nelson, DDS**

619 S. High Street  
West Chester, PA 19382  
610.696.0416

## DIABETES

**Accurate Foot & Diabetic Care**

520 Maple Ave, Suite 1  
West Chester PA, 19380  
610.436.5883

## FAMILY MEDICINE

**Colonial Family Practice**

217 Reeceville Road, Suite A  
Coatesville, PA 19320  
610.269.9448

**Provider:** Marianne R. Nikas, MD

**Gateway Family Practice Downingtown**

101 Manor Avenue  
Downingtown, PA 19335  
610.269.7656

**Providers:**

Charles J. Barr, MD  
Monica L. Norris, MD  
Jessica Schleusner, DO  
Rannette C. Schurtz, MD

**Penn Primary Care and Integrative Medicine  
Whiteland**

724 West Lincoln Highway  
Exton, PA 19341  
610.269.3790

**Provider:** Lisa F. Parviskhan, DO

**Manos Family Practice**

915 Old Fern Hill Road  
West Chester, PA 19380  
610.235.4100

**Provider:** Antoninus J. Manos, DO

## FERTILITY

**Main Line Fertility**

915 Old Fern Hill Road  
Building B, Suite 101  
West Chester, PA 19380  
610.840.0061

**Providers:**

Deanna R. Brasile, DO  
Michael J. Glassner, MD  
Ben Gocial, MD  
John J. Orris, DO, MBA

## INTERNAL MEDICINE

**Gateway Internal Medicine of West Chester**

520 Maple Ave, Suite 4  
West Chester, PA 19380  
610.430.8200 x1117

## PLASTIC SURGERY

**Cirillo Center for Plastic Surgery**

Rosemont Business Campus  
919 Conestoga Road  
Building Two, Suite 106  
Bryn Mawr, PA 19010  
610.525.0500

**Provider:** Laura Gowen, MD

## PODIATRY

**Accurate Foot & Diabetic Care**

839 Lincoln Avenue, Suite A  
West Chester, PA19380  
610.436.5883

**Provider:** Julie B. Siegeman, DPM

## RHEUMATOLOGY

**Chester County Rheumatology**

795 East Marshall Street # 101  
West Chester, PA 19380  
610.692.4666

**Penn Medicine Southern Chester County**

455 Woodview Road, Suite 230  
West Grove, PA 19390  
610.692.4666

## OB/GYN

**Cheryl R. Bellaire, MD, LLC**

296 Main Street  
Exton, PA 19341  
610.363.9206

**Chester County Hospital Ob-Gyn  
Clinic Services**

701 E. Marshall Street, Ground Floor  
West Chester, PA 19380  
610.431.5155

**Medical Office Building at New Garden**

830 West Cypress Street  
Kennett Square, PA 19348  
610.431.5155

**Providers:**

Susan Kutchinsky, CRNP  
Debra Mellon, CRNP  
Lynne Rudderow, CRNP

## HOSPITAL

**Chester County Hospital**

701 E. Marshall Street  
West Chester, PA 19380  
610.431.5594

**Providers:**

Susan Kutchinsky, CRNP  
Debra Mellon, CRNP  
Lynne Rudderow, CRNP



Lancaster General Hospital

### FAMILY MEDICINE

#### LG Health Physicians Comprehensive Care

554 N. Duke Street  
3rd Floor  
Lancaster, PA, 17602  
717.544.4943

**Providers:**

Jeffery T. Kirchner, DO, FAAFP, AAHIVS  
Adam C. Lake, MD, AAHIVS

#### Family Medicine East Petersburg

5665 Main Street  
East Petersburg, PA, 17520  
717.569.7011

**Provider:**

Patrick J. Moreno, MD, CAQSM, RMSK

#### Family Medicine Twin Rose – Columbia

306 N. 7th Street  
P.O. Box 926  
Columbia, PA, 17512  
717.684.9106

**Provider:**

Benjamin R. Snell, MD

#### Family Medicine Quentín

1701 Cornwall Road  
Lebanon, PA, 17042  
717.675.1780

**Provider:**

Jessica A. Orner, MD

### GERIATRICS

#### LG Health Physicians Geriatrics – Lancaster

2112 Harrisburg Pike, Suite 312  
P.O. Box 3200  
Lancaster, PA, 17601  
717.544.3022

**Provider:**

Carly A. Albright, CRNP

### HEMATOLOGY/ONCOLOGY

#### LG Health Physicians Hematology & Medical Oncology

Ann B. Barshinger Cancer Institute  
2102 Harrisburg Pike  
Lancaster, PA, 17601  
717.544.9400

