

Geisinger

COMING OUT TO YOUR HEALTH CARE PROVIDER

One of the keys to good healthcare is being open with your healthcare provider. Doctors, nurses, physician assistants, psychotherapists and other professionals treating you need to know about your sexual orientation and gender identity to give the best care possible. Coming out to your doctor gives you an opportunity to be more open about your life as it relates to your health and to better discuss a plan to stay healthy.

Doctors have an obligation to maintain patient confidentiality, so discuss with them with the information they need to better manage your care. Coming out to your healthcare provider can make people nervous and uncomfortable. Fear of how a doctor will react may intimidate or prevent you from disclosing sexual orientation and impede access to quality health care. However, your doctor should not view being gay as a problem. Your care should be specifically tailored to you and should be taken just as seriously as the care of your doctor's straight patients. If you are not comfortable coming out to your doctor or their reception to your sexuality isn't positive, you may want to seek a medical professional in a more gay-affirmative environment.

Please reach out to Geisinger's Diversity and Inclusion office for assistance.

Diversity and Inclusion Office
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