

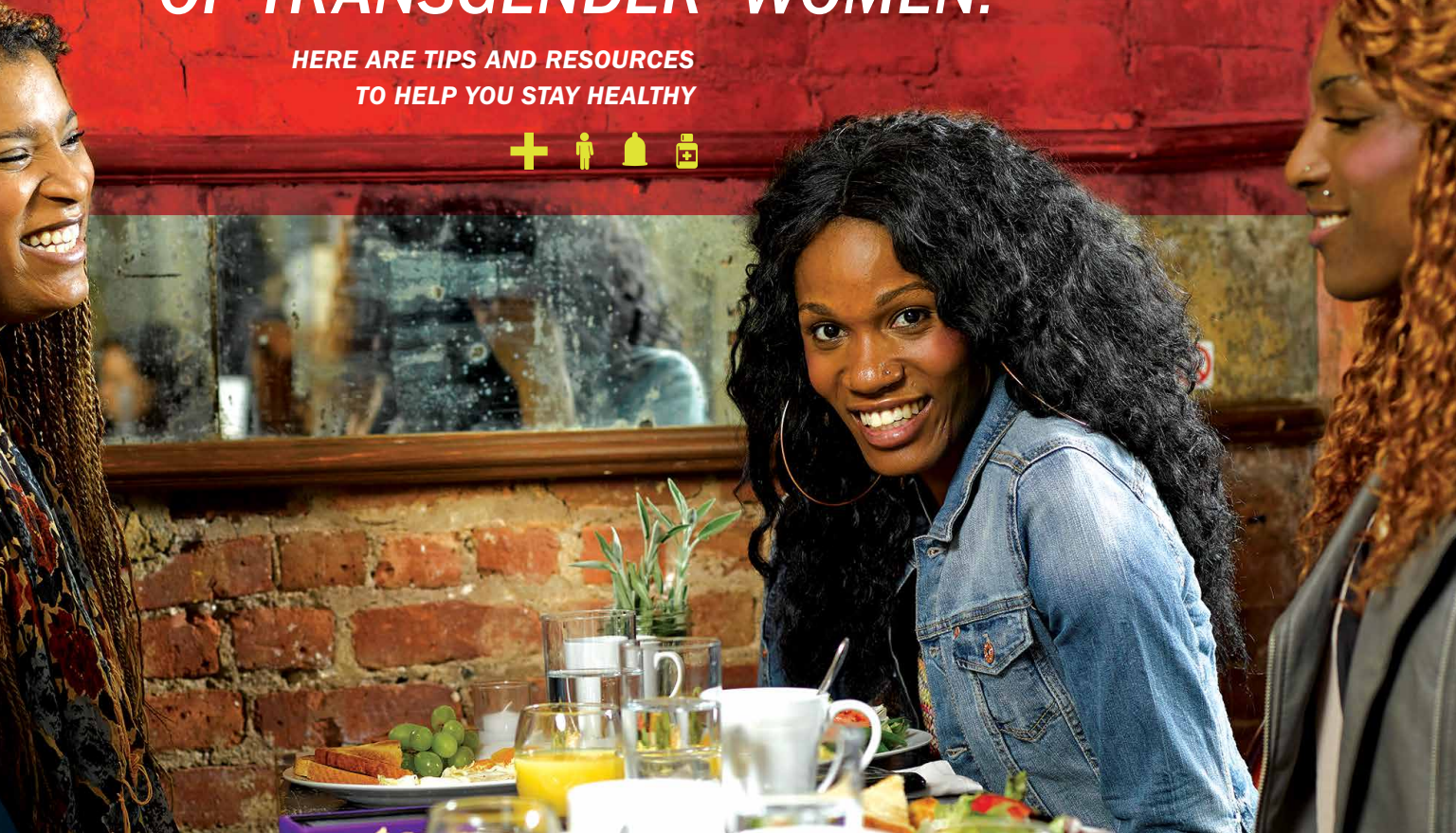


# Take Pride, *TAKE CARE*

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Tips for Transgender Women's Health  
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# New York City is home TO A GROWING COMMUNITY OF TRANSGENDER WOMEN.

