

Why LGBTQ+ adults should pay attention to heart health

Video	Audio
	"The LGBTQI community is a marginalized group of individuals. And one of the first issues is the fact that they may not come to get regular health checks."
	Mayo Clinic cardiologist Dr. Rekha Mankad says when it comes to the prevention of heart disease, knowing your risk factors is critical.
Rekha Mankad, M.D. Cardiovascular Medicine Mayo Clinic	"High blood pressure, high cholesterol, tobacco use, diabetes, physical activity and obesity. And those are things that we talk about with everyone, but you have to come in to see a provider to talk about those risk factors."
	Around half of LGBTQ+ people say they've experienced discrimination in the healthcare environment, which is one factor making them less likely to see their doctor than their cisgender heterosexual peers.
	"If you are anxious about coming to see a doctor, you're not going to actually talk about the things that put you at risk for heart disease."
	Dr. Mankad says additional stressors unique to marginalized groups can be another factor.
	"There's interpersonal stresses, such as self-stigma, things related to concealment. And then they have things such as the prejudice that they've experienced, potentially violence."
	And stress can lead to other issues.
	"If you have increased stress, you may be more likely to be anxious and then, also, perhaps more depression. You may be less likely to go and exercise because you feel uncomfortable in an environment where there's people exercising. So there's many factors that then go on to lead to those risk factors that we talk about that increase your risk of heart disease."

	For the Mayo Clinic News Network, I'm DeeDee Stiepan.
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