



Talking about being LGBTQ with your Healthcare Provider

Your Healthcare

Being healthy is about being a whole person. You're an important part of your healthcare team.

For many people, it isn't easy to talk about sexuality, sexual orientation, or gender identity.

There are many benefits to talking with your healthcare providers. Sharing information helps make sure you get the right care.

Any information you share is kept confidential.

AHS welcomes people of all sexual orientations, gender identities, and expressions.

Share Your Experience

Sharing your experiences gives healthcare providers a chance to:

- learn about you, including what name you like to be called
- know what your needs are, instead of assuming what your needs might be
- work with you to advocate for your care
- improve care for others

Tips for Talking

If the topic doesn't come up, think about saying: "We haven't talked about my sexuality and it's important that you know about my orientation and identity. Is there any information you need to know?"



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Important Health Topics

It's important for everyone to talk about:

- heart health
- diet and exercise
- mental health concerns (e.g., depression, anxiety, eating disorders)
- substance use (e.g., alcohol, smoking, drugs)
- sexual health, which includes sexually transmitted infections (STIs), HIV, and hepatitis testing
- cancer and cancer screening (breast, cervix, prostate, testicles, colon)
- intimate partner violence or sexual assault
- any other needs (e.g., transgender health)

Everyone needs to be screened for cancer and other diseases. If you have the body part, it needs to be tested. For example, if you have:

- a cervix—you need a Pap test, which checks for abnormal cells and cancer
- testicles—you need to learn about testicular self-exam (TSE)
- a prostate—you need to learn about prostate health and screening

For more information about cancer screening, go to www.screeningforlife.ca

For More Information

- Sexual and Reproductive Health Education and Health Promotion
5th Floor, 1213–4th Street SW
Calgary, AB (403) 955-6515
- www.myhealth.alberta.ca

For 24/7 nurse advice or general health information, call Health Link Alberta toll-free at 1-866-408-5465 (LINK)

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.

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