

LGBTQ Sexual Health



Program Objectives

- ▶ General Health Concerns
- ▶ Safer Sex - barrier methods
- ▶ STIs - prevention, risk, testing
- ▶ PreP and PEP
- ▶ Specific Concerns
- ▶ Resources

Topics to discuss with your provider

- ▶ Feel comfortable with your medical provider - so you can come out to them
- ▶ STD screening routine and as needed
- ▶ Annual GYN exams/ Pap tests, if you have a cervix
- ▶ Healthy eating habits and exercise 20 minutes a day
- ▶ Anxiety and depression - pay attention to your mental health . Find a counselor if have repeated negative thoughts. Counseling Services is available, additional providers listed at end of this talk

Vaccines to reduce your risk

- ▶ HPV very common Spread through oral, anal, vaginal sex.
- ▶ Can cause genital, oral, throat and cervical cancer.
- ▶ What is your vaccination status?
- ▶ Gardasil vaccine is available at CVS. We can provide prescription.
- ▶ Available for all up to age 26 years
- ▶ 3 dose - initial, 1 month, and 6 months, few side effects
- ▶ Most insurances will cover the cost.

Vaccines continued

- ▶ Hepatitis A
- ▶ Spread through contaminated water or food, oral-fecal route
- ▶ Anyone can get it
- ▶ Biological males having sex with biological males, are at a higher risk due to rimming and anal sex
- ▶ Vaccine available at CVS - 2 doses initial and 6-12 months later
- ▶ Insurance should cover the cost

Prevention is the Ultimate Goal

- ▶ Safer sex is about what you do ... it is more fun if you are not worrying
- ▶ Communication is sexy.. Talk to your partner and make sure you both agree with each progression
- ▶ Silence should be interpreted as “NO”

Lube

	Oil Based	Water Based	Silicone Based
Types and Brands	Vaseline, mineral oil, baby oil, vegetable oil, cold creams, lotions	Astroglide, KY Jelly, Probe, Wet, Liquid Silk	Eros, Wet Platinum, ID Millennium
Should be used with what type of condom	Polyurethane	Polyurethane or Latex	Polyurethane or Latex
Use with sex toys	Can be used with any toys except those made out of latex.	Can be used with toys made out of any material.	Never use with a toy made out of silicone (it'll break down the material).
Cool Facts	It beads up when in contact with water.	Instead of applying more of this lube, you can reinvigorate it by adding a little water to you or your partner's parts.	Since it doesn't break down in water, some people like to use this kind of lube when being intimate in the bath or shower.
Cleanup	Washes off with soap and water.	Rinses off easily with water.	Washes off with soap and water.

Barrier methods

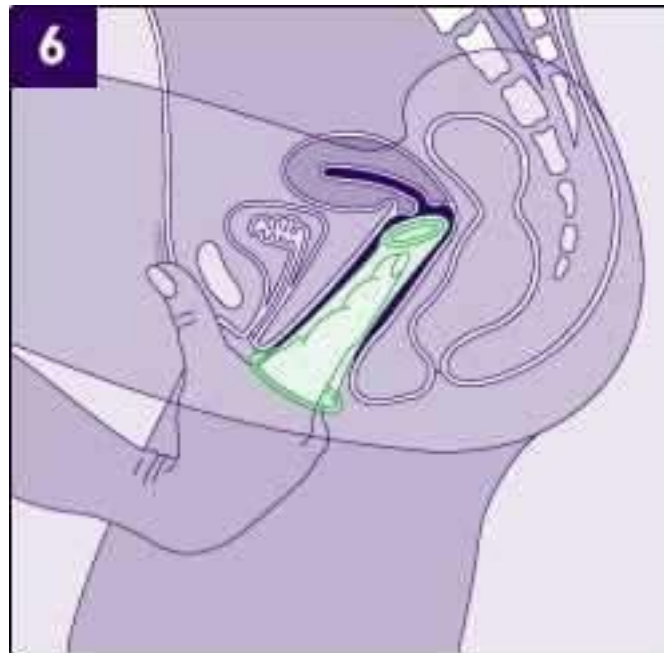
- ▶ Barrier methods will protect the mucosa - oral, anal, vaginal from infection
- ▶ External condom (male) for anal, vaginal and oral sex. Flavored condoms available.
- ▶ Need the correct fit.
- ▶ <https://www.onecondoms.com/>

External Condoms (male)

- ▶ Packet of air, don't open with your teeth, pinch at top and roll down over the penis or dildo
- ▶ Lube the tip- silicon based, not oil based, as can cause condom to break.
- ▶ Lube will reduce friction, make sex more pleasurable, decrease risk of breakage
- ▶ Once ejaculated, hold the base to pull out, if using a dildo, need to change the condom between partners

Internal condom (female condom)

- ▶ Use for vaginal and anal sex.
- ▶ Good option, if external condom is uncomfortable
- ▶ Polyurethane not latex....

