

# Cervical Cancer

## Quality Improvement Learning Collaborative

Session II: Promoting Inclusive Screening in the LGBTQIA+ Community

Thursday, July 18th



# MEETING REMINDERS



## AUDIO

Please make sure your line is muted unless you are asking a question during the q&a portion of the session.



## CHAT

Use the chat to introduce yourself & ask questions throughout the session!



## RECORDING

Slides, meeting recording and resources will be shared with all attendees

# Agenda

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- Intro. to the Cervical Cancer Quality Improvement Learning Collaborative
- Cancer Disparities in the LGBTQIA+ Community
- Dr. Jorge Alvarado: *Promoting Inclusive Cervical Cancer Screening*
- Questions & Resources
- Next Steps

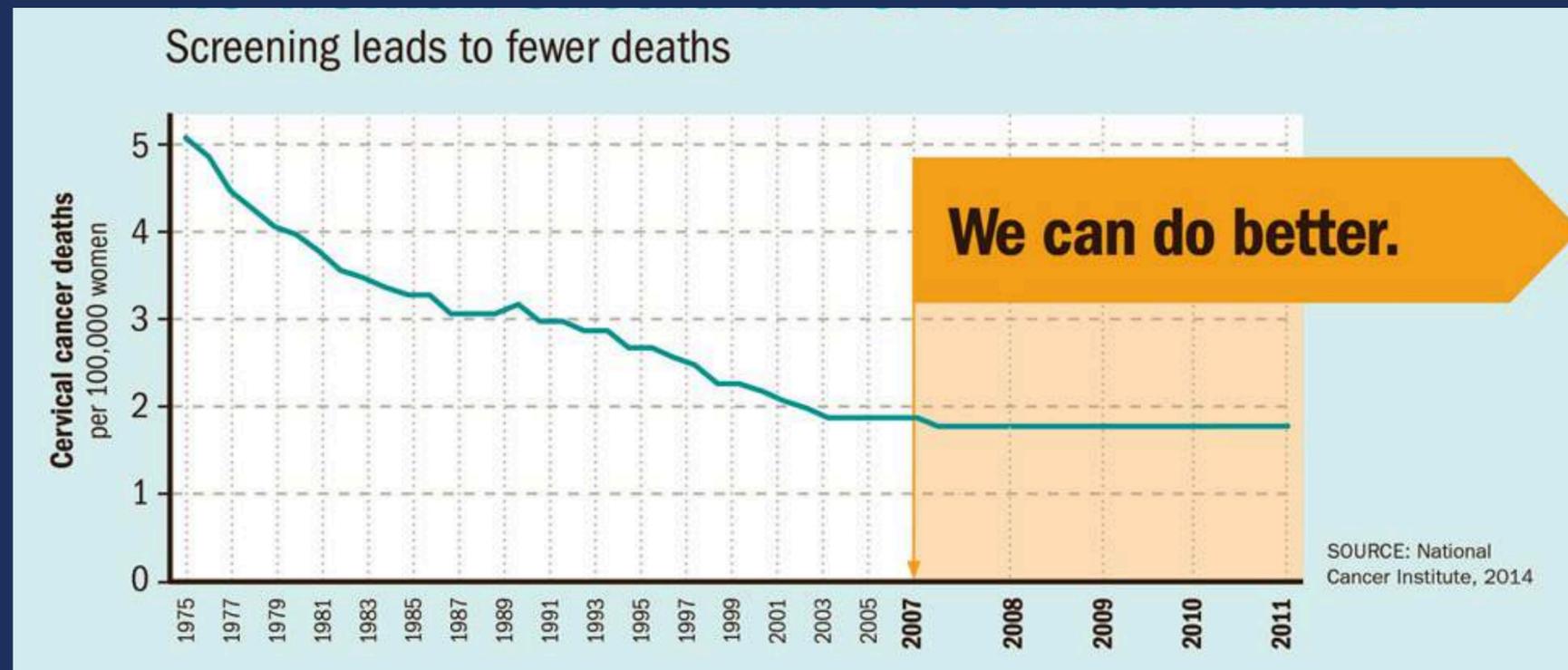


# Welcome!

This collaborative is led by the Community Outreach and Engagement team of Moores Cancer Center.

Our goal is to feature topics and speakers to help practitioners address the barriers to cervical cancer elimination in our San Diego-Baja California region.

