

Additional health care and support resources

Centers for Disease Control and Prevention
[CDC.gov/LGBTHealth](https://www.cdc.gov/LGBTHealth)

Human Rights Campaign Healthcare Equality Index
[HRC.org/HEI](https://www.hrc.org/HEI)

Louisville Youth Group (for LGBTQIA+ youth)
[LouisvilleYouthGroup.org](https://www.louisvilleyouthgroup.org)

National LGBT Health Education Center
[LGBTHealthEducation.org](https://www.lgbthealtheducation.org)

Parents and Friends of Lesbians and Gays
[PFLAG.org](https://www.pflag.org)

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Your Health Provider Relationship

A resource for LGBTQ patients



LGBTQ
INCLUSIVE



[NortonHealthcare.com/LGBTQ](https://www.NortonHealthcare.com/LGBTQ)





Norton Healthcare is an inclusive health provider. We believe every person has a right to the best health care experience and treatment options. If you are lesbian, gay, bisexual, transgender or questioning your sexual identity (LGBTQ), it's important to be open and honest with your medical provider so that we can work together to meet your health needs.

As you embark on your patient journey, we want you to be comfortable with coming out to your provider. Being LGBTQ is not uncommon and no person should feel ashamed. Because LGBTQ people face unique health risks, it's important we know this about you.

Some health risks LGBTQ people face include:

- Higher smoking rates and/or substance abuse
- Higher chances of depression, bipolar disorder and generalized anxiety disorder
- Greater risk of suicide attempts
- Greater chance of contracting sexually transmitted diseases (STDs)

When your health provider knows you on a more personal level, he or she can help identify and recommend screening or treatment options and plans based on your personal needs and goals. Your provider is here to be an advocate and resource for all aspects of your mental and physical health.

Mental and physical health

The stress of feeling like you are different from your peers and then coming out and dealing with the judgment of family, friends or co-workers can cause fear, dread and anxiety. Support systems differ from family to family and from friend to friend. Some may be more supportive and accepting than others, while some may completely shut you out of their lives. Others may need time to adjust to your coming out and to accept it.

Without proper support and acceptance, LGBTQ individuals can be susceptible to mental health disorders such as extreme depression, anxiety, bipolar disorder and/or attempted suicide.

Staying in good physical health also can have a positive effect on mental health. Eating right and exercising regularly can improve self-esteem and confidence. Also, regular exercise can have a profound positive impact by relieving stress, improving memory, helping you sleep better and boosting your overall mood.

Sexual health

Talking with your provider about your sexual health and activity can be embarrassing. However, this is a normal and often discussed part of everyone's health. Discussing your sexual activity and behaviors with your provider can be beneficial to ensure the following:

- Proper and regular screening for STDs and HIV if you are sexually active
- Getting vaccinated for HPV and hepatitis A and B
- Preventing STDs through use of condoms or other safe sex methods
- Education about safe sex practices
- Resources for counseling
- Preventing sexual dysfunction or problems
- Resources and advice for family planning