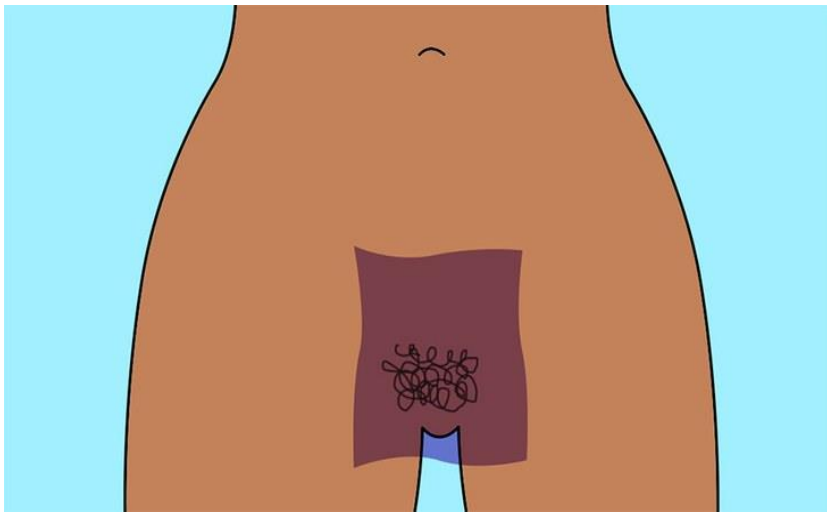


Female condom for anal sex

- ▶ Use the female condom like a “male” condom.
- ▶ Put lube in the female condom, then place it over the penis (or a dildo). Add plenty of lube on the outside.
- ▶ Female condoms can be inserted into the rectum. Insert the female condom up into the rectum, using the inner ring as a guide, if you choose.
- ▶ Some of the female condom will remain outside of the anus. Don't insert the outer ring.
- ▶ Advantage is the female condom can stay in place in the anus for some time, don't need to remove it immediately after ejaculating .
- ▶ When ready to remove the condom, twist it to retain the sperm, gently pull.

Dental Dams or Plastic Wrap

- ▶ Barriers useful when using your tongue to give pleasure to vagina, vulva or anus. Dental dams are flavored and made of latex or polyurethane.
- ▶ Prevent spread of herpes and HIV
- ▶ Need to hold in place, one per use Also use non-microwavable plastic wrap

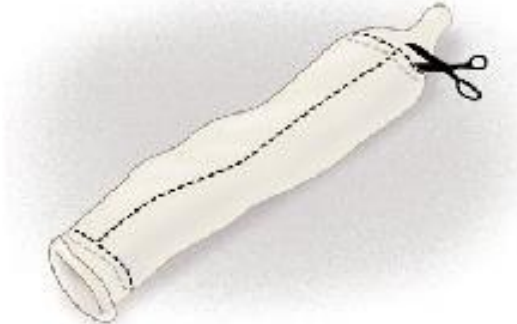


Do It Yourself

Carefully take the condom out of its package and unroll it.



Cut off the tip and base of the condom and cut down the length of the tube.



Unroll the condom into a rectangular sheet.



And that's it! You now have a highly effective dental dam.

Review of STIs

- ▶ Some STIs are caused by bacteria

- ▶ 1.

- ▶ 2.

- ▶ 3.

- ▶ Some STIs caused by viruses

- ▶ 1.

- ▶ 2.

- ▶ 3.

- ▶ 4.

How are STIs Spread?

- ▶ Semen and vaginal secretions:- what infections can it contain?
 - ▶ 1.
 - ▶ 2.
 - ▶ 3.
- ▶ Blood: what infections can it contain?
 - ▶ 1.
 - ▶ 2.
- ▶ Skin - skin-contact ?

Symptoms of an STI

- ▶ What % of people, that are infected, have no symptoms?
- ▶ Pain when you urinate
- ▶ Bumps or sores around your penis, anus or mouth
- ▶ Discharge from your vagina, penis, anus
- ▶ Rash on your body
- ▶ Mucous in your feces

When to get tested?