## No Individual with a Cervix Should Die of Cervical Cancer



# 2023

## Session I:

- Spotlight on Vista Community Clinic: Improving Community Outreach for Cervical Cancer Screening
- Cervical Cancer Screening Needs Assessment

## Session II:

- Enhancing and promoting inclusive cervical cancer screening for the entire San Diego community

## Session III:

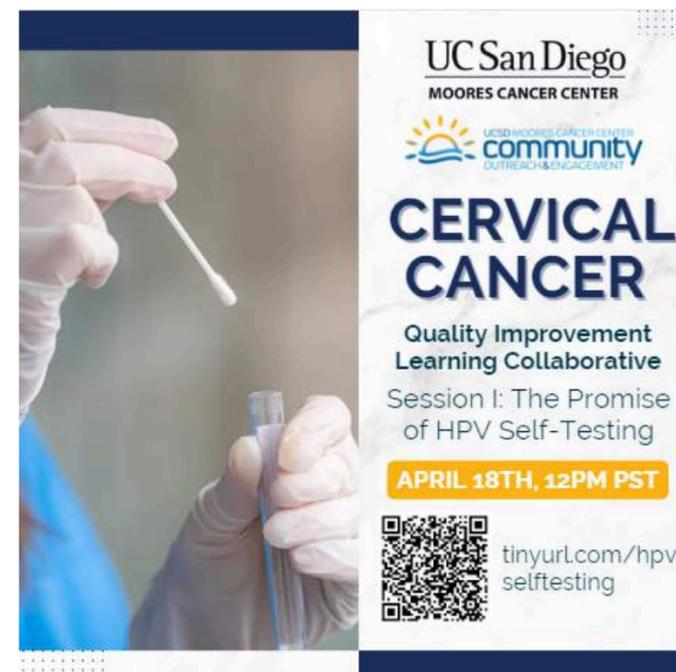
- Spotlight: Cervical Health on the Border

**113** attendees  
in 2023!

# 2024

## Session I:

- The Promise of HPV Self-Testing



UC San Diego  
MOORES CANCER CENTER

UCSD MOORES CANCER CENTER  
community  
OUTREACH & ENGAGEMENT

**CERVICAL  
CANCER**

Quality Improvement  
Learning Collaborative

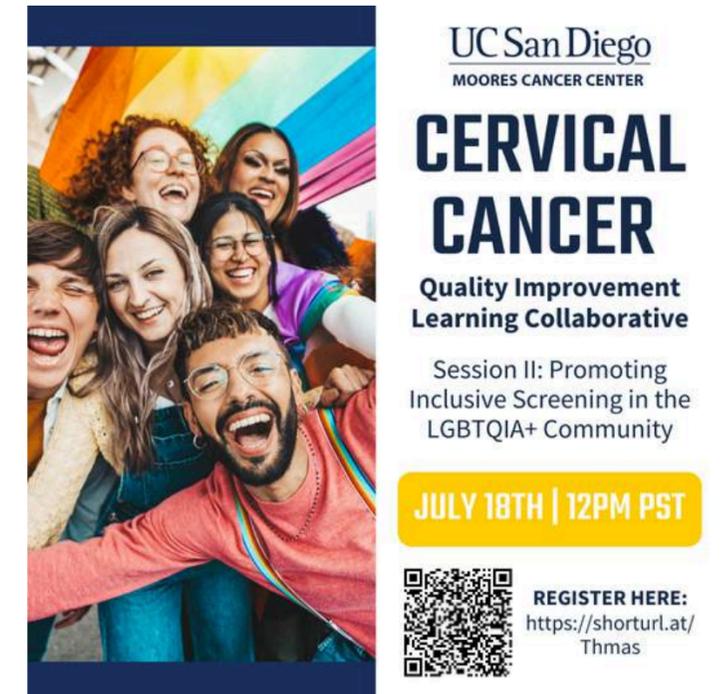
Session I: The Promise  
of HPV Self-Testing

APRIL 18TH, 12PM PST

 [tinyurl.com/hpvselftesting](https://tinyurl.com/hpvselftesting)

## Session II:

- Inclusive Cervical Cancer Screening



UC San Diego  
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**CERVICAL  
CANCER**

Quality Improvement  
Learning Collaborative

Session II: Promoting  
Inclusive Screening in the  
LGBTQIA+ Community

JULY 18TH | 12PM PST

 REGISTER HERE:  
<https://shorturl.at/Thmas>



# July is Pride Month in San Diego

As we celebrate Pride, it's important to acknowledge the cancer challenges faced by the LGBTQIA+ community

- Health records often don't include sexual orientation and gender identity (SOGI) data limiting our knowledge
- What we do know is that the LGBTQIA+ community interacts with risk factors differently than cis-gendered, heterosexual individuals making them more susceptible of developing cancer
- This includes:
  - Increased rates of smoking/alcohol consumption
  - Higher rates of obesity and high-fat diets
  - Lack of insurance
  - Distrust and/or discomfort engaging with their medical provider
  - Higher rates of infections (such as Human Papillomavirus)

National  
**LGBT**  
Cancer  
Network

## **The LGBT Community's Disproportionate Cancer Burden**

We do not know nearly enough about cancer in the LGBT community and we need to.

