

LGBTQIA+ Oral Health: Creating Inclusive Environments

CareQuest Institute Continuing Education Webinar

June 20, 2024

Housekeeping

- We will keep all lines muted to avoid background noise.
- We will send a copy of the slides and a link to the recording via email after the live program.
- We'll also make the slides and recording available on carequest.org.

To receive CE Credits:

- Look for the evaluation form, which we'll send via email within 24 hours.
- Complete the evaluation by **Friday, June 28**.
- Eligible participants will receive a certificate soon after via email.

We appreciate your feedback to help us improve future programs!

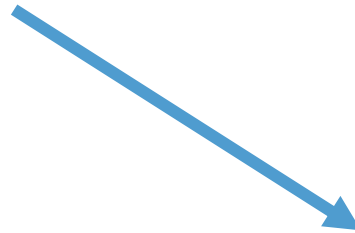


The CareQuest Institute for Oral Health is an ADA CER-P Recognized Provider. This presentation has been planned and implemented in accordance with the standards of the ADA CER-P.

*Full disclosures available upon request

Question & Answer Logistics

- Feel free to enter your questions into the **Question & Answer box** throughout the presentations.
- We will turn to your questions and comments toward the end of the hour.

A screenshot of a web application window titled 'Question and Answer'. The window has a white background and a thin grey border. At the top, there is a title bar with the text 'Question and Answer' and standard window control buttons (minimize, maximize, close). The main content area is mostly empty, with a 'Welcome' message and a line of text that says 'Feel free to ask the host and panelists questions'. At the bottom of the window, there is a text input field with the placeholder text 'Type your question here...'. The window is slightly shadowed, giving it a 3D appearance.

Learning Objectives

- Analyze the unique challenges and oral health inequities faced by LGBTQIA+ communities and evaluate how these challenges impact overall health outcomes.
- Identify personal and professional opportunities to advance LGBTQIA+ oral health equity within your practice or organization.
- Apply inclusive language and best practices in daily patient interactions to create a supportive and welcoming environment for LGBTQIA+ individuals.

Thank You!



LGBTQIA+ Oral Health: Creating Inclusive Environments



WEBINAR | Thursday, June 20, 2024 | 7–8 p.m. ET | ADA CERP Credits: 1

MODERATOR



Kasey Wilson, MSW
Senior Policy Analyst,
Community Catalyst

PRESENTER



Alex Barrera, DDS
Director of Dentistry,
Avenue 360 Health and Wellness

PRESENTER



Harold Jennings Jr., RDH, MA
Associate Director,
Plaza College

New Language for LGBTQ+ Inclusion

Harold Jennings Jr., RDH, MA,
Associate Director, Plaza College



What I'll Cover

- This presentation aims to support dental and allied dental practitioners by providing inclusive language and best practices to offer humanistic care to the greater LGBTQ+ community.
- Utilize inclusive language and terms related to the LGBTQ+ community.
- Discuss the importance of visibility for LGBTQ+ patients.

LGBTQ+

I have chosen to use the acronym LGBTQ+ to refer to individuals who have a different lived experience related to their gender identity, sexual orientation, or who and how they love.

I recognize that this acronym may not fully represent all in this community.

The Now

- Current State
 - In 2023 **over 400** anti-LGBTQ+ bills were introduced in states across the country.
 - Many target youth and transgender people.
- Disparities
 - LGBTQ+ people experience significantly higher rates of discrimination
 - Measurable in health care, employment, housing, and public spaces.
 - Discrimination associated with adverse effects (not inherent to the LGBTQ+ identity)
 - Economic
 - Physical
 - Mental well-being
 - Altering behavior and appearance to avoid experiencing discrimination.

The Now

- LGBTQ+ people of color experience **higher rates of discrimination.**
- Health
 - More than **1 in 3 LGBTQ+ adults** reported postponing or avoiding medical care in the past year due to cost issues, including more than half of transgender or nonbinary respondents. More than **1 in 5 LGBTQ+ adults** reported postponing or avoiding medical care in the past year due to disrespect or discrimination by providers, including more than **1 in 3 transgender or nonbinary individuals.**
 - Approximately **1 in 3 LGBTQ+ adults** reported encountering at least one kind of negative experience or form of mistreatment when interacting with a mental health professional in the past year, including **4 in 10 LGBTQ+ people of color** and **more than 1 in 2 transgender or nonbinary individuals.**

Umbrella Term

LGBTQQIP2SAA+ is an umbrella term

Lesbian

Gay

Bisexual

Transgender

Questioning

Queer (Don't worry, we'll talk about it!)

Intersex

Pansexual

Two-Spirited

Androgynous

Asexual

Ally

+ Hey, did we forget anyone?