HERE ARE TIPS AND RESOURCES  
TO HELP YOU STAY HEALTHY



# Get Medical Care

**REGULARLY**



## **Find a health care provider you trust.**

To find clinics with experience working with trans women, **see the inside of the back cover.**



## **Get medical care that is right for you.**

Ask your health care provider which routine screenings you need. These may include screenings for high blood pressure, high cholesterol, diabetes, HIV and other sexually transmitted infections (STIs).



**If you use hormones or silicone, tell your doctor** so you get the care you need.



**Know your health care rights.** In New York, health insurance must cover treatments recommended by your doctor, including surgeries and hormone therapy.



# Stay Safe

## *DURING TRANSITION*

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- **Gender transition takes time.** Transition at your own pace with the help of a doctor or nurse and a support group.
  - **If you take hormones, be patient.** Changes won't happen overnight. Taking extra hormones can be harmful and won't speed up your transition.
  - **Silicone can quickly shape your body, but can cause scarring or even death.** Avoid injecting silicone.
  - **If you do inject hormones or silicone, use a clean needle EVERY TIME.** Sharing vials of hormones and/or syringes risks exposure to Hep B, Hep C and HIV.
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# Protect Yourself

## FROM HIV

- **Condoms remain one of the best ways to prevent HIV and other STIs.** There are many different types, including the female condom, also known as FC2. Find one that works for you and your partners.
- **Use condoms even with someone you trust.** Many people get HIV by having sex with a steady partner and not using a condom.
- **Use water-based or silicone lubricant,** especially for anal sex. Using lube reduces the risk of bleeding or breaking a condom.
- **Get tested for HIV at least every six months.** An HIV test is the only way to know if you or your partners have HIV.
- **Get tested for other STIs at least annually.** You may have an STI, even if you don't have any symptoms.
- **If you are concerned about exposure to HIV, talk to your provider about PrEP and PEP.**
  - **PrEP** (pre-exposure prophylaxis) is a daily pill that can protect you against HIV.
  - **PEP** (post-exposure prophylaxis) is an emergency medicine that can stop HIV if started right after a possible exposure.





# If You Have HIV, **GET TREATED**

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- **Finding out you have HIV can be hard to accept.** Friends and support groups can help you move forward.
  - **If you have HIV, get treatment.** The sooner you begin treatment, the less HIV damages your body. And if you take your HIV medications every day, you are much less likely to pass HIV to your partners.
  - **You can get HIV medications** even if you don't have insurance and regardless of your immigration status.
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# Take Care

## *OF YOUR MIND, SPIRIT*

### **TAKE CARE OF YOUR EMOTIONAL HEALTH**

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- Do things you enjoy. Make plans for the future.
- If you feel stressed or depressed, reach out to friends and family for help.
- For help with depression or alcohol and drug problems, **call 311** or the **Gender Identity Project at the Lesbian, Gay, Bisexual, Transgender Community Center (646.556.9300)**.

### **TAKE CARE OF YOUR BODY**

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- Stay physically active and get enough sleep. Eat regular, healthy meals.
- Be careful with alcohol and drugs. Drinking and drug use can put you at risk for HIV and other health problems.
- Stop smoking. If you smoke, **call 311** for free support to help you quit.

# AND BODY



## HAVE HEALTHY RELATIONSHIPS

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- Get help if you're in an abusive relationship. Partner abuse takes many forms — it can be physical, sexual or emotional, and can involve threats or insults.
- If abuse is a problem, **call 911** in an emergency, or call the 24-hour **New York City Anti-Violence Project Hotline (212.714.1141)**.

## CONNECT WITH OTHERS

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- Share your experiences at one of New York City's transgender support groups.
- Build your education and career. Be a role model for transgender New Yorkers.