 National LGBT Cancer Network / Feb 9, 2017

# The LGBTIQIA+ Community

**7.6% of the US population identifies as LGBTQIA+**

Copyright © 2024 Gallup, Inc.

**Nearly 47% of LGBTQIA+ of color live in low income households**

Racial Differences Among LGBT Adults in the US (Jan 2022)  
©The Williams Institute

**1 in 3 LGBTQIA+ identifying folx report their doctor never mentioning cancer screening**

©2024, American Cancer Society, Inc.



# Health Care Disparities in the LGBTQIA+ Community

- Even with adequate healthcare, many LGBTQIA+ individuals still face barriers when attempting to access cancer screening
  - Individuals might have misconceptions about their risk
  - Fear around invasive procedures
  - Not have access to a LGBTQIA+ competent/trained provider

**Lesbian/bisexual women are ~50% less likely & transgender/nonbinary people w/ a cervix are ~75% less likely to receive routine pap test than heterosexual, cisgender women**

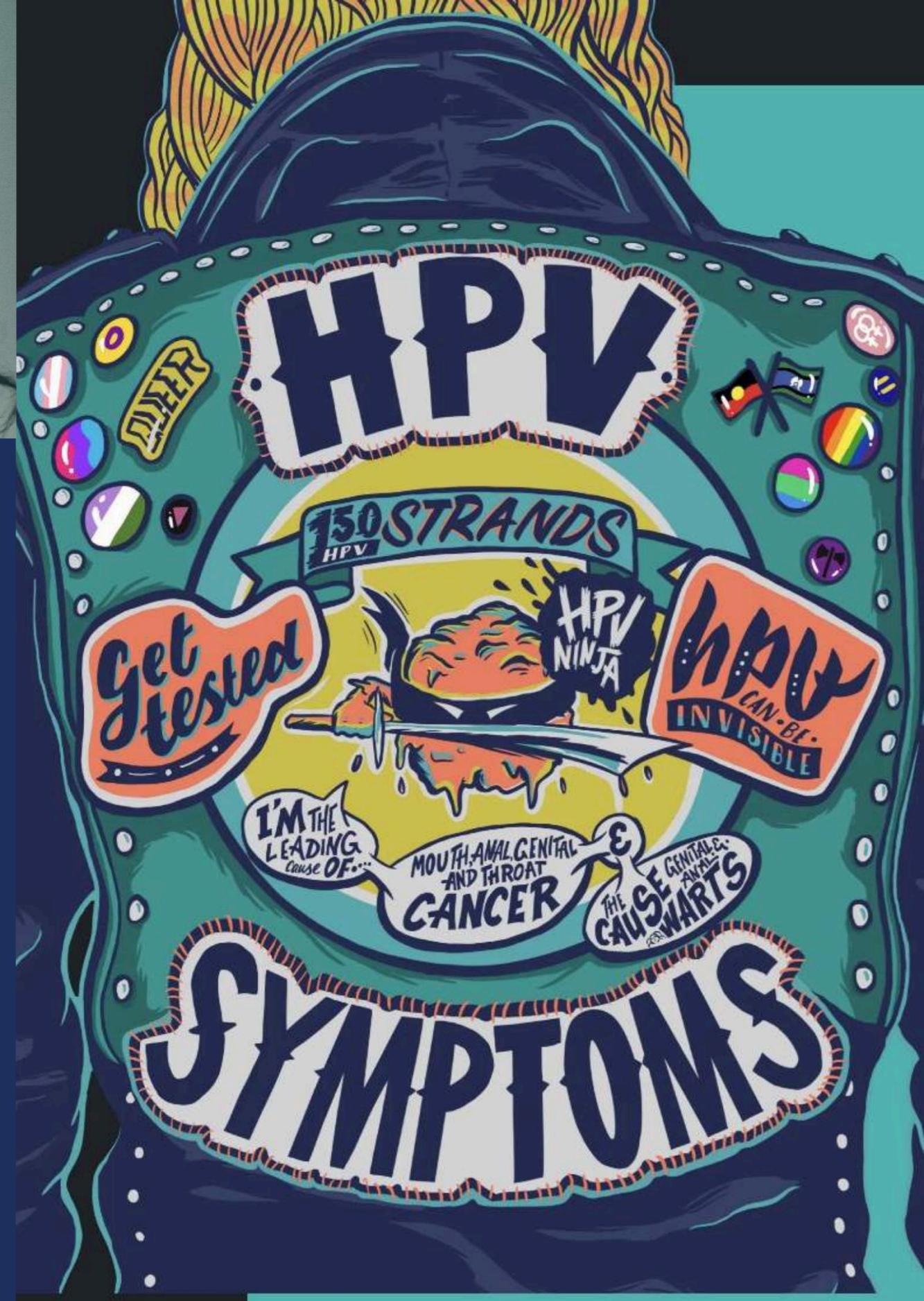




# Human Papillomavirus

- Human papillomavirus (HPV) is a commonly transmitted sexual infection
- HPV causes almost all cervical cancers, 90% of anal cancers, 70% of oropharyngeal cancers making it a leading risk factor