LGBTQQIP2SAA+ LGB

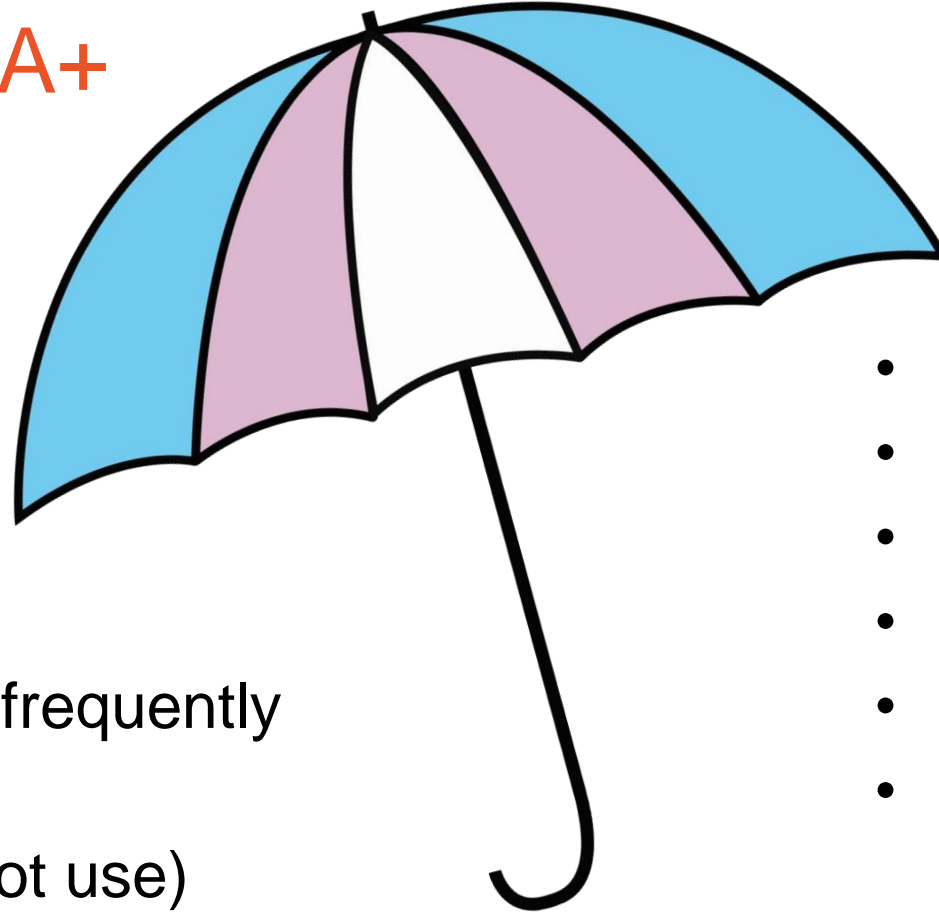
Lesbian

Gay

Bisexual

Why is the L first?

LGBTQQIP2SAA+ Transgender



- Trans Man
 - FTM
- Trans Woman
 - MTF
- Transsexual (less frequently used)
- Transvestite (do not use)
 - Cross dresser
- Genderqueer
- Gender Nonbinary
- Gender Nonconforming
- Gender Fluid
- Two-Spirit
- Agender
- vs. Cisgender

LGBTQQIP2SAA+ Queer and Questioning

What does Queer mean?

What is reclaiming?

Questioning?

Who what where why when?



LGBTQQIP2SAA+ IP2SAA+

- **Intersex**
 - How common depends on how you categorize it.
 - 1.7% (or between 1-2 births in 100)
 - includes conditions which most clinicians do not recognize as intersex, such as Klinefelter syndrome, Turner syndrome, and late-onset adrenal hyperplasia
 - .018% (or between 1-2 births in 1000)
- **Pansexual** or omnisexual
- **Two Spirit**
- **Asexual**
- **Ally**
 - How do you identify an ally?
- **+** Who did we forget?

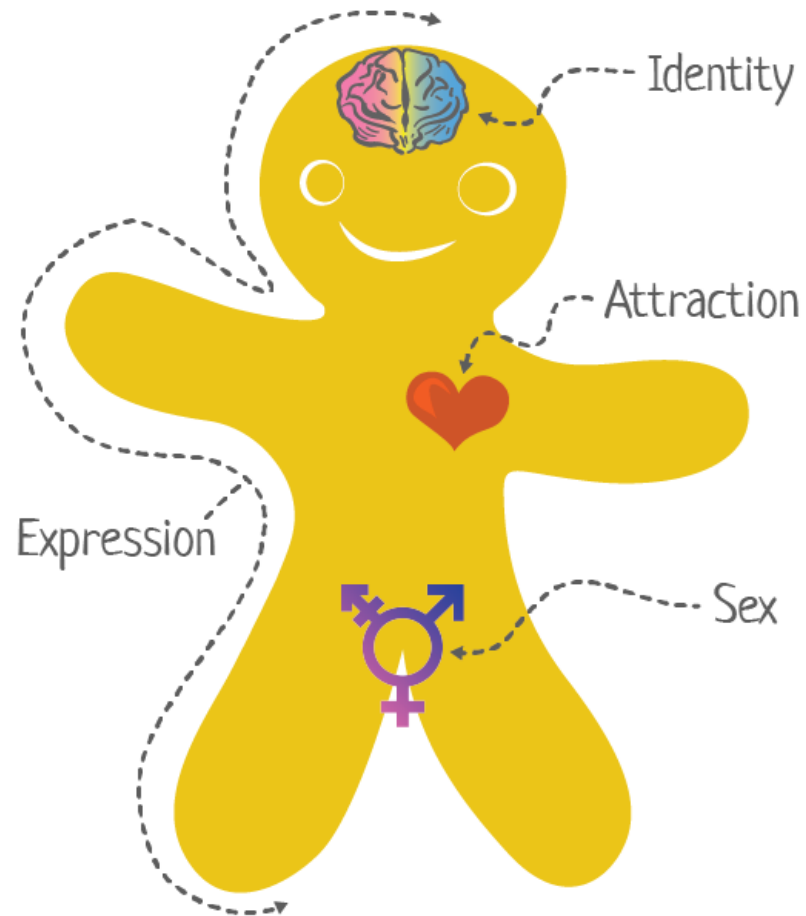
Sexual Orientation and Gender Identity

Sexual Orientation is an inherent, enduring, immutable emotional, romantic, and/or sexual attraction.