# Resources

## TRANSGENDER-FRIENDLY HEALTH CLINICS

- **APICHA Community Health Center**  
Manhattan: 212.334.6029 | [www.apicha.org](http://www.apicha.org)
- **Callen-Lorde Community Health Center**  
(with separate clinic for youth 13 to 24)  
Manhattan: 212.271.7200 | [www.callen-lorde.org](http://www.callen-lorde.org)
- **Children's Hospital at Montefiore**  
LGBTQ Youth and Families Program (for youth 13 to 21)  
Bronx: 718.882.0023, ext. 211 | [www.cham.org](http://www.cham.org)
- **CK Life-Bronx Transgender Health Space**  
(Bronx-Lebanon Hospital Center)  
Bronx: 917.979.3255 | [www.blhfamilymed.com](http://www.blhfamilymed.com)
- **Community Healthcare Network**  
Queens: 718.883.8635 | Bronx: 718.320.6765  
Brooklyn: 347.578.1743 | Manhattan: 646.276.3383  
[www.chnyc.org](http://www.chnyc.org)
- **HEAT: Health Education & Alternatives for Teens**  
(for youth 13 to 24) Brooklyn: 718.467.4446  
[www.heatprogram.org](http://www.heatprogram.org)
- **Housing Works**  
Brooklyn: 718.277.0386 | Manhattan: 212.677.7999  
[www.housingworks.org](http://www.housingworks.org)
- **Metropolitan Hospital Comprehensive LGBT Health Center**  
Manhattan: 212.423.7292 | [nyc.gov/hhc](http://nyc.gov/hhc)
- **Mount Sinai Beth Israel, LGBT Family Health**  
Manhattan: 212.604.1800 | [www.wehealny.org](http://www.wehealny.org)
- **Mount Sinai Beth Israel, Peter Krueger Clinic**  
(health care for people living with HIV)  
Manhattan: 212.420.2620 | [www.wehealny.org](http://www.wehealny.org)
- **Persist Health Project**  
(health referrals for sex workers)  
718.635.1791 | [www.persisthealthproject.org](http://www.persisthealthproject.org)
- **Special Treatment and Research (STAR) Program**  
Brooklyn: 718.270.3745 | [www.starprogram.nyc](http://www.starprogram.nyc)



## ADDITIONAL RESOURCES

- **For free or low-cost health insurance,** call 311 for an enrollment location near you.
- **For referrals to health care providers,** call Destination Tomorrow (347.291.1732).
- **For more information about HIV and STIs,** including where to get free, confidential testing or PrEP or PEP to prevent HIV, call 311 or visit [nyc.gov](http://nyc.gov) and search “HIV.”
- **To find out where to get free condoms,** call 311 or visit [nyc.gov/condoms](http://nyc.gov/condoms).
- **For assistance with HIV care, treatment and housing,** call 311 or text\* CARE to 877877.
- **For drop-in spaces and emergency housing for youth up to 24 years old,** call the Streetwork Project (800.708.6600), Ali Forney Center (212.206.0574) or The Door (212.941.9090).
- **For trans-friendly school and after-school programs,** call the Hetrick-Martin Institute (212.674.2400).
- **To change your gender marker on a New York City birth certificate,** call 311 or visit [nyc.gov](http://nyc.gov) and search “Change Birth Certificate.” If you were born in New York City, surgery is not required to change your gender marker.
- **For legal support, or to report discrimination,** call the Sylvia Rivera Law Project (212.337.8550), the Transgender Legal Defense and Education Fund (646.862.9396), Immigration Equality (212.714.2904), Urban Justice Center (646.602.5600), Lambda Legal (212.809.8585) or the New York Legal Assistance Group (212.613.5000).
- **If you have questions about transitioning,** visit [www.transbucket.com](http://www.transbucket.com).

\* Message and data rates may apply. Text STOP to quit, HELP for more information. For Terms of Use and Privacy Policy, visit [nyc.gov/health](http://nyc.gov/health).

**CALL 311 to order copies of this pamphlet.**

Visit [nyc.gov](http://nyc.gov) and search “Transgender Health” for up-to-date information on trans-friendly medical services, support services and support groups in New York City.