**Heterosexual women are 20% more likely to have received at least 1 dose compared to lesbian/bi women.**



# Spotlight: Cervical Cancer in the Trans/Non-Binary Community

- Transgender men are less likely to be current on cervical cancer screening than cisgender women.
- Transgender men who have sex with cisgender men w/ inconsistent condom use are at increased risk for HPV infection and undetected disease progression.
- HPV also prevalent among MSM (37% among HIV negative; 74% among HIV positive).

Haviland, K. S., Swette, S., Kelechi, T., & Mueller, M. (2020). Barriers and Facilitators to Cancer Screening Among LGBTQ Individuals With Cancer. Oncology nursing forum



**CERVICAL  
CANCER  
HAS NO  
GENDER.**

# Enhancing Healthcare for Sexual and Gender Minority Patients

## Create a welcoming environment

Use more inclusive language in day-to-day practices.

Showcase diverse representation.

## Gather Sex/Gender Identity Information

Ask for and use correct names and pronouns.

If you make a mistake, apologize and move on.

## Provide ongoing cultural competency training and initiate workforce development

Equip staff with knowledge and skills to address unique health needs.





# Encourage Sexual Orientation and Gender Identity Disclosure



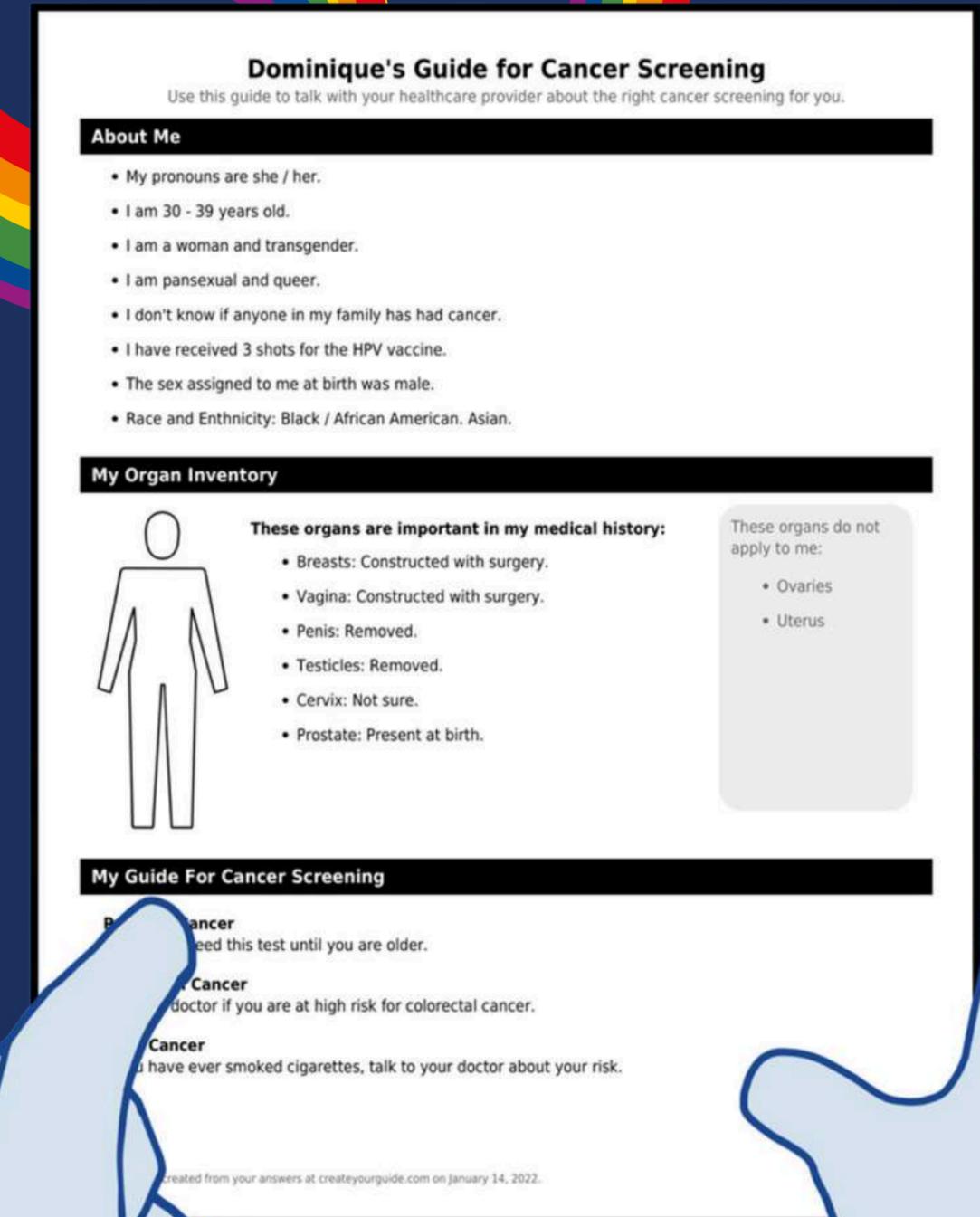
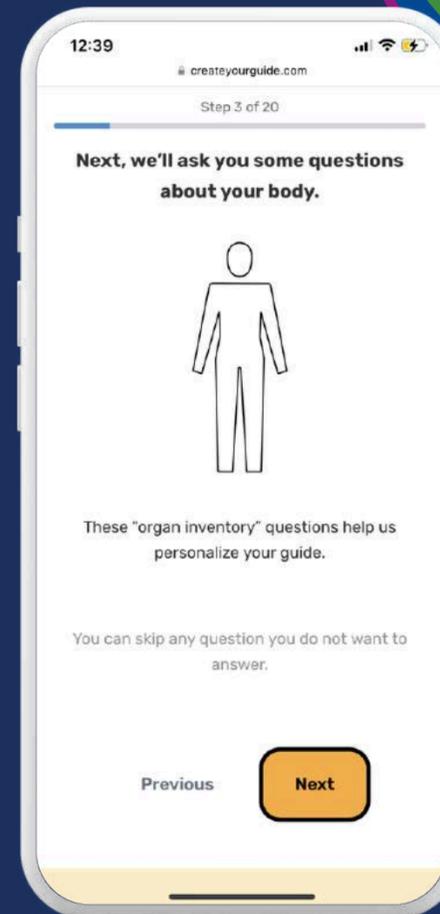
- Enables personalized and relevant care**
- Address health disparities**
- Improve patient-provider communication**
- Facilitate appropriate screenings and prevention**