Gender Identity is an internalized realization of one's gender and may not always be manifested in their outward appearance.

Sex Assigned at Birth is a term referring to genetic, biological (hormonal), and/or physical characteristics which are used to classify an individual as male, female, or intersex.

The Genderbread Person^{v4}



Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann

For a bigger bite, read more at www.genderbread.org

Coming Out

- A lifelong process of self-acceptance.
- People come to understand their own sexual orientation first, and then they may reveal it to others.
- Coming out may happen many times a day, when a member of the LGBTQ+ shares information about their lives.
- A student described this to me once as “a risk and a skill.”



Inclusive Language: Meeting Patients Where They Are

- Lesbian and Gay
 - Outdated: Homosexual
- Sexual Orientation
 - Outdated: Sexual Preference
- Bisexual, Bi, Bi+
- Pansexual
- Queer
- Two-Spirit



Inclusive Language: Transgender Umbrella

- Sex at birth
- Transgender
 - Outdated: *Transsexual*
- Cisgender
- Transition (social, legal, medical)
 - Medical: Gender affirming care or gender confirming surgery
 - Outdated: *Sex change*
- Nonbinary
- Gender non-conforming / gender fluid
- Intersex
 - Outdated: *Hermaphrodite*



Inclusive Language: Assumptions

- Inclusive Language
- Updated Terminology
- Avoid Gendered Language
- Avoid Assumptions
 - ~~Do you have a wife?~~
 - Are you in a relationship?
 - ~~What are your mother and father's names?~~
 - What adult are you with today?
 - ~~May I help you ma'am?~~
 - ~~Ladies and gentlemen!~~



Inclusive Language: Pronouns


what's the deal with PRONOUNS?


Don't assume! Just ask "What are your pronouns?" when you meet someone and introduce your own.




They They walked the dog.	Them The dog licked them.	Their Their dog is so cute.	Theirs Is that dog theirs?	Themselves They went by themselves.
Ze/Zie Ze ate a cookie.	Hir Can I bake hir a treat?	Hir Hir favorite is funfetti.	Hirs The cookie is hers.	Hirself Ze made it himself!
She She likes to cut hair.	Her Ask her to cut yours!	Her Her hair is adorable.	Hers That comb is hers.	Herself Did she dye it herself?
Xe Xe loves to drink tea.	Xem Give xem a mug.	Xyr Xyr choice is mint.	Xyrs The kettle is xyrs.	Xemself Ow, xe burned xemself!
He He is a singer.	Him Invite him to the show!	His His songs are catchy.	His Is that one of his?	Himself He wrote it himself.
_____	_____	_____	_____s	_____self* * and many more!

"But it's hard to remember and change what pronouns I use for you!"

Everyone makes mistakes! Using the right pronouns for a person affirms their identity. Continue to make an effort to change your behavior, and don't make a huge deal out of each slip-up.

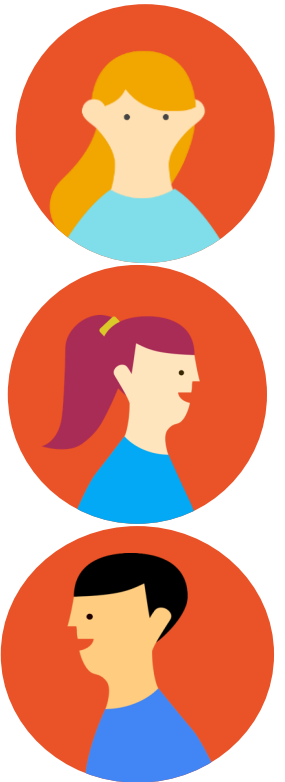



NYU | LGBTQ Student Center

 NYU_LGBTQ
 NYU LGBTQ STUDENT CENTER
 LGBTQ.STUDENT.CENTER@NYU.EDU

KIMMEL CENTER FOR UNIVERSITY LIFE
 60 Washington Sq. SOUTH, SUITE 602
 NEW YORK NY 10012

FOR MORE INFO ON THESE EVENTS, VISIT:
bit.ly/nyulgbtqcalendar



Inclusive Language

They / Them



Oh, no. I made a mistake!

We all make mistakes. Apologize and move forward.

Being afraid of misspeaking is not a reason to avoid meeting a patient's needs.

What works for me:

“My intent is to use supportive language. Let me know when I misspeak and if I can use better terms.”



Importance of Visibility!



Who Gets This Training?

- You know your intent and training.
- How about your associates?
- Your staff?
- Your security?





Harold Jennings Jr., RDH, MA
Associate Director
Plaza College
hjennings@plazacollege.edu

LGBTQ+ Health for the Dental Team

**Alex Barrera, DDS, Director of Dentistry,
Avenue 360 Health and Wellness**



What I'll Cover

- **Study** specific health concerns faced by the LGBTQIA+ community and how they relate to oral health
- **Understand** what it means to be transgender and discover the medical, emotional, and physical changes that transgender individuals experience
- **Recognize** how being transgender may affect a person's oral health
- **Learn** take-aways on how you can create a more inclusive environment within your practice

Minority Stress Theory

- Describes high levels of stress faced by members of multiple stigmatized minority groups.
- Poor social support, low socioeconomic status, prejudice and discrimination.

