

Expanding Breast Health Education in the LGBTQIA+ Community Using “Know Your Lemons”

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Introduction

Studies indicate a lack of resources for breast cancer education and significant health disparities in breast screening among sexual and gender minority populations.^{1,2} Furthermore, lack of trans-affirmative health settings and anticipated discrimination has been associated with healthcare avoidance behaviors in the transgender population.³ This highlights the importance of ensuring that the LGBTQIA+ community is well-informed about breast cancer prevention and addressing these critical health concerns. This project aims to utilize an inclusive breast cancer resource “Know Your Lemons” to educate the LGBTQIA+ community about breast health and how to conduct breast self-exams.

Logic Model

Outcomes

- 35 out of 50 patients who participated in our breast health community education will achieve 2 of the following:
 - Understand how to conduct self breast exams at home regularly
 - How to navigate the “Know Your Lemons” application
 - Report increased confidence in breast health knowledge

Outputs

- Pre- and post-surveys
- Number of individuals receiving education about “Know Your Lemons” and breast health

Activities

- Certification to become “Lemonistas” through “Know Your Lemons”
- Outreach at Pride Festival
- One-on-one breast health education sessions

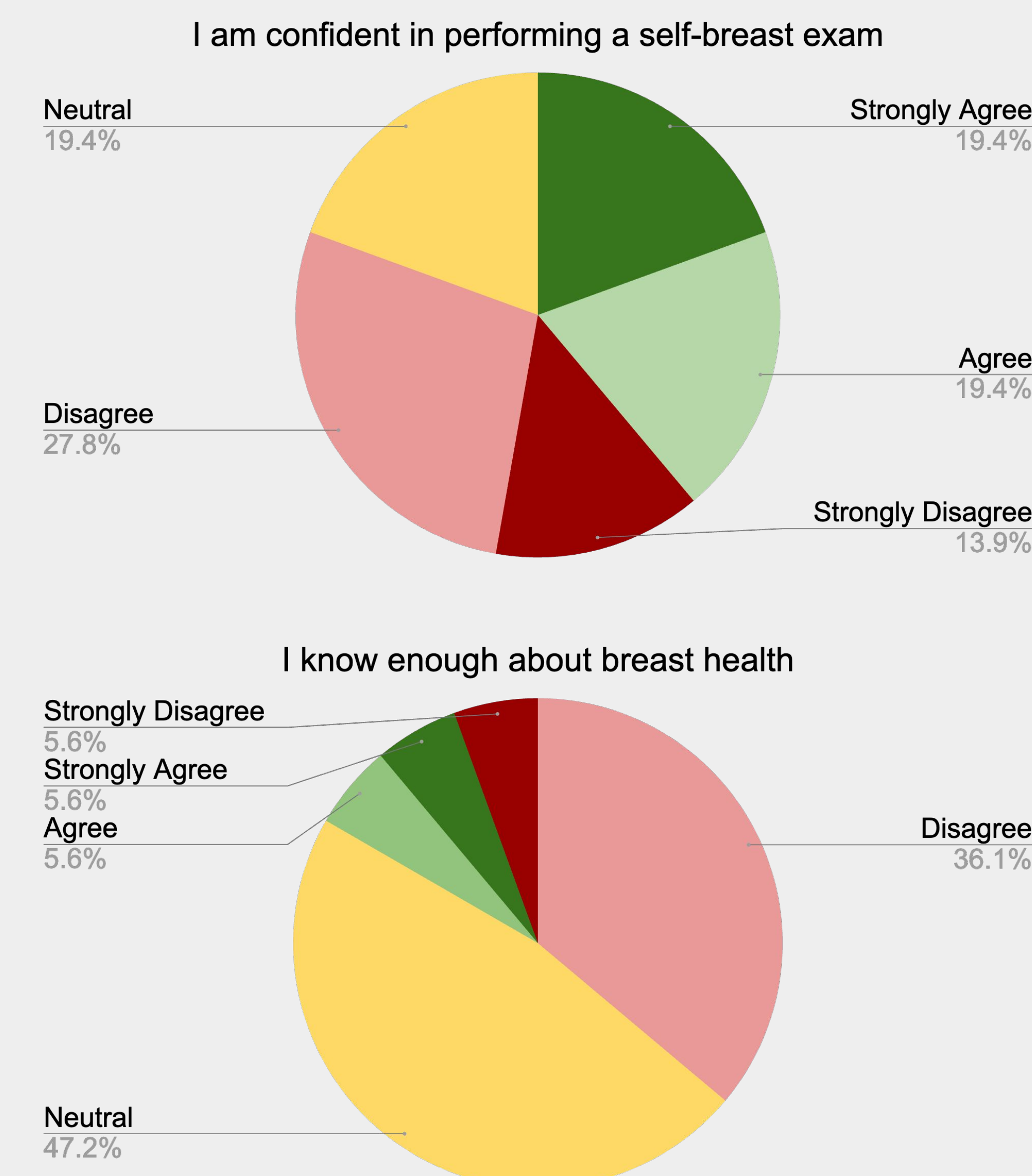
Inputs

- Time at Gender Health Clinic
- Academic mentor expertise in breast health and “Know Your Lemons”
- Lemon “breast” teaching model with lump
- “Know Your Lemons” application
- “Know Your Lemons” trifold brochure

