

EXPECT MORE

Everyone Deserves Good Health

7th Annual National LGBT Health Awareness Week

CANCER AND THE LGBT COMMUNITY

Many LGBT people delay routine medical care due to negative experiences with providers, homophobia, transphobia, discrimination and lack of or inadequate health insurance. As a result, we are less likely to receive vital cancer prevention education, early detection, and access to treatment when diagnosed.

Take these steps to improve your health:

- Get yearly gynecological exams if you are over 16 years of age or sexually active, and a woman, transman (with an intact cervix), or transwoman (who has undergone genital reassignment surgery). If not sexually active, we recommend exams at least every 3 years.
- Get a yearly mammogram if you are 40 years or older and a woman or transperson with breast tissue.
- Get screened for colorectal cancer by age 50 or before if there is a family history.
- Discuss your risk for Humanpappiloma Virus (HPV) and need for a rectal pap smear with your doctor.
- Reduce or abstain from smoking tobacco. The National LGBT Tobacco Control Network is available to offer help.
- Exercise at least 30 minutes a day, drink plenty of water and eat a well balanced diet.

EXPECT MORE: Educate yourself about cancer prevention. Remember, early detection can save your life.

For more information, please see:

American Cancer Society (www.cancer.org)

The LGBT Tobacco Control Network (<http://www.lgbttobacco.org/>)

The Mautner Project (www.mautnerproject.org)