Minority Stress Theory

Those holding **multiple marginalized identities** experience greater discrimination than those holding a single marginalized identity, and thus also experience greater negative impact.

LGBTQIA+ Health Concerns

Health & Wellness Considerations



Behavioral

Increased mental health conditions including depression, anxiety and risk of self-harm



Medical

Increased risk of substance abuse and higher risk of certain cancers



Sexual

Increased risk of HIV, STI's, and sexual abuse.



Sociopolitical

LGBTQ+ people living in areas with high prejudice and/or anti-LGBTQ+ laws die sooner (12 years on average) than those living in more accepting communities.

HIV & AIDS

HIV & AIDS: Overview

- An estimated **1.2 million Americans** were living with HIV in 2022
 - Of those people, only **87%** knew they had HIV.
- In 2022, **37,981** people received an HIV diagnosis in the United States.
 - New overall HIV infections increased **5%** in the U.S. from 2021 to 2022.
- From 2015 to 2022, new infections among young gay and bisexual men dropped **33%** overall

HIV & AIDS: Overview

- **Men and transgender women who have sex with men** are the population most affected by HIV in the U.S. In 2019.
- While there has been an overall decrease in new infections, the number of HIV infections for transgender adults and adolescents has increased.
- *The CDC recommends that all adults, regardless of demographic and/or sexual orientation, should be tested at least once.*

Living with HIV

- In 2019, about 65.9% received some HIV care, 50.1% were retained in care, and 56.8% were virally suppressed or undetectable.
- Having a suppressed or undetectable viral load protects the health of a person living with HIV, preventing disease progression.
- There is also a major prevention benefit in HIV treatment.

AGING AND HIV

Thanks to effective **HIV treatment**, the number of **older adults** living with HIV is **increasing**.



HIV Prevention

Pre-exposure prophylaxis

- PrEP is medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV.
- There are two medications approved for use as PrEP: Truvada and Descovy.
- PrEP reduces the risk of getting HIV from sex by about 99% when taken as prescribed.



Apretude

- In 2021, the FDA approved the first injectable treatment for HIV PrEP
- Apretude is an injection drug given every two months rather than a daily pill
- Important tool to help end the HIV epidemic



HIV & Oral Health

- **30-80% of HIV-positive adults have what are referred to as “HIV-related oral abnormalities”**
 - Xerostomia
 - Mouth ulcers
 - Hairy Leukoplakia
 - Candidiasis
 - Oral warts
 - Periodontitis
- **Those living with HIV can and should have regular dental visits**

HIV in Dentistry

Standard precautions should be followed with all patients, regardless of their HIV status.

Although the occupational source of greatest risk of HIV transmission is percutaneous injuries, it is good to understand that after a needlestick exposure to **HIV-infected blood**, the average risk of HIV transmission is approximately **0.3% per exposure**.

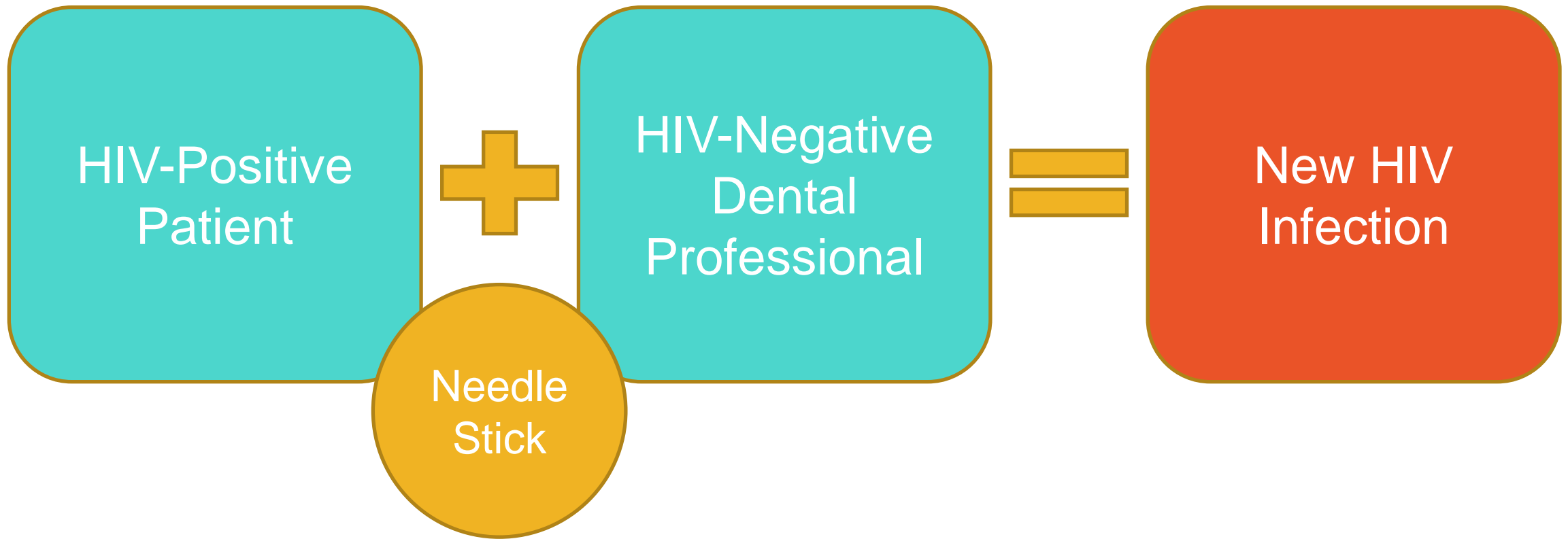
But What If...?