- ▶ If you have been sexually active and never been tested, now is the time.
- ▶ If you are in a long term, monogamous relationship - yearly
- ▶ If you have multiple partners, unknown status, get tested every 3-6 months
- ▶ If you are having symptoms or concerns, get tested

Where to test? Health Services or Planned Parenthood

- ▶ Your medical record is CONFIDENTIAL
- ▶ Walk-ins on Thursday and Friday from 1:00-4:00pm - no student workers

- ▶ Alternative test site: Planned Parenthood 391 Main St. Fitchburg
- ▶ Phone: 978-516-0900 Monday, Tuesday and Thursdays on-line appts

- ▶ Urine testing for chlamydia/ gonorrhea- don't pee 2 hrs before
- ▶ Swabs are done for oral, anal and skin testing
- ▶ Tests will be charged to your health insurance - bring your card.
- ▶ Results are available in about a week

HIV Prevention

- ▶ Pre-Exposure Prophylaxis

- ▶ https://www.youtube.com/watch?v=nnF_Xko1hFs

- ▶ PEP - Post Exposure Prophylaxis

- ▶ <https://www.youtube.com/watch?v=Yu82TFo6j94>

- ▶ Available at Emergency Departments

Biological female having sex with a biological female

- ▶ Routine testing needed- biological females can get STIs
- ▶ Biological females at age of 21 need GYN exam and Pap -its uncomfortable, not painful
- ▶ Monthly breast exams
- ▶ PCOS Polycystic ovary syndrome
- ▶ Sex toys need to be cleaned between partners or use condom for each use

Biological male having sex with another biological male

- ▶ Increased rates of HIV in this group due to lack of barriers and drug use.
- ▶ Also increased rates of anal and oral and pharyngeal cancer(throat) caused by HPV. Oral HPV infections were 88% lower among young adults who got 1 HPV.
- ▶ Check your vaccination status for Gardasil, get vaccinated. Hepatitis A vaccine, too.
- ▶ Use barrier methods
- ▶ Consider PReP - if you have sex with a number of partners who's HIV status is unknown, no condoms used and it is receptive sex. Talk to your provider.
- ▶ PEP in event of emergency, if you are not using PReP

Transgender Health

- ▶ Until you have your ovaries, uterus or tests removed, (if you choose) you are considered fertile and able to become or get pregnant even if you are on HRT.
- ▶ Sperm can be produced if you are taking estrogen.
- ▶ One can still ovulate taking testosterone, even if you do not have a period.
- ▶ If you have testicles, have close intimate contact with someone who has ovaries, you need to take the appropriate steps to prevent sharing sperm, if you are not seeking pregnancy.

Transgender continued

- ▶ If hormonal cream is used by one partner, they can be absorbed, inadvertently by a partner, from direct skin to skin contact and have an effect. Testosterone gel /cream needs to be applied 30 minutes before skin contact with partner.
- ▶ If you have a cervix, you need a regular pap exam
- ▶ If you have testicles, need to do self exam monthly.
- ▶ Breast exams should be done monthly.
- ▶ Binding breast can cause skin irritation, beware of infection.

Medical Providers - Endocrinology

- ▶ Seth Arum, MD and Lisa Buckley, NP
UMass Memorial Medical Group
100 Hospital Rd.
Leominster, MA
Phone: (978) 466-2105
Office Hours are the 1st and 3rd Monday and Thursday of each month
- ▶ Worcester Location
UMass Medical - University Campus
55 North Lake Ave.
Worcester, MA
Phone: (508) 856-3115
- ▶ Marjorie Safran, MD
UMass Medical- University Campus
55 North Lake Ave.
Worcester, MA
Phone: (508) 856-3115

Mental Health Providers

LGBTQ Therapists in the Area

Noreen Conlon, LMHC
71 Main Street, Suite 2B
Westminster, MA
Phone: 978-827-5389

Sue Henrickson, LMHC
285 Central St. Suite 218B
Leominster, MA
Phone: 978-631-2399

Amelia Cenotti, LMHC
982 South St, Suite B
Fitchburg, MA
Phone: 781-285-7014

Mental Health Providers

- ▶ Cindy King, LICSW
370 Main St.
West Townsend, MA
Phone: 978-503-7456

Additional Resources

- ▶ [Fitchburg State University Gay-Straight Alliance](#)
- ▶ [Gay & Lesbian Medical Association: Top 10 Health Issues](#)
- ▶ [CDC: Lesbian, Gay, Bisexual and Transgender Health](#)
- ▶ [Fenway Health](#)
- ▶ [PFLAG : Parents, Family & Friends of Lesbian and Gays](#)

Conclusion

- ▶ Lot of information has been offered
- ▶ PowerPoint will be made available on the Health Services web site within “LGBTQ Resources” link. Share it with your friends
- ▶ Questions???? Comments....