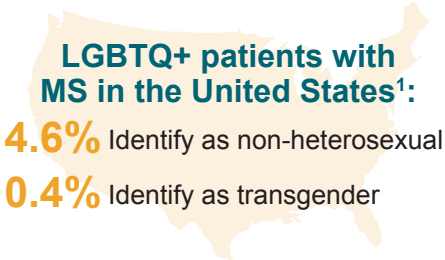


Podcast on Challenges and Recommendations to Address Unmet Needs in MS for LGBTQ+ Populations in the United States

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Compared with cisgendered heterosexual individuals, patients with multiple sclerosis (MS) who identify as lesbian, gay, bisexual, transgender, queer or questioning, plus other sexual identities (LGBTQ+) generally **have poorer health outcomes**



What are the healthcare experiences of LGBTQ+ patients with MS?

Compared with heterosexual individuals, those with MS identifying as non-heterosexual:



- Are **less** comfortable discussing **sexual health**¹
- Have a **lower satisfaction** with their clinician¹
- Had **fewer** visits to **psychological services**²



- Were **more likely** to change their MS treatment center and access a higher number of different centers²

Transgender individuals with MS may have additional unique challenges³


Young people who are transgender may experience particularly high rates of mental health distress, including:

Depression


Anxiety

Suicidality


Substance abuse




What actions can be taken to improve healthcare for LGBTQ+ patients with MS?




Increase LGBTQ+ representation in educational materials^{3,4}




Raise awareness of the challenges faced by LGBTQ+ individuals^{1,2}



Diversity training for healthcare professionals (HCPs)^{3,5,6}



Create specific LGBTQ+ MS support groups⁴



Ensure care is inclusive by being sensitive and gender-neutral^{3,4,7}

The overarching goal is for **HCPs to be allies** to the **LGBTQ+** community to help address disparities in their quality of care and their overall health

References: 1. Khayambashi S, et al. Mult Scler Relat Disord. 2020;37:101440; 2. Lavorgna L, et al. Mult Scler Relat Disord. 2017;13:28-32; 3. Sullivan A, et al. Int J MS Care. 2022;24(1):35-40; 4. Anderson A, et al. Mult Scler Relat Disord. 2021;55:103214; 5. Rosendale N, et al. Neurology. 2019;93(4):159-166; 6. Rosendale N, Josephson SA. Neurology. 2017;89(24):e284-e287; 7. Coleman E, et al. Int J Transgend Health. 2022;23(suppl 1):S1-S259.