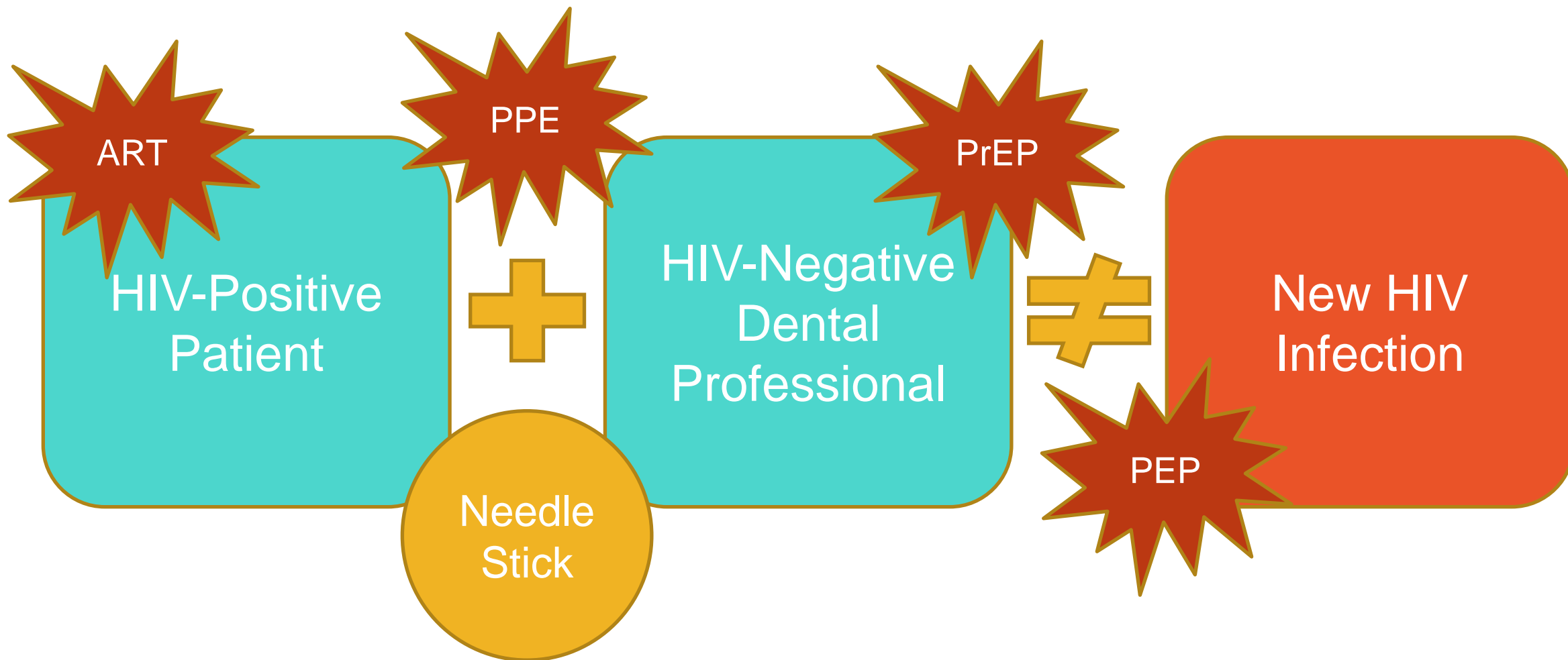


If an exposure incident occurs to material known or suspected to be infected with HIV, the exposed individual should consult with a doctor immediately.



Antiretroviral drugs may be prescribed as **post-exposure prophylaxis (PEP)** within the first 72 hours of exposure in order to help prevent HIV infection.