- Better health outcomes**
- More accurate population health data**
- Reduced health disparities**

# LGBTQIA+ Guide for Screening Cancer

- Customized recommendations for the LGBTQ+ community using answers in the Create Your Guide.
- The recommendations on this website are based on guidelines by the American Cancer Society.



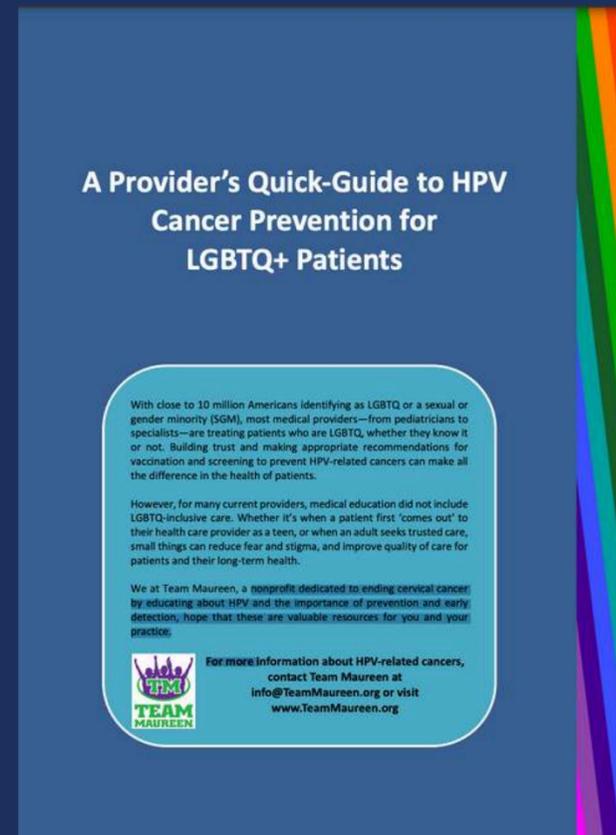
[createyourguide.com](https://createyourguide.com)

# Additional Resources



## LGBTQIA+ Glossary of Terms for Health Care Teams (2024)

[lgbtqiahealtheducation.org/glossary/](https://lgbtqiahealtheducation.org/glossary/)



