



L≠G≠B≠T≠Q

We share a community but have individual needs. Heart care should be tailored to you.



The lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community faces distinct challenges when it comes to health.

Learn what you can do to support your heart health and help improve the care of LGBTQ+ people.

What can you do?



Find a health care professional you trust

- Ask friends, a local LGBTQ+ group, or bring a partner, friend, or ally to clinic visits.
- Discuss your name and pronouns.
- Build a relationship with your health care team.



Know your numbers

- Blood pressure
- Weight
- Cholesterol levels



Adopt healthy habits

- Don't smoke
- Eat heart-healthy
- Move more
- Manage stress



Participate in research studies

Help us learn more about LGBTQ+ heart health!

What can make heart disease more likely?



Stress, depression and unhealthy habits can increase your chance of heart disease.

LGBTQ+ specific stressors (discrimination, family rejection) and **general life stressors** (financial stress, violence) contribute to increased risk for heart disease.

LGBTQ+ specific concerns

In our community, some factors may be more common compared to the heterosexual population:



Tobacco



High blood pressure



Obesity

Also, **gender-affirming hormone therapy** can affect heart health including changes in cholesterol levels, increased risk of blood clots, and risk of heart attacks.

Ask your doctor about interactions between heart medications and gender-affirming hormone therapy.

To learn more, visit [CardioSmart.org/LGBTQplus](https://www.cardiosmart.org/LGBTQplus)

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