BEING HEALTHY

Although there have been significant improvements in human rights for lesbian, gay, bisexual, trans and queer 2SLGBTQIA+ people, their needs are sometimes overlooked in our health and social service systems. We all deserve to be healthy, regardless of our age, race, income, ability, sexual orientation, gender expression or gender identity.

Being healthy means taking care of our physical, emotional, sexual, psychological and spiritual needs. For trans people, this can be a challenge given the stress of dealing with prejudice and discrimination. But being trans is a wonderful, positive experience for many people; gender expression and gender identity can be a source of pride and celebration.

HEALTH & WELLNESS RESOURCES

prideHealth
902-487-0470
pridehealth@nshealth.ca
www.pridehealth.ca
www.facebook.com/pridehealthHFX

FLY (First Love Yourself) - Transgender Peer Support for Adults in Nova Scotia
transhfx@gmail.com

The Youth Project
902-429-5429
www.youthproject.ns.ca

Canadian Professional Association for Transgender Health
www.cpath.ca

TRANS Pulse
www.transpulse.ca

South House
www.southhousehalifax.ca

PFLAG - Halifax NS
1-888-530-6777 ext 574
halifaxns@pflagcanada.ca
www.facebook.com/PFLAGHalifax

The Elderberries
Elderberries.scotia2@gmail.com
www.facebook.com/NSElderberries

GETTING GOOD HEALTH CARE

For trans people, getting good health care can be hard. Health care providers may be transphobic or they may not know much about your health concerns. This can make it tough to come out about your gender or medical history to your health care provider, and some trans people may avoid seeking health care altogether. It is important to get regular check-ups and to get professional help when something is wrong. Here are some suggestions to improve the quality of your health care:

• Ask other trans people about their health care providers and who they recommend, or check prideHealth’s directory of health and wellness providers
• Visit potential providers and ask questions about their training and experience with trans health issues
• Check out the office space and look for 2SLGBTQIA+-friendly posters, brochures, magazines or other signs of a 2SLGBTQIA+-positive environment. If there are no 2SLGBTQIA+-friendly resources in the office, encourage office staff to contact prideHealth.
• Notice whether the in-take form asks for lived name/pronouns
• Listen for how the provider speaks with you and whether you are encouraged to talk about your concerns in a culturally sensitive and nonjudgmental manner
• If you feel safe, come out or disclose to your provider so that you can be open about discussing the issues that are of concern to you and they can better understand how to help you stay healthy or get better
• Contact prideHealth for support with communicating and working effectively with your health care providers
• Call your health care provider in advance of your visit to ensure they are trans informed.

References for this content can be obtained by contacting prideHealth.

CONTACT US:

prideHealth
prideHealth@nshealth.ca
902-487-0470

To learn more, please visit:
www.prideHealth.ca

FOLLOW US:

Facebook
www.facebook.com/prideHealthHFX
SEXUAL HEALTH
A person’s risk of exposure to sexually transmitted and blood borne infections (STBBIs) depends on the body parts and fluids involved in sexual activity with another person, NOT a person’s identity. When discussing your sexual health with a health care provider, make sure to describe your sexual behaviour and ask about the risks of specific sex acts in order to avoid any assumptions. You are entitled to the type of STBBI testing that you want.

To reduce your risk of STBBIs:
- Negotiate safety with your partner(s), and what are acceptable levels of risk for all persons involved
- Use barriers such as gloves, dams and condoms with body parts and sex toys - many sexual health clinics and other health care facilities offer these free of charge
- Clean sex toys before sharing with a partner
- Be aware that the use of alcohol and drugs before or during sex, sharing needles, a few BDSM/kin/click, and some sex work may involve a greater level of risk and need to include negotiation
- Get vaccinated against Hepatitis A and B
- If you are HIV negative, ask your health care provider whether PEP (post-exposure prophylaxis) or PEP (post-exposure prophylaxis) would be helpful for you for HIV prevention

Some studies show higher rates of HIV infection in some groups of trans women. Trans women who do sex work can be at particularly high risk of getting HIV and other sexually transmitted infections (STIs) due to the demands of their work.

Some evidence suggests that some trans and non-binary people have a higher frequency of unprotected sex - this may be due to social isolation and low self-esteem caused by transphobia as well as the lack of relevant sexual health information.

Some people taking hormones may still be able to get pregnant or inseminate their partner. To reduce the risk of unplanned pregnancy, use a condom or other barrier method, or speak to your health care provider.

EMOTIONAL & MENTAL HEALTH
Mental health is influenced by a sense of self-worth, the level of stress that people are subjected to, and the inclusiveness of their workplace and community.