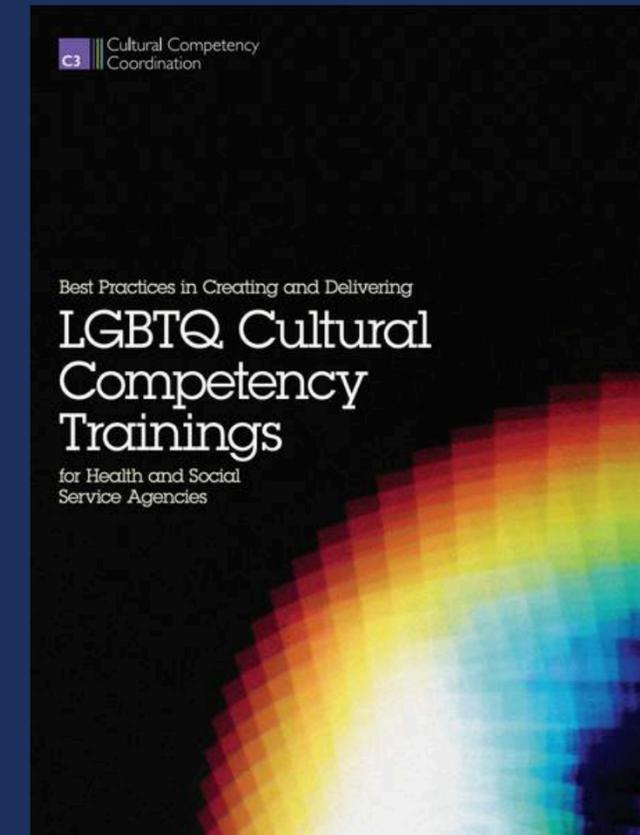
## A Provider's Quick-Guide to HPV Cancer Prevention for LGBTQ+ Patients

[teammaureen.org/about/lgtbq/](https://teammaureen.org/about/lgtbq/)



## Welcoming Spaces: Treating Your LGBTQ+ Patient

[connected.sgo.org/content/welcoming-spaces-series](https://connected.sgo.org/content/welcoming-spaces-series)



## Best Practices in Creating and Delivering LGBTQ Cultural Competency Trainings for Health and Social Service Agencies

[cancer-network.org](https://cancer-network.org)

# **Promoting Inclusive Cervical Cancer Screening**

**Jorge L. Alvarado, MD, FACOG**

Obstetrician/Gynecologist  
Assistant Clinical Professor  
Reproductive Sciences



# Promoting Inclusive Cervical Cancer Screening for the LGBTQIA+ community

Jorge L. Alvarado, MD (he/him)

Assistant Clinical Professor, Associate Residency Program Director

Department of Obstetrics, Gynecology and Reproductive Sciences





# Barriers to cervical cancer screening in LGBTQIA+ community

- Fear of pelvic exam
- History of trauma
- Providers who are unfamiliar or uncomfortable with caring for LGBTQIA+ folx
- Misgendering
- Dysphoria with being at a clinic that is not inclusive
- Dysphoria with pelvic examination

# APPROACH TO THE PELVIC EXAMINATION

- Start the encounter and conversation while dressed
- Establish a safe space (e.g. introduce pronouns)
- Establish vernacular
  - OK to use terms like vagina, cervix?
- Talk about the examination
  - May benefit from showing instruments
- Encourage presence of support person

# COMFORT MEASURES FOR THE PELVIC EXAMINATION

- Consider not using stirrups
- Use of varied sized speculums (consider pediatric)
- Offer patient to insert speculum
- Topical lidocaine prior to insertion



# COMFORT MEASURES FOR THE PELVIC EXAMINATION

- Vaginal estrogen x2 weeks prior to exam, if patient amenable



- Oral sedation



- Exam under anesthesia



- Self Swab \*

\* If supported by your institution

## Other considerations for cervical cancer prevention

- Gardasil – approved for up to 46 years of age
- Cervical cancer screening up until age 65 for non-immunocompromised patients
  - ONLY if patient has had routine cervical cancer screening

