

**Pkg: Addressing cancer concerns in the LGBTQ+ community**

During June, many communities around the U.S. and the world celebrate and raise awareness of the LGBTQ+ community's accomplishments and the ongoing fight for equality and acceptance.

The LGBTQ+ community faces increased cancer concerns. Stigma and discrimination create barriers to health care, placing the LGBTQ+ community at heightened risk for certain forms of cancer. Being aware of cancer risks and finding ways to overcome these challenges can be lifesaving.

Mayo Clinic's Dr. Jewel Kling says there are health disparities the LGBTQ+ community face that do not have to do with identity or sexual orientation.

Video	Audio
	There are higher cancer risks for the LGBTQ+ community.
3:58 – 4:14 :16 Jewel Kling, M.D. Assistant Director, Women's Health Mayo Clinic	"It's not because they're lesbian, gay or transgender. But instead, it's because of societal things: stigma, discrimination, lack of access to care, lack of inclusive care, where they feel embraced and can share their authentic self."
	That affects rates for breast cancer, for instance, says Dr. Kling.
	"If a lesbian woman doesn't feel like she has access to care or can be her authentic self with her physician, she may not go for that screening mammogram to get identified for breast cancer early on."
	And other groups may be at risk for different cancers.
	"Men who have sex with men, folks that are HIV positive, they are at higher risk for HPV-related cancers, including anal cancers.
	Screening for cancers is crucial, says Dr. Kling, and so are preventive measures, like getting the HPV vaccine.
	"HPV is a virus linked with many cancers: anal cancer, cervical cancer, and some head and neck cancers."
	Being open with your clinician is essential and helps ensure you get the necessary care.
	"It becomes really important for us to know so we're making sure that we're providing the best whole-person, individualized care."
	When it comes to preventing cancer, Dr. Kling says she tells her LGBTQ+ patients the same thing she tells all of her patients.
	"We should all move. Exercise, do it regularly, about 30 minutes a day. We should make sure that we're getting enough sleep, on average, about seven to nine hours of sleep per night. We should be trying to eat a healthy, balanced diet, lots of fruits and vegetables, minimizing processed foods."
	For the Mayo Clinic News Network, I'm Joel Streed.