

LGBTQ+ Health

CANCER PREVENTION AND HEALTH PROMOTION

The following suggestions are based on the University of California, San Francisco's Transgender Care guidelines and the American Cancer Society's recommendations for screening, compiled by the National LGBT Cancer Network.

IF YOU HAVE BREAST/CHEST TISSUE...

Trans men and non-binary people with breast/chest tissue:

Self-exams should begin at age **20** and be done monthly with exams by a medical provider done every year. If you've had reduction (not reconstruction) top surgery or haven't had top surgery, a mammogram is recommended every year. If you've had reconstruction top surgery, annual exams with a professional should begin at age **40** and done every year.

Trans women:

Beginning at age **50** and after **5** or more years on hormones, self-exams should be done every month with an exam and mammogram recommended every year.

IF YOU HAVE A PROSTATE...

Screenings are recommended starting at age **50**. **However**, if you are Black and have a prostate, screenings are recommended starting at age **45**.



IF YOU HAVE A CERVIX...

Screenings are recommended to start at age **25** and continue past age **50** unless the cervix is surgically removed.

IF YOU HAVE ALL SECTIONS OF YOUR COLON...

Screenings are recommended starting at age **45**.

IF YOU ARE A CURRENT OR FORMER SMOKER...

Screenings for lung cancer should begin at age **50**.

WV TOBACCO QUITLINE RESOURCES

Phone: (800) QUIT-NOW

Text: 304-583-4010

Website: <https://wvtobaccoquitline.com>

Vaccination as Cancer Prevention

HEPATITIS B

Hepatitis B is a liver disease caused by a virus. It can spread through semen, vaginal fluids, or blood. It ranges in severity from a mild illness, lasting a few weeks, to a serious long-term illness that can lead to liver disease or liver cancer. The hepatitis B vaccine is available for **all age groups** to prevent hepatitis B infection.

HUMAN PAPILLOMAVIRUS (HPV)

HPV is spread through intimate skin-to-skin contact, and is the most common sexually transmitted disease in the U.S. People who have HPV might not notice any symptoms and the infection may go away on its own. If HPV does not go away, it can cause genital warts or cancer of the **cervix, anus, vulva, penis, vagina, or of the back of the throat**.

The HPV vaccine is **recommended** for **all** young people between the ages of **9-26** years. It's recommended at age **11-12** to be most effective.

If you are an adult age **27 through 45** years who has not already been vaccinated, you should speak with your health care provider about your risk for new HPV infections and to decide if the vaccine is right for you.

Centers for Disease Control and Prevention

LGBTQ+ WEST VIRGINIANS REPORT HIGHER CIGARETTE SMOKING AND E-CIGARETTE USE

45.2% of LGBTQ+ West Virginians surveyed reported current smoking, e-cigarette, or smokeless tobacco use in 2020, compared with **32.5%** of heterosexual, cisgender West Virginians surveyed.

WV Data Source: West Virginia Health Statistics Center, Behavioral Risk Factor Surveillance System, 2020