UC San Diego Health

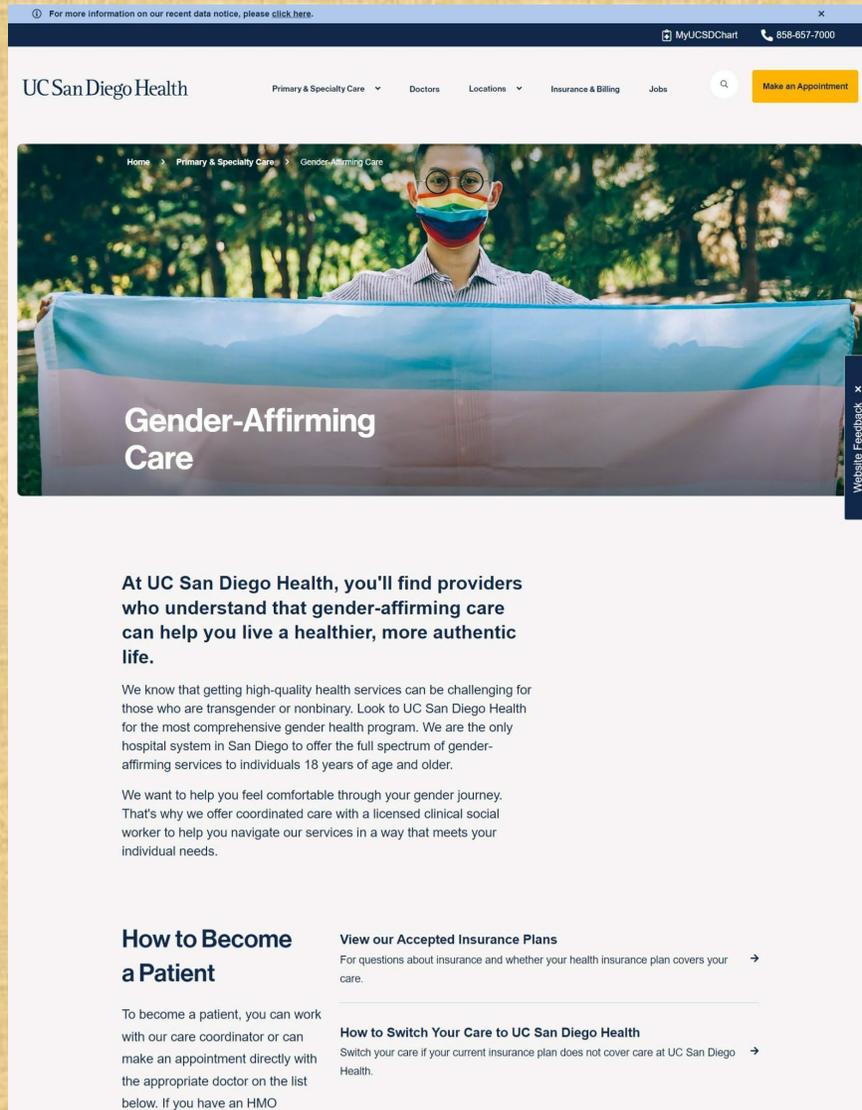
# Questions?

[j3alvarado@health.ucsd.edu](mailto:j3alvarado@health.ucsd.edu)

# Gender Affirming Care at UCSD

- <https://health.ucsd.edu/care/gender-affirming-care/>

Rai Khamisa, LCSW (they/them)  
[genderhealth@health.ucsd.edu](mailto:genderhealth@health.ucsd.edu)



UC San Diego Health

Primary & Specialty Care | Doctors | Locations | Insurance & Billing | Jobs | [Make an Appointment](#)

## Gender-Affirming Care

**At UC San Diego Health, you'll find providers who understand that gender-affirming care can help you live a healthier, more authentic life.**

We know that getting high-quality health services can be challenging for those who are transgender or nonbinary. Look to UC San Diego Health for the most comprehensive gender health program. We are the only hospital system in San Diego to offer the full spectrum of gender-affirming services to individuals 18 years of age and older.

We want to help you feel comfortable through your gender journey. That's why we offer coordinated care with a licensed clinical social worker to help you navigate our services in a way that meets your individual needs.

### How to Become a Patient

To become a patient, you can work with our care coordinator or can make an appointment directly with the appropriate doctor on the list below. If you have an HMO

**View our Accepted Insurance Plans**  
For questions about insurance and whether your health insurance plan covers your care. →

**How to Switch Your Care to UC San Diego Health**  
Switch your care if your current insurance plan does not cover care at UC San Diego Health. →

## Providers and Key Services

To better serve the transgender, nonbinary and gender diverse communities, we offer a targeted, multidisciplinary approach to gender health that includes primary care physicians and medical specialists with experience in gender-affirming care. With this comprehensive approach, you can select the services and surgeries that are right for you and your gender health goals.

- Primary Care +
- Dermatology +
- Endocrinology +
- ENT +
- Gynecology +
- Fertility +
- Plastic Surgery +
- Psychiatry +
- Reconstructive Urology +
- Urology +

# Closing & Next Steps



## 1. Complete our survey for this CC QI LC Session II

- Your feedback matters! Let us know how we did: [bit.ly/4eVnl0v](https://bit.ly/4eVnl0v)



## 2. Cancer Prevention 101

- Reach out to our COE team at [mcccoe@health.ucsd.edu](mailto:mcccoe@health.ucsd.edu)

## 3. Sign up for the CC QI Learning Collaborative

- Recommend topics for our future sessions: [bit.ly/3LaPfc8](https://bit.ly/3LaPfc8)



## 4. Join us for our next meeting!

- Happening **October 17th, 2024**

# Thank you!

*Meeting recording, slides and resources coming soon!*



[mcccoe@health.ucsd.edu](mailto:mcccoe@health.ucsd.edu)



[moorecancercenter.ucsd.edu/](https://moorecancercenter.ucsd.edu/)