**Provider:**

Randall A. Oyer, MD

### OBSTETRICS AND GYNECOLOGY

#### Family & Maternity Medicine

694 Good Drive  
Suite 11  
Lancaster, PA, 17601  
717.544.3737

**Provider:**

Jeffrey R. Martin, MD

#### LG Health Physicians Maternal – Fetal Medicine

694 Good Drive  
Suite 200  
Lancaster, PA, 17601  
717.544.3514

**Provider:**

Nichole M. Gehman, CRNP

### NEUROLOGY

#### Neuropsychology

2150 Harrisburg Pike  
Suite 200  
Lancaster, PA, 17601  
717.544.3172

**Provider:**

Jennifer M. Collins, PsyD

### URGENT CARE

#### LG Health Urgent Care – Lancaster

2118 Spring Valley Rd.  
Lancaster, PA, 17601  
717.544.0150

**Provider:**

Vito J. DiCamillo, MD

# COMING OUT TO YOUR PROVIDER



LGBT people may 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 Only 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?"

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#### 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.



The Hospitals of the University of Pennsylvania - Penn Presbyterian are ranked among the top hospitals in the United States by *U.S. News & World Report*.

## 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 how 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 for cancer screening, call 800.789.PENN (7366) or visit [PennCancer.org](http://PennCancer.org)

## HEART HEALTH

LGBT individuals should take care of their heart health, particularly if they smoke or use certain hormones. Talk to your healthcare provider about ways to be heart healthy.

### Penn Heart and Vascular Care

Penn's heart and vascular services provides medical and surgical care. To schedule an appointment, call 800.789.PENN (7366) or visit [PennMedicine.org/Heart](http://PennMedicine.org/Heart)

## 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](http://PennMedicine.org/BehavioralHealth)

### Comprehensive Smoking Treatment Program at the Penn Lung Center

Penn's Comprehensive Smoking Treatment Program provides help for patients trying to quit smoking. To request an appointment call 888.PENN.STOP (888.736.6786) or visit [PennMedicine.org/SmokingCessation](http://PennMedicine.org/SmokingCessation)

### Addictions Assessment Center at Presbyterian Medical Center

The Addictions Assessment Center (AAC) at Penn Presbyterian Medical Center is open 365 days a year for evaluation of behavioral health needs. Assessment Counselors will determine which level and type of care best meets the needs of the patient. For more information about this service, please call 215.662.8747 or visit [PennMedicine.org/PPMCAddictionsAssessment](http://PennMedicine.org/PPMCAddictionsAssessment)

## RELATIONSHIPS AND FAMILY

Many LGBT individuals and couples across America are raising or want to have children. Services are available to help you start a family and deal with various relationship and family issues.

### 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](http://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/ccaf/index.html](http://med.upenn.edu/ccaf/index.html)

## 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](http://PennMedicine.org/PrimaryCare).

## INFECTIOUS 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 viruses that cause Hepatitis, a serious liver disease. Talk to your provider about receiving 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 are more likely to contract HIV than other groups. However, anyone who is sexually active is at risk and should be tested annually for HIV 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. Talk to your provider about pre-exposure prophylaxis or PrEP, which prevents HIV infection if you are exposed to the virus. This is done by taking one pill every day. When taken every day, PrEP can greatly reduce the risk of HIV infection. Providers in our directory who prescribe PrEP have the letter P next to their name.

### Penn Infectious Diseases

Penn Infectious Diseases provides primary care for patients with HIV, Hepatitis B, Hepatitis C, STIs, and other infectious diseases. To schedule an appointment with a physician, call 800.789.PENN (7366) or visit [PennMedicine.org/Infectious](http://PennMedicine.org/Infectious).



## PrEP Program

## HIV PREVENTION

### PrEP (Pre-Exposure Prophylaxis)

is a once-daily medication used to prevent HIV. In addition to other approaches, it can be an effective strategy in preventing HIV.

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**If you are HIV-negative and concerned about your potential exposure, call 267.601.5332 and ask about the PrEP program!**

To learn more about PrEP or to schedule a consultation, please call **267.601.5332** or **800.789.PENN (7366)**.



Penn Medicine

## HORMONE REPLACEMENT THERAPY

Penn Medicine uses an informed consent model of care for patients 18+ when prescribing hormone therapy. After establishing a new patient visit with a primary care physician or endocrinologist, you will discuss your medical history with your provider and establish baseline lab work. It is often possible to begin therapy within a week of your new patient appointment, but exact timelines/decisions are individual and will be determined between you and your provider.

