



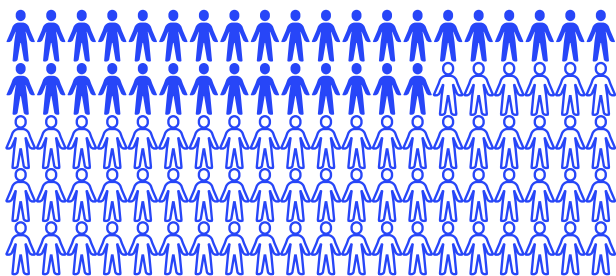
## Cancer Fact Sheet for LGBTQ+ People

Lesbian, gay, bisexual, transgender, queer (LGBTQ+) people have a higher risk of cancer than heterosexual and cisgender people. Many LGBTQ+ people face barriers to cancer screening, such as access to health care or fear of provider discrimination. This has led to lower screening rates, higher cancer risk, and worse outcomes in LGBTQ+ people.

### Cancer in the LGBTQ+ community

- Prostate cancer death rates are twice as high in Black men as in White men. But, Black gay and bisexual men are less likely to access screening for prostate cancer. LGBTQ+ people of color often face multiple barriers to screening.
- Breast and cervical cancer rates are higher in lesbian and bisexual women. But, they are less likely to access screening than heterosexual women. Some bisexual and lesbian women have even been told by a doctor that their risk for cervical cancer is lower. But this is false. In fact, their risk may be higher.
- Transgender and gender nonconforming people are more likely to be diagnosed at a later stage, when their cancer has spread and is harder to treat. Many folks avoid screening out of fear of discrimination or because their providers don't recommend the correct screening tests.

### Lack of screening recommendations



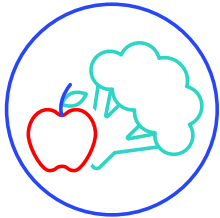
**1/3** of LGBTQ+ people\* report that their health care provider never mentioned cancer screening to them.

\*Of participants who weren't screened before their cancer diagnosis; from the National LGBT Cancer Network Out: The National Cancer Survey 2021

### Advocate for yourself to help lower your cancer risk.

- **Know your risk.** Tell a health care provider about your medical history, surgeries, lifestyle, hormone use, and family history.
- **Stay healthy.** Ask for help and support to change habits that might increase your cancer risk.
- **Get screened.** Getting regular screening tests can help find certain cancers early when they might be easier to treat.
- **If you've got it, screen it.** Experts recommend getting screened based on the body parts you have, no matter your sexual orientation or gender identity.

# What can LGBTQ+ people do to help lower their risk for cancer?



- ✗ Avoid tobacco and alcohol.
- ✓ Get the HPV vaccine if eligible. There are many programs that offer the vaccine at no cost.
- ✓ Add nutritious foods like whole grains, fruits, and vegetables to your plate.
- ✓ Be as active as you can. Choose activities that you enjoy and keep you safe.

Some LGBTQ+ people are more likely to have lifestyle habits that increase their risk for cancer. A person's risk for cancer is higher if they use tobacco. Eating lots of processed and sugary foods, not getting regular physical activity, having a higher body weight, and drinking alcohol can increase the risk for cancer, too.

## Did you know? HPV vaccination is cancer prevention.

- There are many types of HPV. Some types can cause genital warts. And some can cause cancer.
- HPV can cause cervical, penile, vaginal, vulvar, mouth, and throat cancers.
- HPV is very common. Most people who have ever had sex will get at least one type of HPV in their lives.
- HPV is often spread through vaginal, anal, and oral sex. But it can also spread by skin or oral contact with infected skin on the vulva, vagina, rectum, anus, penis, and scrotum.
- The American Cancer Society recommends children get the HPV vaccine between ages 9 and 12, when the vaccine works best. But you can get the vaccine up to age 26.

## Where you can find more information

- Visit [cancer.org/getscreened](https://cancer.org/getscreened) for American Cancer Society screening recommendations, as well as free and low-cost screening resources.
- **The National LGBT Cancer Project** has education, support, and resources for LGBTQ+ people.
- **CancerCare** provides free support services for LGBTQ+ people with cancer.
- Visit [cancer.org/healthy/cancer-facts](https://cancer.org/healthy/cancer-facts) to get the facts from the American Cancer Society about cancer and what you can do to help prevent it.
- The **National LGBT Cancer Network** offers free resources, including a list of LGBTQ+-friendly cancer screening providers.
- **Empowered to Quit** helps people create a tobacco quit plan.