U

=

U

undetectable = untransmittable

hivmalta.com

HPV & Oral Cancer

HPV & Cancer: Overview

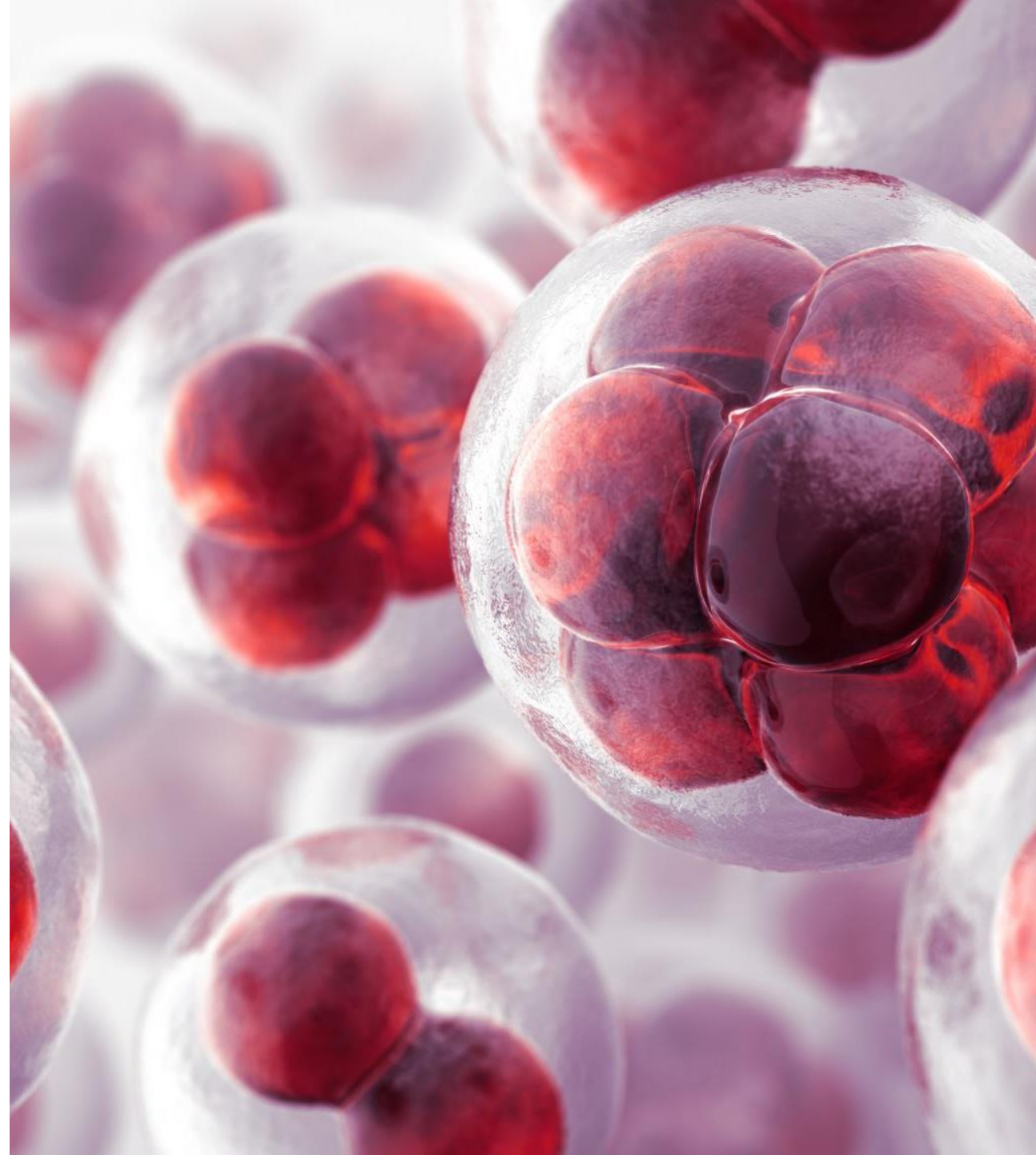
Human papilloma virus (HPV) is one of the most common sexually transmitted infections in the U.S.

Every year 6 million people contract HPV, mostly through sexual contact.

HPV & Cancer: Overview

Each year, HPV causes 36,000 new cancer cases in the U.S.

- Cervical
- Oropharyngeal
- Anal
- Vaginal
- Vulvar
- Penile



HPV: Prevention

Primary prevention

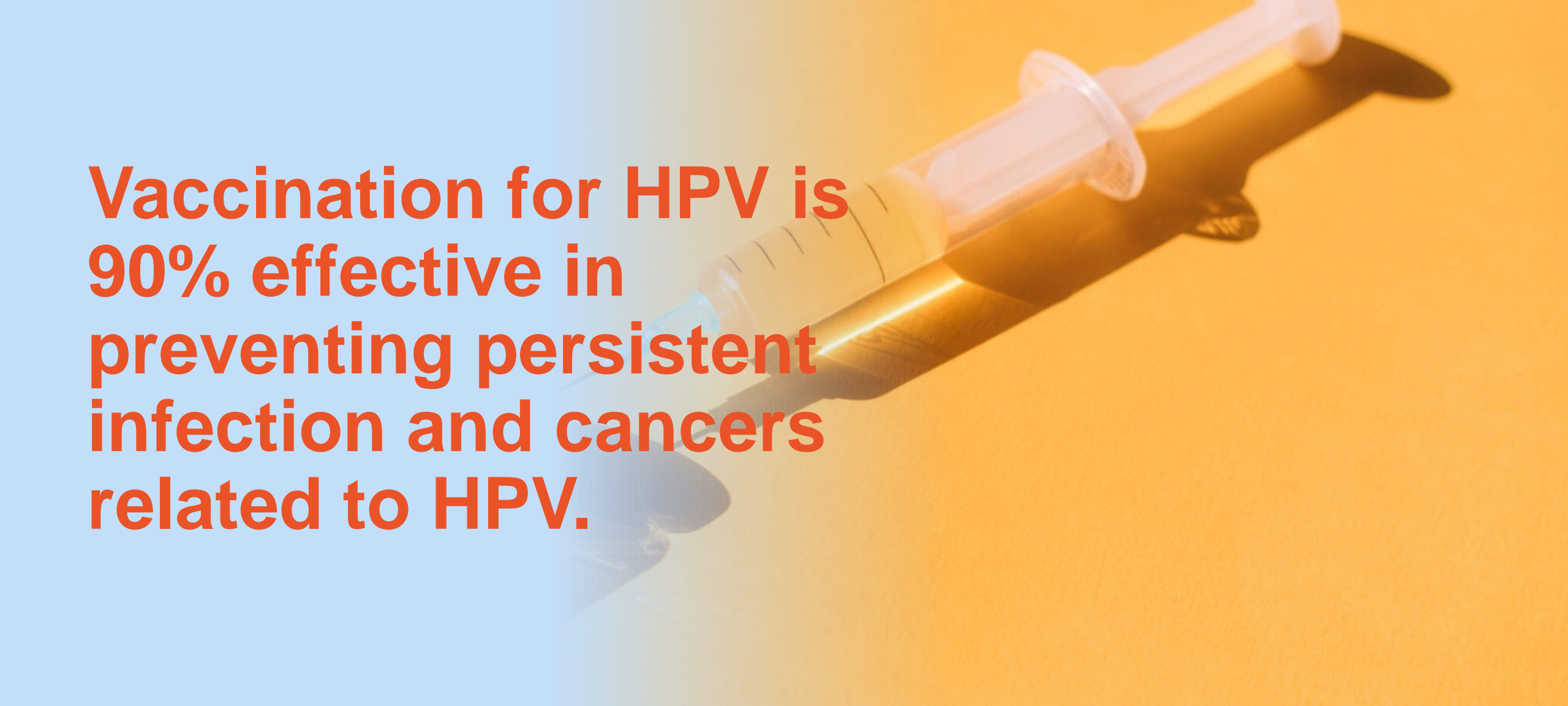
- Education regarding STI risk/behavioral modification and vaccination against HPV.