- Trans women experience higher rates of depression, anxiety, and suicide than the general population
- This can be due to internalized, societal and institutional transphobia and transmisogyny
- These stresses can profoundly affect self-esteem, identity and self-acceptance
- Violence and micro-aggression can further contribute to mental distress and challenges with coming out to friends, family and society
- Transition itself can be stressful with many barriers to overcome – studies show that trans and non-binary people are most vulnerable from the time they decide to transition until they begin their process

Finding support and help:
- You might want to talk to family and friends or others in a peer support group. prideHealth can connect you to programs and supports in your community
- Explore various coping strategies to deal with stresses and make self-care such as physical activity, meditation, and making time for activities you enjoy

Please contact the Mental Health Mobile Crisis team if you are in need of urgent care at 902-429-8167 or 1-888-429-8167.

ALCOHOL & DRUG USE
People sometimes use alcohol or drugs to cope with transphobia, discrimination and depression.

- If you use drugs, learn about the effects and side effects to help make your use safer
- Ask yourself whether it is affecting your health, relationships, job or finances
- Consider whether your use is leading you to take risks, sexual or otherwise, that you wouldn’t take if you were sober
- There are many types of harm reduction programs and your health care provider and prideHealth can help you choose one that’s right for you

TOBACCO & SMOKING
Research indicates that 2SLGBTQIA+ communities use tobacco at rates that are two to three times higher than those of the general population. Reasons for this include:

- Used as a coping mechanism for high levels of stress
- Tobacco industry marketing specifically to 2SLGBTQIA+ communities
- Desire to belong to a group
- Mainstream anti-smoking campaigns might not resonate with 2SLGBTQIA+ people

It’s important to know that:
- Smoking increases the risk of blood clots in estrogen dominant bodies
- Smoking slows down healing after surgery

If you have thought about quitting or reducing your tobacco use, there are free resources and programs provided by stop smoking services as part of the Nova Scotia Mental Health and Addictions program.

- https://www.nshealth.ca/mental-health-addictions
- https://www.nshealth.ca/service-details/Stop%20Smoking%20Services

For 2SLGBTQIA+ specific information and resources go to: www.clear-the-air.ca

CANCER
Cancer screening rates are low among 2SLGBTQIA+ communities. Screening means getting checked for cancer before you have any symptoms. Screening can stop cancer before it starts or if found, treat it early so that intervention works.

- Trans women and people who are taking hormones may be at risk for breast cancer and prostate cancer
- Smoking increases the risk for lung cancer and may add risk for other types of cancer
- Anyone with breast tissue is at risk for breast cancer, and should be screened according to guidelines
- People who have a prostate should get screened for prostate cancer
- People who have anal sex are at higher risk for contracting HPV, which can lead to anal cancer

Speak to your family physician or primary care provider about cancer screening. You have the right to receive screening that is appropriate for you. If you don’t have a family physician or primary care health provider, there are some screenings that are available without a referral. prideHealth can help connect you with the health services you need.

BODY IMAGE
Healthy bodies come in all shapes and sizes
Many trans people have a negative body image due to discomfort with their physical bodies
Some trans people may diet or exercise excessively to make physical changes to achieve their desired gender expression
This may lead to unhealthy behaviours such as compulsive exercising, eating disorders or injecting silicone
Trans and people who take hormones often gain weight and this may also lead to deting or other changes in behaviour
Nutrition and weight concerns can become unhealthy if they make you feel depressed or cause physical harm
For more information please contact Eating Disorders Nova Scotia by e-mail: info@eatingdisordersns.ca, or phone 902-229-8436

RELATIONSHIP HEALTH
Intimate partner violence does occur in 2SLGBTQIA+ relationships. Your health care provider may not ask you about your relationship(s), but you can speak to them if you have any doubts about your interactions with your partner(s).

Signs of intimate partner violence may include:
- Your partner gets jealous; makes fun of you; threatens to “out” you or harm you; misgenders you; tries to control your activities, finances, or other relationships; withholds access to medication; pressures or forces you to have sex; is physically violent; or acts in other ways that make you feel unsafe
- Your partner uses one or more parts of your identity (like your gender identity, sexual orientation, race, class, age, culture, religion, spirituality, immigration status, HIV status, body size, appearance, etc.) to manipulate, control, or shame you
- You feel depressed, anxious, angry, afraid, guilty, ashamed or suicidal

Signs of a healthy relationship may include:
- Regular, open communication about the needs and desires of all partners
- Enthusiastic consent in sexual relations and other aspects of the relationship(s)
- Respect for each partner’s independence and identities
- You feel joy and happiness, and supported and loved

You can seek support from a health care provider, a counsellor, or a crisis line. If there is any possibility that your partner(s) would access the same support services (e.g. a shelter) as you, especially in a small community, let the staff know.

Please visit the Nova Scotia Domestic Violence Resource Centre for more information: www.nsdvresource.ca