Health Disparities in the LGBTQ+ Community

What are health disparities?
Unequal and preventable differences in disease, harm, or opportunities that happen to specific populations or groups of people.

Heart Health
Lesbians and bisexual females are more likely to be overweight or obese than their heterosexual peers.\(^1\)

Additionally, LGBTQ+ populations have the highest rates of tobacco and alcohol use in the U.S.\(^1\)

These conditions can increase the risk of developing life-threatening heart disease.

LGBTQ+ survey participants in Minnesota said that cost was a barrier to healthcare even if they had insurance.¹

Nationally, about 7 in 10 Transgender or gender non-conforming patients have faced some discrimination in healthcare.²

Staying Healthy and Seeking Care

Be Aware of Preventative Screenings

For transgender men³
Cervical cancer screening every 3 years for those older than 21.

Breast cancer, If there has been chest reconstruction, annual chest wall/axillary exams. If there is no history of top surgery, usual screening should be performed.

For transgender women³
Trans women older than 45 should talk to their doctor about prostate cancer screenings.
Pap smears are not recommended.

For lesbian women³
Mammograms every 1-2 years after age 40 for breast cancer.
Pap smears every 3 years after age 21 for cervical cancer.

Know when to walk away and who to talk to.
You deserve to be treated with respect. If you are not receiving proper care, walk away and know that most hospitals have formal complaint contacts.

Additional Resources:
To find a LGBTQ+ - friendly provider, search the GLMA Provider Directory.

To learn more about heart disease, visit: your-heart-health.com

¹ Rainbow Health Initiative. Voices of Health—2016 Survey Results
² Human Rights Campaign. Healthcare Equality Index. 2014 Update

Boston Scientific
CLOSE THE GAP
Health Equity for Life