

Mayo Clinic Minute

Why coming out to your doctor is important

Video	Audio
Vivien Williams	As many same-sex couples openly share their relationships, there is one area about which Mayo Clinic Dr. John Knudsen wishes the LGBTQ community would share more.
John Knudsen, M.D. Radiology Mayo Clinic	“On average, it takes patients five visits to their primary care physician or provider before they ever disclose the fact that they are lesbian gay, bisexual or even transgenders.”
Vivien Williams	Dr. Knudsen says that’s often because LGBTQ people may fear a negative reaction from their health care team.
John Knudsen, M.D.	“Is this a safe place for me to disclose this about myself?”
Vivien Williams	This fear results in missed opportunities to screen for health issues. Fear also keeps LGBTQ people from seeking preventive care. For example, lesbians and transgender people are less likely to get mammograms and pap smears.
John Knudsen, M.D.	“This is protected health information, so confidentiality is assured.”
Vivien Williams	The care you need and deserve. For the Mayo Clinic News Network, I’m Vivien Williams.