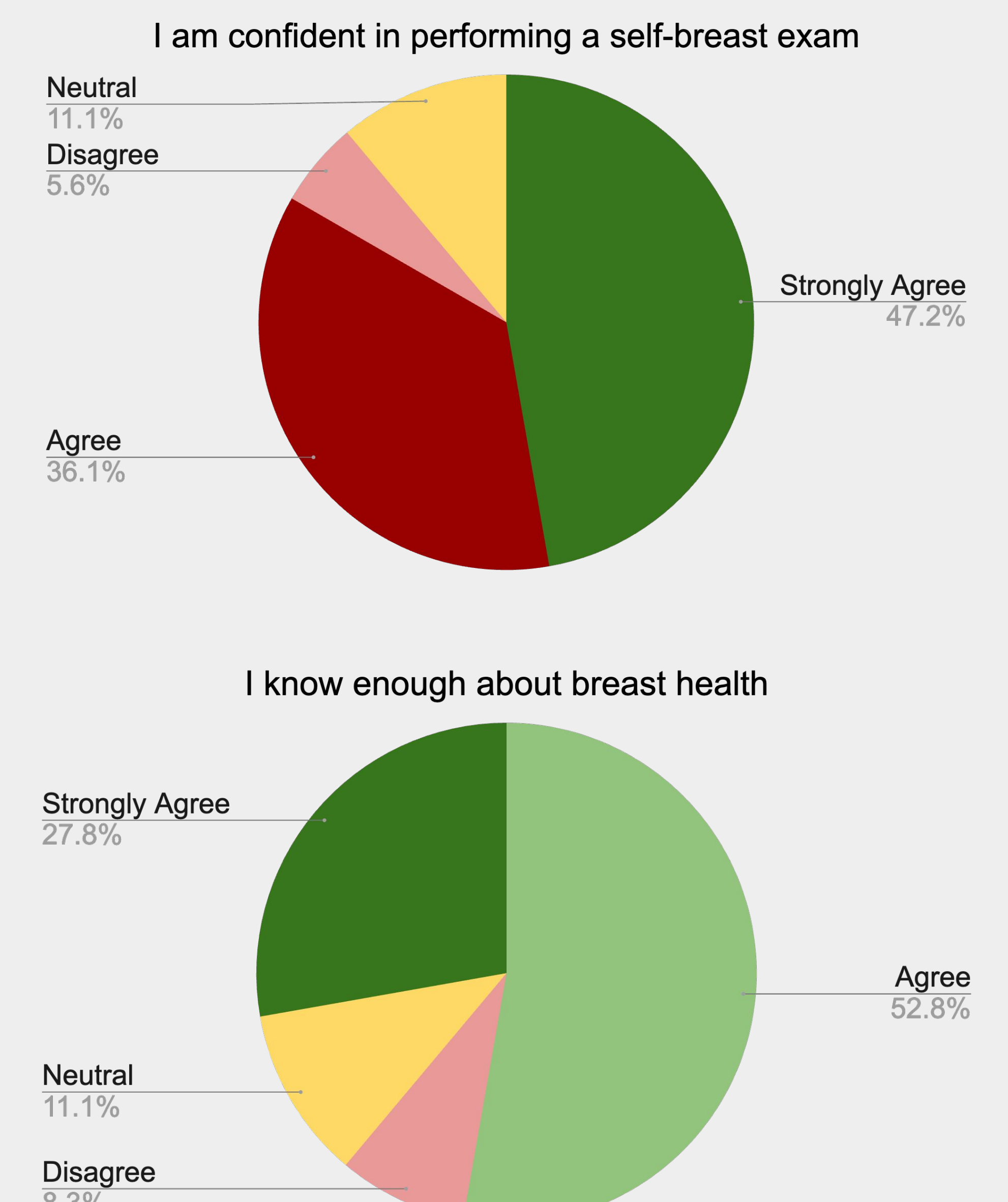
Impact

- Pre- and post-surveys were utilized to assess the impact of this project and verify patient understanding and confidence.
- This project implemented sustainability through increasing awareness in medical student education on unique healthcare barriers faced by the LGBTQIA+ community.
- Aim to educate future physicians early in their curriculum regarding significant health disparities faced by sexual and gender minority populations

Pre-Survey Response



Post-Survey Response



Critical Assessment

- Barriers included finding the right site to implement our project. We are very thankful to have partnered with the UAB Gender Health Clinic. The warm welcome and support we received played a crucial role in the successful implementation of our project.
- A key takeaway from this project was understanding the importance of effective communication and cultural humility. Engaging in discussions with community members and advisors allowed us to navigate sensitive health topics by providing us with invaluable perspectives.
- These experiences enabled us to address social determinants of health in a culturally appropriate manner, and the lessons we have learned will continue to inform our advocacy efforts for health equity.

Acknowledgements

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References