Secondary prevention

- Surveillance and treatment of HPV and HPV-related dysplasia prior to progression to cancer through routine vaginal and anal pap smears.

HPV: Prevention

- Safe and effective HPV vaccines to prevent HPV-associated cancers have been available and recommended since **2006** for **girls** and since **2011** for **boys** aged 11-26.
- Originally recommended for cervical cancer, the FDA expanded its approval of the HPV vaccine in **2020** to include prevention of HPV-related oropharyngeal cancers.
 - As of **2019**, only **54%** of adolescents aged 13-17 years were up to date with their HPV vaccine.



**Vaccination for HPV is
90% effective in
preventing persistent
infection and cancers
related to HPV.**

The Dentist's Role in HPV Vaccination

- Queer people have higher rates of HPV.
- An estimated **61%** of HIV-negative and **93%** of HIV-positive gay and bisexual men have anal HPV infections, compared to **50% or less** of heterosexual men.
- A 2023 JADA study found that one a third of adults understand that HPV played a role in oropharyngeal cancers.
- The same study showed that **more than half of adults** believed the dentists had a **responsibility** of discussing HPV vaccination with their patients.

Treating the Transgender Patient

- Approximately **1.4 million** transgender adults live in the United States today.
- One is considered transgender when the **sex assigned at birth** does not align with one's **inner sense of their gender**.



Understanding the Transgender Patient

Gender identity VS gender expression

- A transgender identity is **not** necessarily dependent on physical appearance or medical procedures.
- Many transgender patients are prescribed hormones to align their bodies with their gender identity, and many undergo surgery, but hormones and surgery are not part of every transgender person's experience.
- A gender-nonconforming individual may present with aspects of both stereotypical gender identities, such as a beard and high heels, or may choose to present more androgynously.

Transitioning

- Referring to the process of a transgender person changing aspects of themselves (e.g., their appearance, name, pronouns, or making physical changes to their body) to be more congruent with the gender they know themselves to be.
- **Transition varies widely**
 - Appearance/dress
 - Name/pronouns
 - Medical transitioning
 - Hormones and hormone blockers
 - Surgeries
 - Dental cosmetics



A person does NOT need a certain procedure or surgery to validate their gender identity



There is no “right” way to transition.

Those whose gender identity does not align with their sex assigned at birth may have a range of ways in which they want to "transition" medically and socially and/or may not wish to "transition" at all.

Social Considerations for Transitioning

- Self-acceptance and acceptance of others
- Social/religious acceptance
- Being prepared to lose people in your life
- Fear of dating
- Financial considerations
- Finding the right healthcare providers

Oral Health Concerns

- Access to care
- Much less likely to have seen a dentist recently or to see another in the future
 - Less conservative treatment options
- Increased risks of STI's & HIV
- Increased risk of tobacco use
- Increased risk of depression and anxiety

Barriers to Oral Health Care (2023)

- A 2023 survey (Raisin, et al.) from 118 transgender and gender nonbinary (TGNB) people revealed that...
 - 33% reported misgendering in the dental setting
 - 50% felt their dental office was not equipped to provide gender-appropriate care
- Common themes reported by individuals included gender insensitivity, awkward interactions, and avoidance of oral health care.

How Can We Improve?

Patient Intake

Legal name VS correct name

- Avoid “dead naming”

Pronouns

- Gender-nonconforming individuals may use pronouns that are outside of the binary and new to you.
- “What are your pronouns” is always okay to ask!
- Okay to use gender-neutral pronouns: **they/them**

Patient Intake

Update intake forms and electronic health records

- Have more gender choices than just male/female
- Add non-binary or empty space
- Add option to not disclose gender
- Having patients use correct name and acknowledging them with that name.
- Add options for pronouns in your forms

To which gender identity do you most identify?