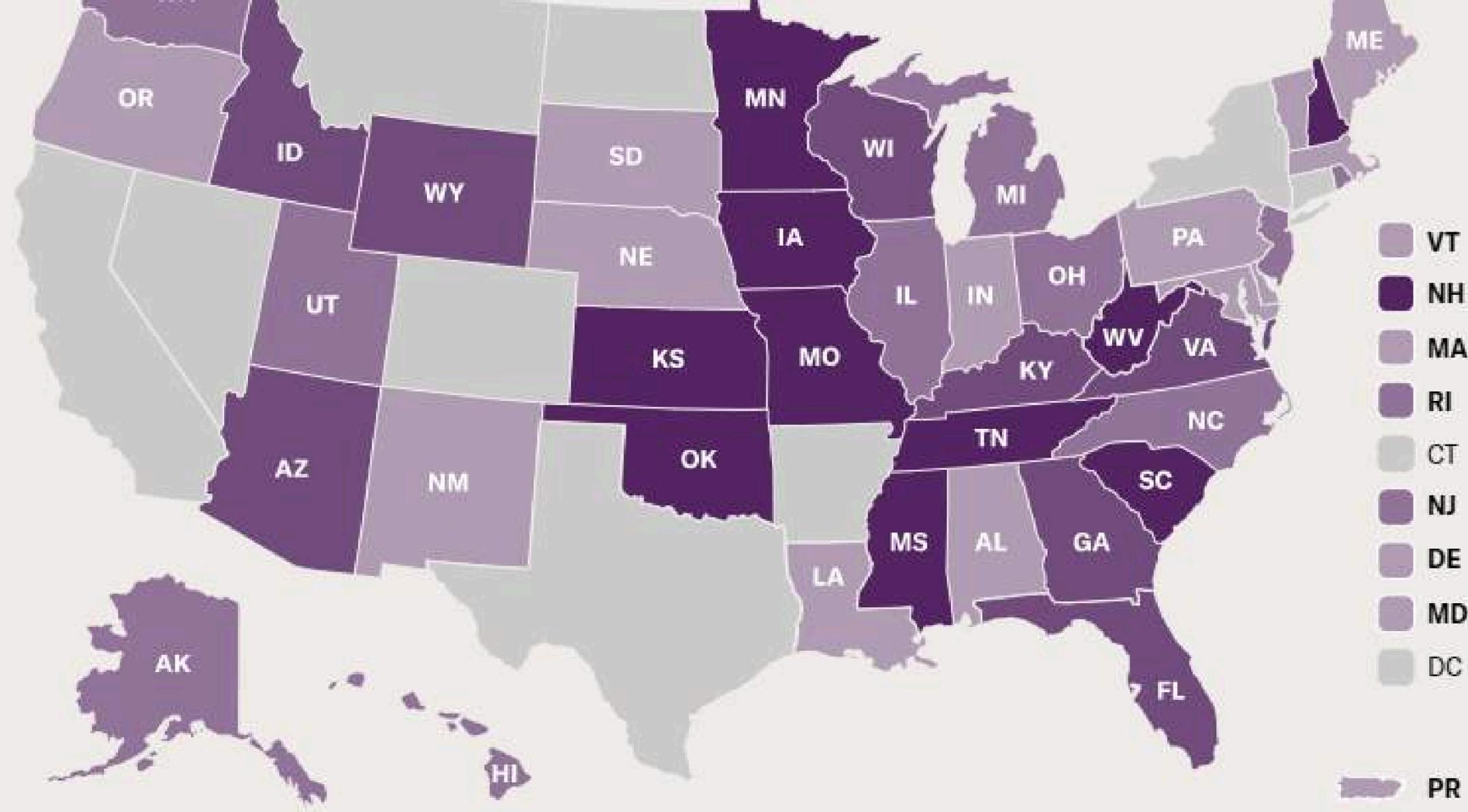
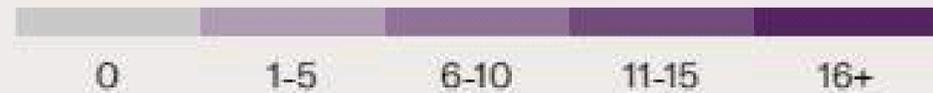
[@UCSDCancer\\_COE](https://twitter.com/UCSDCancer_COE)

# The ACLU is tracking **527** anti-LGBTQ bills in the U.S.

Choose a state on the map to show the different bills targeting LGBTQ rights and take action. While not all of these bills will become law, they all cause harm for LGBTQ people.

Last updated on June 28, 2024 ⓘ

Bills per state



## Legislation Matters

- many of these bills directly impact vital access to care
- LGBTQ people have a right to live in safety, to thrive, and to be treated with dignity.