

# YOUR HEALTH



**Janice Langbehn and Lisa Pond with their children Michael, David, Danielle and Katie**  
*Olympia, Washington*

When Lisa Pond was in the hospital with a brain aneurysm, hospital staff refused to let her partner Janice and their children visit with her. Janice's story was the inspiration for a presidential directive that mandates equal visitation rights.



**HUMAN  
RIGHTS  
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## YOUR HEALTH

Dealing with serious health concerns can be some of the most vulnerable times for lesbian, gay, bisexual and transgender people, from the possibility of being denied visitation with a loved one, to worrying that medical staff may be insensitive toward us. It is especially important that the LGBT community take steps to take charge of their healthcare.

### DID YOU KNOW?

- HIV/AIDS continues to **disproportionately affect gay and bisexual men**, particularly young men of color.
- Lesbians may be at **greater risk for breast cancer** than straight women.
- Transgender people are often **denied basic medical coverage** because of their gender identity.
- Very few government healthcare studies ask about **sexual orientation or gender identity**, crippling researchers' ability to understand and combat health disparities.

### WHAT YOU CAN DO AND HOW HRC CAN HELP:

- Check your local hospital's Patients' Bill of Rights and non-discrimination policies. They should include "sexual orientation" and "gender identity or expression." If they don't, tell them they can use **HRC's Healthcare Equality Index** to institute best practices.
- Find a local hospital that treats LGBT people equally by using HRC's Healthcare Equality Index at [www.hrc.org/HEI](http://www.hrc.org/HEI).
- Sample legal documents such as advance medical directives can be downloaded at [www.hrc.org/family](http://www.hrc.org/family). Make sure you have 24/7 access to the necessary directives and store them electronically for easy access.

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