- ☐ Female
- ☐ Male
- ☐ Transgender Female
- ☐ Transgender Male
- ☐ Gender Variant/Non-Conforming
- ☐ Not Listed
- ☐ Prefer Not to Answer

Care Alert Warning

You have 1 Popup(s) about [redacted]

Message	Location
Please refer as [redacted] feminine pronouns	LMCAM

View Details

Remove

Close

Pronoun Protocol

- Practice using gender-inclusive words like people, person, kid, relative, sibling, parent, etc.
 - Don't assume you know someone's pronoun based on their name or appearance.
- Use the singular pronoun they as a default in public for people you don't know, instead of assuming he or she.
- Use a person's name if you don't know their pronoun.
- If someone shares their pronouns with you, use them.
- Remember that people can have more than one pronoun and pronouns can also change.

Patient Intake

Things to ask VS things not to ask

- Surgeries & medical transition: Don't ask unless it's medically relevant
 - **Most of the time for a dentist, it's not!**

Ask, “Is there anything else you'd like us to know about you or your transition to make your dental care more comfortable for you?”

Improving As a Profession

Increasing

Increasing awareness and education amongst professionals

- CE courses, webinars, dental schools

Creating

Creating safe spaces

- LGBTQ+ inclusion in diversity & inclusion committees
- Diverse hiring/admissions board
- Non-discrimination clauses

Diversifying

Diversifying our profession

- Include queer youth in pipeline and student success programs

Improving Individually



Surround yourself with people who live different lives as you.



Ask questions, challenge yourself.



Be vocal and challenge the norm.



Be mindful of your privilege and use it for good.

What can I do today?

- Pronouns
 - Email, website, name badges, etc.
- Non-discrimination policy
- Train staff
- Electronic health record keeping
- Celebrate pride
- Be visible as an ally



Alex Barrera, DDS

Director of Dentistry

Avenue 360 Health and Wellness

alexgbarrera@gmail.com

Question & Answer



Kasey Wilson, MSW
Senior Policy Analyst
Community Catalyst
kwilson@communitycatalyst.org

To Explore More Industry-Leading Research

CareQuest
Institute for Oral Health.

Who We AreLatest NewsCareers

Log in/Register

Reimagining Oral HealthHow We WorkTopicsResources & ToolsEducation & Training

Resource Library

We publish white papers, research reports, briefs, articles, posters, infographics, and tools on topics ranging from adult dental benefits to teledentistry. Use the filters below to find resources by type or topic.

Search by Keyword

Filter by Topic

Filter by Type

Search

Title	Topic	Type
Improving Care Coordination Between Oral and Medical Providers	Care Coordination	Video
Veteran Oral Health: Expanding Access and Equity	Expanding Access	White Paper
2021 Oral Health Information Technology Virtual Convening	Care Coordination	Presentation
Dental Fear Is Real. Providers Can Help.	Expanding Access, Health Equity	Visual Report
Why We (Still) Need to Add Dental to Medicare	Adult Dental Benefit, Expanding Access, Health Equity	Report
A Cross-Sectional Analysis of Oral Health Care Spending over the Life Span in Commercial- and Medicaid-Insured Populations	Expanding Access, Health Equity	Article
Time Is on the Side of Change in Dentistry	COVID-19 and Oral Health, Health	Article

CareQuest
Institute for Oral Health.

Missed Connections
Providers and Consumers Want
More Medical-Dental Integration

Oral health and overall health are inextricably linked. There is mounting evidence to suggest that poor oral health is related to a variety of chronic health conditions, such as high blood pressure, dementia, diabetes, and obesity. Despite this known connection, dental care is still largely siloed from medical care. The Centers for Disease Control and Prevention (CDC) estimates that integrating basic health screenings into a dental setting could save the health care system up to \$100 million every year.¹

CareQuest Institute for Oral Health conducted a nationally representative survey in January and February 2021 to assess consumers' perspectives on oral and overall health (n=5,320). CareQuest Institute also conducted a nationwide survey of oral health providers to assess perspectives and current behaviors related to interprofessional practice (n=377). Consumers and oral health providers described a lack of integration between medical and oral health care, and a desire for increased interprofessional collaboration.

Key Findings:
Medical-dental collaboration is currently uncommon.

63% of consumers report that their primary medical doctor "rarely" or "never" asks about their oral health.

33% of consumers report that their oral health provider "rarely" or "never" asks about their overall health.

45% of responding oral health providers report "rarely" integrating their care with clinicians outside of dentistry, with only 14% reporting it is part of their "daily" practice.

- Less than a third of consumers report receiving general health screenings from their oral health provider.
- A majority (89%) of adults report never receiving a referral from their oral health provider to a non-oral health professional.
- Almost a fourth (24%) of participating oral health providers report currently implementing interprofessional practice.

www.carequest.org/resource-library

Webinar Evaluation

Complete the evaluation by **Friday, June 28** to receive CE credit. You will receive a link to the survey within 24 hours.

Next Webinar:

HIPAA for the Dental Professional on **July 11 at 7 p.m. ET**

And we invite you to take a minute to sign up for our newsletter to get more information on future webinars!

Sign up for News and Updates

Email*

CareQuest Institute for Oral Health uses the information you provide to share updates on work and offerings to improve the oral health of all. You may unsubscribe at any time (See Privacy Policy).

Submit



Stay Connected

Follow us on social media



@CareQuestInstitute



@CareQuestInstitute



@CareQuestInst



CareQuest Institute