## GENDER AFFIRMING SURGERY

Penn follows WPATH guidelines when referring patients for gender affirming surgery and collaborates with local, regional, and national surgeons. Speak with your primary care provider about receiving pre-operative clearance and post-operative care.

## CURRENT SURGICAL SERVICES OFFERED AT PENN (SEE PROVIDER LISTINGS FOR SPECIFIC PROVIDERS):

- “Top” surgery (masculinizing chest reconstruction and feminizing augmentation): Penn Plastic Surgery
- Facial feminization: Penn Plastic Surgery
- Body contouring: Penn Plastic Surgery
- Orchiectomy (removal of testes): Penn Urology
- “Bottom” surgical revisions: Penn Urology

*\*Penn does not currently offer “bottom” surgery (vaginoplasty, phalloplasty, metoidioplasty)*

## INSURANCE

Penn accepts most major insurances and Medicare/Medicaid. To verify, visit our accepted insurance website: [www.pennmedicine.org/Insurance](http://www.pennmedicine.org/Insurance) or contact member services of your insurance.

*PENN PRIMARY CARE DOES NOT ACCEPT NEW KEYSTONE FIRST (Medicaid MCO) PATIENTS*

## AFFIRMING NAME/PRONOUN AND GENDER IDENTITY/SEXUAL ORIENTATION INFORMATION:

PennChart, the Penn Medicine electronic medical record, offers fields for the following information to be recorded:

**Affirming (Preferred) Name and Title (Ms./Mr./Mx.):** Provide upon initial patient registration (over the phone or in person)

**Disclaimer:** *You will be addressed by your preferred name during your visit. Your legal name will still show up on all documents, such as your after-visit summary or lab work.*

**Sexual Orientation, Gender Identity, Sex Assigned at Birth, Pronouns:** Change in “myPennMedicine” under personal information or provide during the clinical portion of visit

**Marital Status/Domestic Partner Status:** Change in “myPennMedicine” under personal information or provide upon initial patient registration (over the phone or in person)

**Legal Name/Gender Marker:** Collected at patient registration (phone or in person) from legal identification

**Updating Patient Record After Legal Name/Gender Marker Change:** More information at [www.pennmedicine.org/UpdatingMedicalRecords](http://www.pennmedicine.org/UpdatingMedicalRecords).

**Disclaimer:** *Correcting your legal name/gender marker in your patient record should be done in concordance your insurance to ensure no disruptions in billing/processing.*

## LGBTQ CHILD BEARING/FAMILY BUILDING

### Penn Family Care and Community Health

We take pride in helping transgender individuals and their partners build their families. Services include contraceptive care, pre-natal care, and fertility preservation before hormone therapy. Schedule a consultation with one of our physicians to learn more.

### Penn LGBT Family Building Program

Penn Fertility Care enthusiastically supports the reproductive needs of the LGBTQ community by offering a variety of reproductive services that will allow family building.

We take pride in helping same sex couples and transgender individuals and their partners become parents. We offer a variety of individualized services to assist you and your partner in your family building goals. More information here: [<link>](#)







**GET  
SUPPORT**  
FROM A  
TRANSGENDER  
PATIENT  
ADVOCATE

The Transgender Patient Advocate Program is part of the Penn Medicine Program for LGBT Health and provides advocacy and support for trans-identified, gender non-conforming and gender queer patients at Penn Medicine. Transgender patient advocates assist patients in finding appropriate providers, making appointments and ensuring optimal patient care for transgender identified individuals at Penn Medicine.

All individuals, including those of non-conforming gender identities, are welcomed into this program. We use the word “transgender” or “trans” to refer to anyone identifying along – or outside of – the transgender spectrum.

**CONTACT US TODAY**

If you are interested in working with one of our transgender patient advocates.

**FOR MORE INFORMATION**

**PLEASE CALL** 215.573.8499

**EMAIL** [LGBTlhth@med.upenn.edu](mailto:LGBTlhth@med.upenn.edu)

**LEARN MORE** [PennMedicine.org/LGBT](https://PennMedicine.org/LGBT)

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Penn Medicine

To learn more about the Penn Medicine Program for LGBT Health or to view a list of providers who regularly care for LGBT patients, visit [PennMedicine.org/LGBT](https://PennMedicine.org/LGBT) or call **800.789.PENN (7366)**.



Penn Medicine

CLIMATE | OUTREACH | HEALTH EDUCATION | RESEARCH | PATIENT CARE